

March 27, 2025

Re: Support for HB 2359

Dear Chair Neron, Vice-Chair Dobson, Vice Chair McIntire, and Members of the House Education Committee:

As we struggle to find ways that will engage our public-school children in learning, we have noted through research the importance of quality sleep. With the advancement of technology and social media, this has become increasingly difficult. I have observed many families allowing their children screentime before going to sleep. We can't control this, but we can control when our schools start their day in hopes of their getting more sleep.

My grandchildren in McMinnville have to catch their bus before 7:30 and are therefore needing to awaken just after 6. My grandchildren in Beaverton have a later start which makes their mornings more pleasant and them much more agreeable.

Bus schedules seem to dictate the hours our children are in school, and this would have to be addressed. Yet, research shows that there are definite benefits to schools having a later start time which should motivate our schools to determine the best time for the school day to begin. It will surely improve our children's physical, mental and emotional health, and this is key to their overall performance, both in school and out.

Your support and advancement of HB2359 would help turn our children's learning experience around.

We, of the Oregon Public Education Network, are grateful for your work and commitment to our public schools.

Most Sincerely,

Liz Marlia-Stein and the OPEN Team