

TOPIC

12th grade team- What topic are you covering?

TOPIC DESCRIPTION

Atticus and I believe that the school schedule at Alexandria City High School needs to be adjusted, as the current lunch period does not provide enough time for students to enjoy their meals. From our personal experience, long lines to enter the cafeteria often cut into the already limited lunch period, leaving us with very little time to sit down and eat.


Studies and surveys support this concern, revealing that many students across the country feel their lunch periods are too short. For instance, a survey of California middle and high school students found that 61% felt rushed during lunch, and 37% said they didn't have enough time to eat. Additionally, a national survey highlighted that 20% of schools provide students with only 20 minutes or less to eat, further contributing to the problem.

To address this issue, we believe the schedule should be revised to allow for longer lunch periods, ensuring that all students can properly refuel, relax, and make the most of their break.

RESULT

This change aims to lower the 61% of students who currently feel rushed during lunch and promote better focus, well-being, and academic success.

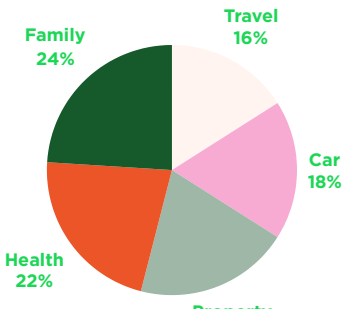
10%
kids feel rushed



SIGNIFICANCE

Proper nutrition is critical for energy, focus, and cognitive development, especially during the demanding school day. By allowing students more time to eat, we support healthier eating habits and better long-term health outcomes.

A study from the Harvard T.H. Chan School of Public Health found that students with less than 20 minutes to eat consumed 13% less of their entrees, 12% less of their vegetables, and 10% less of their milk compared to those with at least 25 minutes



Category	Percentage
Family	24%
Travel	16%
Car	18%
Property	20%
Health	22%

The moire time you have to eat the more nutrients students get and recieve better health benifits



IMPLEMENTATION

We plan to extend lunch periods by streamlining the daily schedule, eliminating unnecessary transition time between classes, and maximizing efficiency throughout the school day.

PARTNERSHIPS

The school board is really our only partner



PERFORMANCE EFFORT

Students are consistently dissatisfied with lunch times, expressing that they don't have enough time to eat their lunch and see their friends. Many students have voiced their disapproval of the schedule as a whole, mentioning the longer school day and pointless wait times such as Titan Time in the morning.

PERFORMANCE EFFECT

Changing the schedule again would force students and teachers to have to get used to a new routine, which will take time and could disrupt class times. Changing the schedule would also be very difficult because it would have to get approved at many levels in the school board.

RECOMMENDATIONS

1. Reducing Passing Periods to Increase Lunch Time

Currently, Alexandria City High School allocates 13 minutes for students to transition between classes. By reducing passing time to 10 minutes per period, we recover 12 minutes in total. This additional time can be allocated directly to lunch, extending the period from 74 minutes to 90 minutes without affecting the overall length of the school day.

2. Implementing Staggered Lunch Entry to Reduce Waiting Times

One of the most significant obstacles to an efficient lunch period is the bottleneck effect when all students arrive at the cafeteria at the same time. We recommend staggered lunch waves, where students enter in shifts based on grade level or class schedules.

ONLINE

<https://harrisschoolsolutions.com/blogposts/3-ways-to-prevent-repeated-lunch-line-slow-downs/>

These sources provide valuable insights into innovative ways schools can extend lunch periods and enhance students' dining experiences. Whether through staggered lunch entry, reducing passing time, or expanding food service options, these strategies are backed by research and proven to be effective in improving efficiency.

IN PERSON

12th- Share & explain at least two in person resources to learn more about this topic

He never Emaild me back

CITATIONS

-McDaniel, S. C., Riesen, T., & Hall, T. E. (2021). Optimizing school schedules to enhance student outcomes. *Journal of Educational Research and Practice*, 11(1), 45-62.

-Harris School Solutions. (n.d.). 3 ways to prevent repeated lunch-line slowdowns.

-California Department of Education. (n.d.). Time to eat: Benefits of adequate lunchtime in schools. Retrieved from <https://www.cde.ca.gov/ls/nu/sn/timetoeat.aspx>