



Our Way: A Student's Dream



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Our Challenge

Design a model high school schedule that allows for us to accomplish our vision.



We want to create an environment in school where students can be themselves comfortably and not feel like school is just a place where you come to learn.

Why do we have this challenge?

- Everyone in the school has an individual growth track. There are many individual challenges, in order for them to actually grow and learn something new. As they go up grade levels and grow as individuals, the challenges increase. All students will have some kind of personal challenge. Whether it's academic, emotional, etc., they need the support to get through them.





Children and teens who eat healthy school lunch (as opposed to unhealthy lunches) are more likely to remember information presented in class throughout the day.

By providing school lunches, school enrollment can often improve by 20%

[Top School Lunch Statistics...And What to Do About Them ...](#)

<https://harrisschoolsolutions.com> › [blogposts](#) › [top-school...](#)



Innovative Lunch Rooms

- Fresh cooked food (daily)

A nutritional meal will provide better brain function during school. And improve behavior and learning environments. According to PubMed.gov, a study with FSD on student lunches shows 93% of people who have improved lunchroom habits have seen improvements in students.

- Tables with self delivering food machines
- Trash can inside of cafeteria tables(either in middle or end)

-This would save time, and be better for students legs compared to standing for a long period of time.

“When standing occurs continually over prolonged periods, it can result in inflammation of the veins. This inflammation may progress over time to chronic and painful varicose veins. Excessive standing also causes the joints in the spine, hips, knees and feet to become temporarily immobilized or locked(ccohs.ca).”



Cleaning the floors after every lunch period to maintain hygiene in the school.



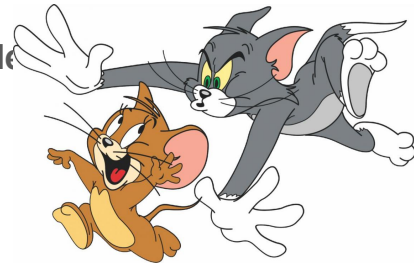
Innovative Classrooms

To continue the fun and interesting theme of the school, we believe a theme of each classroom would help keep that look.

- Each classroom being the theme of a different meme.
- Each classroom being the theme of different historical figure who is a POC.
- Each classroom being the theme of a different tv show.

This will create a fun environment, while still obtaining education.

***Guest speakers; actors, writers, and other people who work in fields to help students**



The benefits of themed school rooms (classrooms and more)

See this document for full description of some theme ideas: [Changemaker Proposal Notes](#)

When done correctly, themed classrooms that connect real-life concepts with popular culture can engage students to learn more about their subject - especially if this carries over to the teacher's learning strategies when using pop-culture examples related to the classroom theme. Themes may incorporate newer education technologies. This can especially get younger students excited about learning, though I believe that themed rooms are *not* just for little kids.





49% of students taking the survey enjoy being at school, 54% enjoy their classes and 64% believe learning can be fun. (https://www.educationworld.com/a_issues/chat/chat239.shtml#:~:text=Forty%2Dnine%20percent%20of%20students,believe%20learning%20can%20be%20fun.)



You can learn while having fun

“If you have a fun learning experience, you will stay curious and go back to learn more.”- Growth engineering

- Games; pictionary, jeopardy, scavenger hunts, would you rather
- History; Dress up as a certain time period, cook a popular dish
- Debates, having more field trips





In a survey done in 2018, employers stated that between 71% and 81% agree that a vacation improves an employee's focus.



Take a day off

Parents get a day off so why can't students?

- Wednesday's stay for you
- No homework due or classes to attend

Benefits

- You reset yourself mentally
- More productive
- Focus

What will happen

- Support groups
- Nature walks
- Volunteering
- Art classes

(TRANSPORTATION WILL BE PROVIDED)



Why having a Mental Health routine is important

It has been statistically proven that having a routine that benefits your Mental Health has helped others see improvement within themselves.

- **Better stress levels** lead to improved mental health, more time to relax and less anxiety. A lack of healthy [stress management techniques](#) can put you at greater risk for heart disease and negatively impact your overall health.
- **Better sleep** will leave you refreshed. Your daily routine influences your quality of rest. Your [sleep schedule](#) and bedtime habits affect your mental sharpness, performance, emotional well-being and energy level. It's best if you can maintain a consistent time for waking and going to bed.
- **Better health** is a result of just a little extra planning. Set the alarm a little earlier and you'll have time to exercise and eat [breakfast](#), fueling your body for the day. Even a quick (and healthy) breakfast will get you energized. Whether you like to just go for a run or go to the gym for a bigger workout, it's important make time for exercise.
- **Good example** setting will encourage others to try a routine as well. You demonstrate its importance and the positive effect it has on health, motivation and self-esteem.

(Information from: [nm.org](#))



Mental Health Room(SEL)

Mental health is a very important thing that everyone should take seriously. A room in the school used for students to de-stress would be very beneficial.

The room should contain:

- Massage chairs, Bean bags, pillows, cushion seats, and blankets
- Snacks, dvd movies/player
- A Mental Health bus that is available for students to go in and talk to
- Charger cords, outlets, and earbuds
- Loose paper, pencils, and markers for those who feel most peaceful artistically
- Hotline/Therapist numbers on the wall: It is important that students, and staff understand that it is ok to go to somebody for your issues and to get your frustrations out.
- LED lights, and colorful rooms such as lavender or light blue.
 - “There's a better way to improve your mood, though: color(www.hgtv.com).”

Open (7:50 am - 3:25 pm) every Monday, Tuesday, Thursday, and Friday





Extracurricular Activities



- Diversity Club (anyone can join!)
- Economics Club
- Entrepreneurship/Financial Club
- Multicultural Club (anyone can join!)
- Chess club!
- Cooking club!
- Volunteering club
- Gaming club!
- Wrestling Club?
- Dancing Club
- Film Club
- Photography Club!
- Environmental club!



According to Crimson Education, extracurricular activities get students to explore their interests, build essential life skills, create social relationships, get better grades, and more!



There should be plenty of materials for all those, preferably provided by the school and by local donations. Club leaders would be professionals in said club.

OUR FUTURE SCHEDULE

- Later start may get in the way of afterschool programs. 3:15 is an average time, not too much later than 2:50, and would be a good end time if the start change was changed from 8:20 to 9:00
- 9:00-3:15(virtual)
- 8:20-2:50(hybrid)
- If your schedule is unique (if you don't have to take a certain class) you will have a early release
- WEDNESDAYS: NO SCHOOL you get a day to relax and be able to get ready for the next day of school. A day for you!

WORKS CITED

[Fun in Learning: Why Entertainment is Essential for Adult Education](#)

[Research-Tested Benefits of Breaks.](#)

[13 School Cafeterias that are Truly Works of Art for Students to Dine In](#)
[5 Benefits of Theme-based Learning](#) [Dos and Don'ts of Classroom Decorations](#) [The Benefits of a Classroom Theme](#) [Soon, Star Trek-style classroom to boost your kids' maths](#) [10 Ways Educators Can Make Classrooms More Innovative](#) [The Use of Experiential Education and Field Trips for Learning](#) [ADULT'S PERCEPTION OF FIELD TRIPS TAKEN WITHIN GRADES K-12: EIGHT CASE STUDIES IN THE NEW YORK METROPOLITAN AREA.](#) [REVIEW OF THE VALUE OF FIELD TRIPS IN SCIENCE INSTRUCTION](#) [The "real value" of field trips in the early weeks of higher education: the student perspective](#) [Six Benefits of After-School Clubs – Pasadena Schools](#) [5 reasons why after-school activities are important](#) [Afterschool Programs: Benefits for Youth, Families, & Communities.](#)

<https://www.southernliving.com/culture/school/alabama-teachers-share-classroom-decorations>

MORE WORKS CITED:

Ideas for how the lunchroom might look to interest students' imaginations.

<https://pubmed.ncbi.nlm.nih.gov/27744021/> A good PubMed study for how people influence food choices.

[3 Ways Nutrition Influences Student Learning Potential and School Performance – Healthy Food Choices in Schools](#) [Children Who Eat More Fast Food Show Less Academic Improvement, Study Shows](#) [Nutrition and Students' Academic Performance](#) [Eating Healthier at School Improves Learning](#) All these show how eating habits affect student performances overall, especially in academics.

<https://sciencebob.com/sci-fi-classroom/> Some ideas for sci-fi themed rooms!! :D

[US - Top 8 Benefits of Extracurricular Activities in High School](#) [Extracurricular Participation And Student Engagement](#) Stats that prove why extracurricular activities are beneficial.