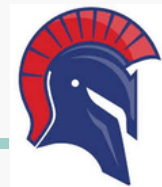




LUNCH BREAK ISSUES REPORT CARD BY ALEXANDRIA CITY HIGH SCHOOL



MARWA HEMAT

SCHOOL LUNCH BREAKS IN ACHS DO NOT GIVE ENOUGH TIME FOR STUDENTS TO EAT THEIR LUNCH BASED ON THEOGONY AND SURVEYS CONDUCTED.

IT DIRECTLY AFFECTS STUDENTS AND STAFF AS IT IS RELATED TO THEIR MENTAL HEALTH AND OVERALL PERFORMANCE IN SCHOOL.



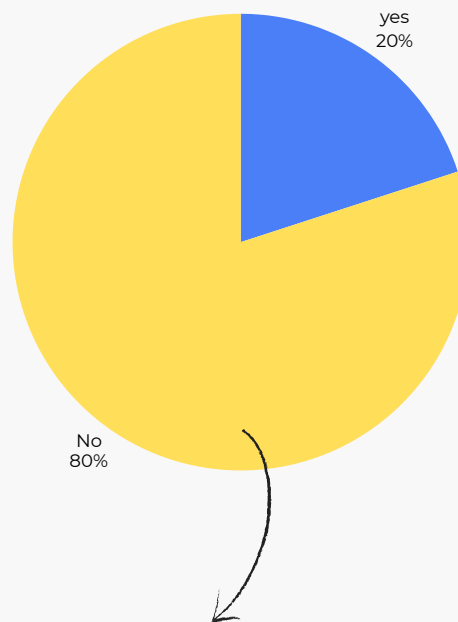
ACCORDING TO THEOGONY, FOR STUDENTS WITH "A" OR "C" LUNCH WHO TRAVEL BETWEEN CAMPUSES, LUNCH TIME CAN BE EVEN SHORTER AS IT CAN TAKE UP TO 20 MINUTES TO TRANSPORT BETWEEN CAMPUSES.

CYCP CONNECTION

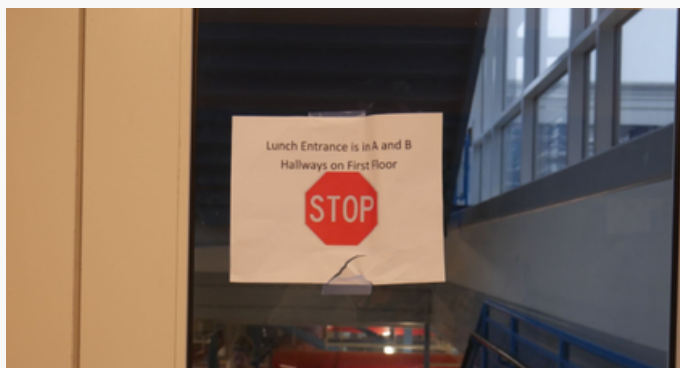
IT ALSO CONNECTS TP CYCP AS MENTAL HEALTH IS A MAJOR FACTOR OF THIS SYSTEM. PROVIDING MORE TIME FOR LUNCH VREAK CAN FOCUS ON IMPROVING STRESS LEVELS FOR STUDENTS AND STAFF

WHAT IS HAPPENING RIGHT NOW?

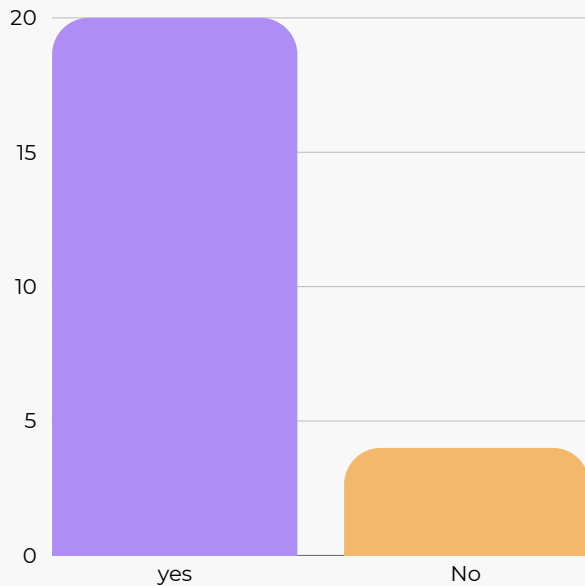
Is lunch break long enough?



THIS DATA SHOWS STUDENT SURVEYS SAYING THAT LUNCH BREAK IS NOT LONG ENOUGH WITH 80% VOTE WHICH ENDS UP RUSHING THEM THIS MATTERS BECAUSE IT COULD CREATE MENTAL STRESS FOR STUDENTS

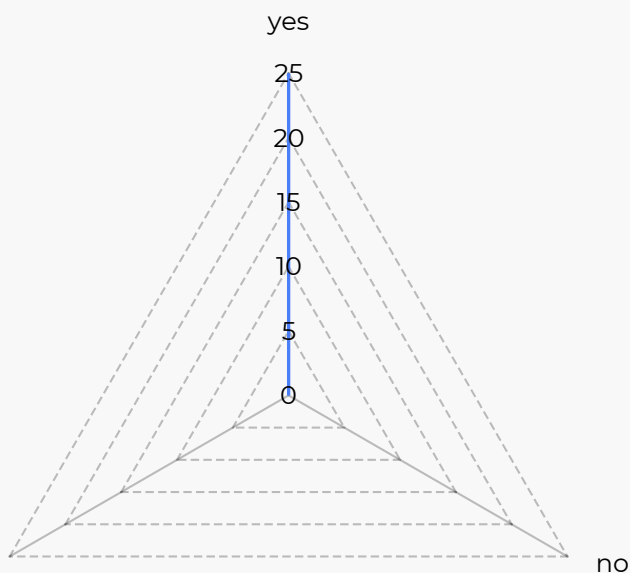


Ever skipped lunch?



THIS DATA SHOWS THAT MORE THAN 50% OF STUDENTS HAVE SKIPPED THEIR LUNCH AT LEAST ONCE BECAUSE OF SCHOOL WORK AND THE LACK OF ENOUGH TIME FOR LUNCH PERIOD. THIS MATTERS BECAUSE IT CAN SIGNIFICANTLY IMPACT EDUCATIONAL PERFORMANCE.

do you support adding 15 minutes extra to lunch break?



WHAT HAS ALREADY BEEN TRIED

NOTHING HAS BEEN DONE TO TACKLE THIS ISSUE ALTHOUGH THE SCHOOL HAS ALREADY ACKNOWLEDGED THIS ISSUE

THIS DATA SHOWS THAT ALL STUDENTS WHO TOOK THE SURVEY AGREED TO ADDING 15 MINUTES EXTRA TO THE LUNCH BREAK. THIS MATTERS BECAUSE ALL VOICES NEEDS TO BE HEARD WHICH INCLUDES STUDENTS.

STAKEHOLDERS

CHILDREN OF YOUTH MASTER PLAN 2025-

ALEXANDRIA'S CHILDREN AND YOUTH MASTER PLAN (CYMP) IS A ROADMAP FOR HOW OUR COMMUNITY WILL WORK TOGETHER TO CREATE THE CONDITIONS FOR ALL YOUNG PEOPLE TO THRIVE IN ALEXANDRIA



SCHOOL BOARD

SCHOOL BOARDS ACT AS KEY STAKEHOLDERS FOR STUDENT WELL-BEING AND PERFORMANCE BY SETTING A STRATEGIC, COHERENT VISION FOCUSED ON STUDENT OUTCOMES, RATHER THAN JUST MANAGING FINANCES



SOLUTIONS

- **CUT DOWN ON UNNECESSARY MINGA ID CHECKS**
- **CUT DOWN THE WAITING LINES BY ADDING MORE FOOD STATIONS**
- **ADD 15 MINUTES EXTRA TO THE LUNCH BREAK**

ONE OF THE STUDENTS WHO TOOK THE SURVEY STATED THAT "MY IDEA OF A PERFECT LUNCH BREAK WOULD BE HAVING ENOUGH TIME TO EAT CALMLY, HANG OUT WITH FRIENDS, AND RELAX BEFORE GOING BACK TO CLASS."

THAT RELATES BACK TO HAVING EXTRA TIME FOR LUNCH PERIOD

IMPACT AND FUTURE OUTCOMES

- THE QUESTION IS, WHAT WILL IT TAKE TO INVEST IN A BETTER FUTURE FOR STUDENTS TO THRIVE AND GROW WITH A HEALTHY AND READY TO CONQUER MIND?
- IT NUTRIENT INTAKE, REDUCING FOOD WASTE, ENHANCING SOCIAL DEVELOPMENT, AND IMPROVING ACADEMIC FOCUS. PROVIDING MORE THAN THE COMMON 15-20 MINUTE WINDOW ALLOWS STUDENTS TO MOVE BEYOND MERELY RUSHING THROUGH MEALS, FOSTERING A HEALTHIER, MORE BALANCED SCHOOL DAY

RESOURCES

PABLO CRUZ RIVERA, ISABEL SHULTZ, JAMES LIBRESCO 2024-25

[HTTPS://ACTHEOGONY.COM/8135/NEWS/NEW-DUAL-CAMPUS-SYSTEM-PRODUCES-DIFFERENT-LUNCH-RESULTS/](https://actheogony.com/8135/news/new-dual-campus-system-produces-different-lunch-results/)

MOIRA SIROIS, OCTOBER 13, 2021

[HTTPS://WWW.ACPSK12.ORG/THEOGONY/2021-2022/2021/10/13/STUDENTS-ADJUST-TO-NON-TRADITIONAL-LUNCH/](https://www.acpsk12.org/theogony/2021-2022/2021/10/13/students-adjust-to-non-traditional-lunch/)