



# Central Bucks West High School **LUNCH & LEARN**

2021-2022










## **West Pride**

**Achievement • Community • Kindness • Tradition**

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## CB WEST GOALS

- ✓ Teach and model skills needed for lifelong learning
- ✓ Enhance collaboration by maintaining a supportive atmosphere through trust and mutual accountability and by providing the necessary structure and tools
- ✓ Contribute to and support the “quality of life” at Central Bucks High School West, fostering social and emotional well-being as a foundation for academic achievement and lifelong learning

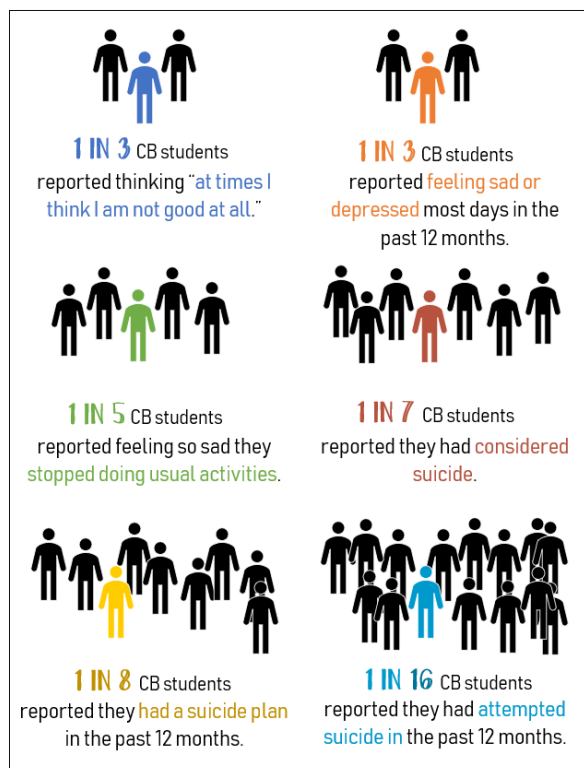
## SUMMARY STATEMENT

If we are looking to accomplish the above goals, we need to redesign our current schedule to create opportunities for students to refine these skills.

## SUPPORTED RESEARCH



World Economic Forum, 2019



PA Youth Survey Data, 2017



# PURPOSE

The purpose of the Lunch and Learn program is to create a schedule that reflects a culture of self-efficacy and trust. The Lunch and Learn program aligns with our highest priority as educators – meeting the needs of every student, every day.

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## BENEFITS



### Academic

The traditional schedule offers limited flexibility for engaging struggling students. Before and after school arrangements are dependent on the limited availability of students and teachers. Additionally, the traditional schedule leaves little time for students to participate in exploratory and enrichment opportunities.

The Lunch and Learn schedule allows students to meet their academic needs within the school day. Academic opportunities within the Lunch and Learn schedule may include concussion recovery, test make up, AP exam review, art demonstrations, mindfulness practice, and music enrichment.



### Social-Emotional

Providing opportunities for student sociability is essential in developing students' intellectual and interpersonal skills. The Lunch and Learn schedule allows students to strengthen these skills which will, in turn, strengthen their relationships inside and outside of the classroom.

Physical activity plays a significant role in social-emotional wellness as it sharpens cognitive skills and decreases stress. During Lunch and Learn, the gymnasium will be accessible to students for students to run laps, play basketball, and participate in other activities that will allow them to maintain a healthy lifestyle.



### Future Preparedness

Whether students are college-bound or entering the workforce after graduation, students need authentic opportunities to practice time management. During Lunch and Learn, students will be empowered to identify their daily needs and act on them. Each day, students will manage their time based on their self-identified needs. This means they could meet with a guidance counselor one day, socialize with friends on another, and participate in an enrichment activity on yet another day.



# VISION & MISSION



## VISION STATEMENT

Through the Lunch and Learn program, we will implement a student-centered schedule that supports student success.

## MISSION STATEMENT

To accomplish this, we will create an environment that empowers members of the C.B. West community to:

- Practice self-advocacy and decision-making, prioritizing individual needs.
- Develop life-long responsible habits of mind.
- Maintain social, emotional, physical, and academic balance.
- Meet their academic needs and engage in academic growth.
- Sustain learning connections and relationships, fully benefiting from the power of collaboration.



# BELL SCHEDULES

Regular Day: 83-minute blocks, 10-minute Advisory

Block 1	7:25 – 8:48	83 minutes
Block 2	8:53 – 10:16	83 minutes
Advisory	10:20 – 10:30	10 minutes
L & L	10:33 – 11:36	63 minutes
Lunch 1	10:33 – 11:03	30 minutes
Lunch 2	11:06 – 11:36	30 minutes
Block 3	11:39 – 1:02	83 minutes
Block 4	1:07 – 2:30	83 minutes

Extended Advisory: 78-minute blocks,  
30 minute-Advisory

Block 1	7:25 – 8:43	78 minutes
Block 2	8:48 – 10:06	78 minutes
Advisory	10:10 – 10:40	30 minutes
L & L	10:43 – 11:46	63 minutes
Lunch 1	10:43 – 11:13	30 minutes
Lunch 2	11:16 – 11:46	30 minutes
Block 3	11:49 – 1:07	78 minutes
Block 4	1:12 – 2:30	78 minutes

Extended Advisory: 73-minute block,  
50-minute Advisory

Block 1	7:25 – 8:38	73 minutes
Block 2	8:43 – 9:56	73 minutes
Advisory	10:00 – 10:50	50 minutes
L & L	10:53 – 11:56	63 minutes
Lunch 1	10:53 – 11:23	30 minutes
Lunch 2	11:26 – 11:56	30 minutes
Block 3	11:59 – 1:12	73 minutes
Block 4	1:17 – 2:30	73 minutes

AM MBIT and PM MBIT students will have approximately  
45-55 minutes of Advisory and/or Lunch and Learn.



# TEACHER COLLABORATION

Each department has been assigned a day of the week to collaborate. Teachers in course-alike departments and co-teachers will spend this time analyzing student data, creating common assessments, and working on other curricular initiatives.

## SCHEDULE FOR DEPARTMENT COLLABORATION

### Monday

Art  
Family & Consumer Sciences  
Health & Physical Education

### Tuesday

Mathematics  
Social Studies  
Tech Ed

### Wednesday

English  
Science

### Thursday

World Languages  
Business  
Music

### Friday

*No Department Meetings*



ELL Teachers, Guidance Counselors, Librarians, and Special Education teachers will be given the option to vary their collaboration days and lunch schedule based on need.



Teachers will not participate in Lunch and Learn on their assigned collaboration day.

## TEACHER LUNCH SCHEDULE

Teachers will be available for student support during the 'learn' portion of Lunch and Learn.

### LUNCH 1/LEARN 2

Family & Consumer Sciences  
Music  
Science  
Social Studies  
World Languages

### LEARN 1/ LUNCH 2

Art  
Business  
English  
Health/Phys. Ed.  
Tech Ed  
Mathematics



**MAIN LEVEL FLOOR PLAN**

**CENTRAL BUCKS HIGH SCHOOL WEST**  
DOYLESTOWN, PA







# STUDENT EXPECTATIONS

At all times, students are to conduct themselves in an appropriate manner and observe the rules of courtesy to everyone. In addition, students are expected to clean the area where they eat, return lunch trays to the assigned areas, and stay in the areas designated for Lunch and Learn. Tray return bins and trash receptacles will be distributed throughout the campus. Student misconduct will result in a referral to Administration and potentially a temporary loss of Lunch and Learn privileges.

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## WHAT CAN STUDENTS DO DURING LUNCH AND LEARN?

- |                       |   |
|-----------------------|---|
| ✓ Eat lunch           | ✓ Exercise (gymnasium)                    |
| ✓ Access teachers     | ✓ Socialize with friends                  |
| ✓ Access counselors   | ✓ Participate in study groups             |
| ✓ Make up missed work | ✓ Participate in enrichment opportunities |
- 





# COMMUNICATION

Teachers needing to meet with students during Lunch and Learn will send an invitation through Canvas or CBSD email.



Students who are being picked up during the school day will be contacted through walkie-talkies, the PA system, or a parent phone call/text.



Yellow QR Codes posted throughout the building which will be linked to the CB West Daily Announcement Page on the website

In addition to digital communications, teachers will hang signs on their doors indicating their availability during Lunch and Learn.

**LUNCH & LEARN**  
AVAILABILITY



**LEARN #1**

**LUNCH & LEARN**  
AVAILABILITY



**LEARN #2**

**LUNCH & LEARN**  
AVAILABILITY



SO GLAD YOU STOPPED BY FOR A GREETING...

**BUT I'M AT MY DEPARTMENT  
COLLABORATION MEETING!**

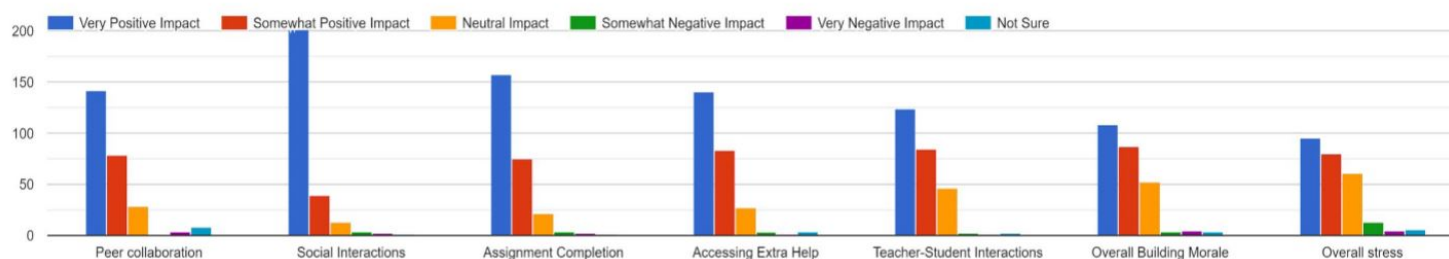
To learn more about the Lunch and Learn program, Central Bucks teachers and administrators visited Kiski Area High School, Lower Merion High School, and Unionsville-Chaddsford High School.

## WHAT ARE UCF STUDENTS SAYING ABOUT LUNCH AND LEARN?

"I enjoy the hour to decompress and get a start on my homework. Sometimes just socializing with my friends can change the mood of my day!"

"Lunch and Learn gives me a lot of time to ask my teachers for help, complete homework, and have a decent amount of time to eat lunch.

## WHAT IMPACT HAS LUNCH AND LEARN HAD ON THE FOLLOWING AREAS? Student Responses



"We are creating a culture where getting support and checking in with your teacher is the norm. Students proactively check in when they are going to miss class for an early dismissal."

"Students have a chance to breathe throughout the day. Students seem less stressed and more behaved in class. As a teacher, I have a chance to meet with colleagues and students."

## WHAT IS UCF STAFF SAYING ABOUT LUNCH AND LEARN?

## WHAT IMPACT HAS LUNCH AND LEARN HAD ON THE FOLLOWING AREAS? Staff Responses

