

West Forsyth High School FLEX (Flexible Lunch EXperience) Lunch

Overview

The West Forsyth High School FLEX Lunch program is designed to give students more flexibility and autonomy during the school day to help meet their academic goals and also provide them a flexible lunch period. Students will be given the opportunity for daily remediation, tutoring, and enrichment during their lunch period instead of having to schedule these activities before or after school. Students will also be able to make up missed tests and assignments during this time, and counselors will be available to meet with students as well, all without missing valuable academic time. Most importantly, students will be free to choose how they use their lunch time- academic support, time to complete assignments and homework, meet with study groups, meet with club sponsors, or simply choose to socialize and decompress.

General Reminders and Guidelines

West Forsyth High School is a closed campus. Students are not allowed to leave campus for lunch and must remain on campus during their lunch period. Students will be able to eat in the following locations: the cafeteria, the courtyard, the upstairs hallway in front of the Media Center, and in the Media Center. Students will be asked to work together to maintain our beautiful campus by cleaning up their areas and throwing away all trash. When students are struggling in class and falling behind, they will be expected to attend academic remediation or recovery (Academic Overdrive) when assigned by a teacher. Additionally, students may also initiate Academic Overdrive when they feel the need by signing up with their teacher.

Benefits

We believe that giving students autonomy with their time builds responsibility and empowers students. Students may choose how they use their lunch time each day, and it is important that students utilize this time to help become more successful at West. From additional academic support and enrichment opportunities, social/emotional support from counselors, to simply the gift of time, the West Forsyth High School FLEX Lunch program will help students alleviate the heavy academic workload and extracurricular demands that are so often placed upon them. This will help relieve the stress and anxiety that our students often face today.