

TIGER TIME

IT'S AN OPPORTUNITY, NOT A PROGRAM



ACADEMIC SUCCESS

Schools have found that having a flex period during the day with both voluntary and mandatory tutoring components decreases failures, increases A's, and leads to an increased graduation rate. Students can also work on homework, group projects, scholarship essays and college applications, and access peer tutoring during this time.

STUDENT ENGAGEMENT

Schools have also found that student engagement in clubs and extra-curricular activities increases dramatically, and student behavior improves. One school saw a 41% reduction in referrals during their first year of implementation. Studies repeatedly show that students who are active in extra-curricular activities have higher GPA's, are willing to take more challenging courses, have improved attendance, and have better time management skills.



SOCIAL AND EMOTIONAL HEALTH



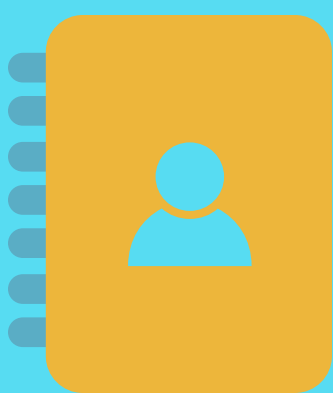
During Tiger Time our students will have a number of opportunities to attend to and improve their overall mental health. Small group counseling, goal setting sessions, and stress reduction coaching will all be available during this time. Students will also meet with their adviser each week to discuss any needs.

PHYSICAL HEALTH

Research indicates that students' physical health directly impacts their mental health, academic achievement, self-esteem, and overall energy level. During Tiger Time students can choose from a variety of individual fitness opportunities like Couch to 5K and weight training, and may also choose to participate in a competitive intramural program.



PROFESSIONAL DEVELOPMENT



When not supervising, tutoring, or facilitating an activity, teachers will be able to access a number of professional development opportunities. This includes joining Professional Learning Communities and departmental meetings to discuss student achievement, data, and lesson design. Staff members will also have their own days to participate in Tiger Time in order to learn alongside the students.

FURTHER OPPORTUNITIES

Advisory * Tiger Talks * Writing Center * Take a Break * Get Some Fresh Air * Practice a Musical Instrument * Chess Tournaments * Book Clubs * Create a Resume * Academic Sessions * One on One Meetings with Teachers * College Presentations * Pep Rallies * Create a Work of Art

Auburn High School develops and champions creative and critical thought, independent and collaborative study, and healthy and responsible citizens who passionately pursue excellence.

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WHAT?

Tiger Time is a period during the day when students will have the opportunity to make choices about how they spend their time. Tutoring in all subject areas, advisory, club meetings, physical fitness opportunities, guest speakers, and other various activities will all be offered for students to choose from. Students will also eat lunch during this time.

WHY?

As students prepare to enter college and the work force, they will be given more control over how they spend their time. We want to begin preparing them for this change, by providing them with sheltered, unstructured time. Schools all across the country have seen improved grades, attendance, school culture, and discipline after implementing flexible time.

WHEN?

Tiger Time will take place daily between 2nd and 3rd period, and will last for 65 minutes. The great news is that our classes are still 90 minutes in length, and therefore, we are not losing any academic time. Instead, we are being more strategic with the time we have been given for each school day. This also prevents 3rd period from being interrupted to take students to lunch.

WHERE?

Students will be free to decide where they spend their Tiger Time provided that they remain in the Fine Arts, Academic, and Athletic buildings, or are in the courtyard. All faculty and staff will be active in the management and monitoring of students during this time in order to ensure their safety. Students will not be permitted to leave the campus.

WHO?

All students, faculty, and staff will participate in Tiger Time. We know that each member of our learning community will find a way to benefit from the extra time to do homework or get tutoring, the ability to join a variety of clubs, getting some fresh air while walking the track, or just taking a needed break before a major exam.

We know you still have questions! Coming soon to the AHS website: FAQ, video explanation, and information about how to participate in activities. Also, feel free to contact administration.