



**ACADEMY**  
IMAGINE. INVESTIGATE. INNOVATE.

# Middle School Orientation Packet 2021-2022



## **Mission**

Our mission is to empower learners to become agents of change who solve the problems they see in their world.

## **Vision**

We envision a world in which all learners are equipped to excel in a global society.



i3 Families,

Welcome to the i3 community! We are ready for year two, and I am thrilled to embark on this educational journey with your family. I understand the gravity of entrusting your child to our teachers and staff and appreciate your confidence in our ability to deliver results. Our team is prepared to launch a world-class educational experience where your child will thrive socially, emotionally, and academically.

To our elementary families, we can't wait to see you on our Woodlawn campus again. Year two will be even better with everyone together this year.

To our middle school families, establishing this next step in our i3 Academy system is a huge step forward. I believe Dr. Maddox and her team will provide the same high-quality educational experience that your child had at the elementary level. I never lose sight of the fact that the class of 2028 will be the first to graduate from our system, a great honor and responsibility for this group of students.

Regardless of the building your child is in this year, the relationships between our faculty and families are still number one. They are the foundation for character building and academic achievement. The school-to-home partnership is of utmost importance to your child's success, and we hope to grow these relationships this year with more opportunities for parent involvement.

As head of school, I am honored to lead a distinguished cohort of dynamic, dedicated, and talented educators. We have added about forty new members to our team this year, and we can't wait for you to meet them! As experts in their fields, they will develop strong foundations in reading and math and facilitate project-based, STEAM-focused, and emotionally-conscious curricula.

COVID-19 remains an issue in our community and beyond. We must continue our effort to keep students and faculty safe. We strongly encourage all eligible family members to get the COVID-19 vaccine. As an additional layer of protection, all students, staff, and any campus visitors will be required to wear a mask. Our nurses do a fantastic job of following and sharing the latest CDC and ADPH recommendations. If you have any questions, please follow up with them. We appreciate your continued support as we keep our community safe and our doors open.

From every angle, we are leaning into our mission to empower learners to become agents of change who solve the problems they see in their world. As a member of this community, you are now a partner in this mission. I look forward to the opportunity to work alongside you as we imagine, investigate, and innovate together.

Sincerely,

Martin A. Nalls, EdD  
Head of School  
i<sup>3</sup> Academy



Dear Parents/Guardians,

I am thrilled to join the i3 family. As the newest member of the family, I'll take a moment to introduce myself. I have been an educator for thirty-one years. I began my teaching career as a high school mathematics teacher in Columbus, GA, my hometown, after completing my degree at Auburn University. War Eagle! I met my husband, Derrick, at Auburn, and we later moved to the Atlanta Metro area where we lived for six years before moving to Hoover in 2000. We have three children - Jailyn, 22, Joiya, 20 and Jordyn, 18. For the last ten years, I have been the principal of R. F. Bumpus Middle School in Hoover.

I was drawn to i3 because of its unwavering commitment to empower learners to become agents of change who solve the problems they see in their world. My role is to work daily to remove barriers for the students, teachers, and parents to achieve this mission. Dr. James Comer said it best, "No significant learning can occur without a significant relationship." I look forward to forming meaningful relationships with our students.

I am committed to making sure the Class of 2028 has a wonderful middle school experience. At i3 Academy Middle, We SOAR Together!

Tamala R. Maddox, PhD  
Principal  
i3 Academy Middle School



This orientation packet is designed to give families an overview of information needed for the first few weeks of school. Any changes to the information presented in this packet will be sent via email. The newest information takes precedence over this document.

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## General Information

Address: 7901 1st Avenue North  
Birmingham, AL 35206

Regular School Hours: 7:45 a.m.- 3:30 p.m.

Phone number (English): 205-403-5777

Phone number (Spanish): 205-403-5754

## Contact Information

For initial questions or issues, please contact your child's teacher. If you need additional support, please contact one of the following staff members:

General Questions	info@i3academy.org	
Operations (Meals, Uniforms, After-School, etc)	lsills@i3academy.org	Lori Sills, Operations Manager
Attendance, Buses, Family Engagement Success Program	cbouyer@i3academy.org	Christopher Bouyer, Social Worker
Social-emotional Learning	bgarrett@i3academy.org	Bo Garrett, Assistant Principal of Student Affairs
Health, Reporting COVID-19 Case or Possible COVID-19 Case	tkendrick@i3academy.org Phone: 205.403.5738	Tanya Kendrick, Wellness Coordinator
Academic Questions	dferniany@i3academy.org	Dr. Dylan Ferniany, Chief Academic Officer
Technology Questions	kwright@i3academy.org	Krystal Wright Technology Integration Specialist
Counselling Questions	kcrane@i3academy.org	Keisha Crane, Counselor
Special Populations (ExEd, Gifted, 504 Plans, etc); Testing	srich@i3academy.org	Susie Rich, Student Supports and Testing Coordinator



## General Reminders

- All items that enter the school building (school bags, lunch boxes, pullovers, and masks) should be labeled with the student's first and last name. A name tag can be created out of masking or Scotch tape and written on with a sharpie.
- The first two days of school are half days. Students will attend from 7:45 a.m. to 1:50 p.m.

## Attendance

- Attendance will be taken each day.
- After a series of unexcused absences, students will be referred to our counselor, Chase Hodge, and social worker, Chris Bouyer. Our student support team will partner with families to reduce attendance barriers.

Please refer to the ladder of interventions regarding the school's absence policy:

1. After two (2) unexcused absences the teacher/ school will contact the parent by phone, email or in person and remind them of the school's attendance policy. The teacher/school will document the contact with parent.
2. After three (3) unexcused absences the school social work will contact the parent reminding them of the school's attendance policy and intervene to provide support if necessary. A second (2nd) notice will be sent containing the attendance policy and the number of days missed to the parent/guardian.

\*Notices will be mailed to the address listed in records.

3. If the student accumulates more than five (5) unexcused absences a referral will be made to the school social worker. The school social worker will contact the parent and collaborate with the administrative team. The student will place on attendance probation.
4. If the student continues to accumulate absences, a meeting will be scheduled with a I3 Academy administrator and the social worker to determine the student's continued enrollment at I3 Academy.
5. A student can be withdrawn from school if they accumulate more than ten (10) consecutive, unexcused absences for the year. If the student continues to accumulate absences of ten (10) or more they can be withdrawn. I3 Academy's social worker will indicate to administrators which students have not improved.



## Dress Code Policy

- All students must wear a uniform every school day.
- If your child does not have a uniform the first few days and weeks of school, he/she may wear a navy polo shirt or I<sup>3</sup> Academy t-shirt with khaki pants or shorts.
- Masks worn by students should not have any religious, political, or obscene wording or graphics on them.

While attending school, all students must be in uniform daily. Students will not be allowed to begin their academic day until they have the proper uniform, including shoes. If a child is out of uniform, parents will be contacted and required to bring the necessary items before students are admitted to class. Uniforms must be neat and clean. Students should also practice good hygiene. Coats, jackets and other over-garments, which are not part of the school uniform, must be stored in an assigned location. Coats and jackets cannot be worn in the building. The uniform requirements are listed below.

	BOYS	GIRLS
<b>Tops</b>	Navy or Maize (color) Knit Polo Style Shirt w/i3 logo <ul style="list-style-type: none"> <li>• Must have collar</li> <li>• Must have sleeves (short or long)</li> <li>• No insignias (logos) other than i3 Academy logo</li> <li>• Navy pullover with i3 Academy logo</li> </ul>	Navy or Maize (color) Knit Polo Style Shirt w/i3 logo <ul style="list-style-type: none"> <li>• Must have collar</li> <li>• Must have sleeves (short or long)</li> <li>• No insignias (logos) other than i3 Academy logo</li> <li>• Navy pullover with i3 Academy logo</li> </ul>
<b>Bottoms</b>	Khaki pants, khaki shorts (not to exceed 1 inch above the knee) - must be worn with Navy i3 polo shirt  Navy pants, navy shorts (not to exceed 1 inch above the knee) - must be worn with Maize (color) i3 polo shirt	Khaki pants, khaki skirts, khaki shorts, khaki jumper (not to exceed 1 inch above the knee) - must be worn with Navy i3 polo shirt  Navy pants, navy skirts, navy shorts, navy jumper (not to exceed 1 inch above the knee) - must be worn with Maize (color) i3 polo shirt
<b>Footwear</b>	<b>Tennis shoes preferred</b> <ul style="list-style-type: none"> <li>• No Crocs, no slides, no house shoes, no slippers, no open toe or any other shoe that cannot be worn during recess, playtime, and/or wellness.</li> </ul>	<b>Tennis shoes preferred</b> <ul style="list-style-type: none"> <li>• No Crocs, no slides, no house shoes, no slippers, no open toe or any other shoe that cannot be worn during recess, playtime, and/or wellness.</li> </ul>
<b>Accessories</b>	Belt All accessories should be consistent with the spirit of the uniform policy. Head coverings are only allowed for religious reasons inside of the school building.	Belt All accessories should be consistent with the spirit of the uniform policy. Head coverings are only allowed for religious reasons inside of the school building.
<b>Other</b>	When approved by the administration, select clothing may be allowed on particular school days. Professional dress will be requested or required for select events including project presentations.	



## 2021-22 School Calendar

July 2021						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2021						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Fall 2021		Spring 2022	
July 21-23	New Teacher Orientation	January 3	Teacher Work Day
July 26-30	Teacher PD	January 4	Students return
Aug 2-4	Teacher Work Days/Preview events	January 17	Martin Luther King Jr. Day
Aug 5-6	Preview Days (Half Days)	February 18	Remote Learning Day
Sept 6	Labor Day	February 21	Presidents Day
Oct 8-11	Fall Break	March 28-April 1	Spring Break
Oct 29	Parent Conferences (No Students)	April 15	Inclement Weather Make-up Day (Remote)
November 11	Veterans Day	May 25	Last day for students
November 12	School Closed	May 26	Last day for teachers
Nov 22-26	Thanksgiving Break	May 30	Memorial Day
Dec 20-Jan 1	Holiday Break		

Key					
<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;"> </span>	School Closed	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;"> </span>	First & Last Day of School	<span style="background-color: #fff3cd; border: 1px solid #ffeeba; padding: 2px;"> </span>	Weather Day
<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;"> </span>	Work Day (No Students)	<span style="background-color: #fff3cd; border: 1px solid #ffeeba; padding: 2px;"> </span>	Professional Development/Conferences	<span style="background-color: #fff3cd; border: 1px solid #ffeeba; padding: 2px;"> </span>	Remote Learning Day
<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;"> </span>	New Teacher Orientation	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;"> </span>	End of Grading Period		



## COVID-19

- **If your child is showing symptoms of COVID-19 (cough, fever 100 degrees or higher, etc), it is extremely important that he/she does not come to school.**
- In the following circumstances, your child should self-isolate for fourteen days:
  - He/she is a close contact (within six feet for more than 15 minutes) to a positive COVID-19 case.
  - A parent/guardian tests positive for COVID-19.
- If a student tests positive or shows symptoms of COVID-19, he/she should self-isolate for 10 days.
- It is possible that a student or teacher in your child's class could test positive for COVID-19. In the event of a suspected or confirmed case, your child's class may be asked to self-isolate.
- Please prepare a back-up plan for childcare in the event that your child is asked to self-isolate.
- If your child is required to self-isolate for any reason, he/she will **immediately transition to a remote learning format**. Your child's teacher will follow up with you if this is the case.
- If your child is exposed to a positive COVID-19 case outside of school, please contact your child's teacher and Nurse Kendrick as soon as possible:
  - Email: [tkendrick@i3academy.org](mailto:tkendrick@i3academy.org)
  - Phone: 205.403.5738



## Wearing a mask at i3 Academy!



### Putting on a Mask:

Clean hands with alcohol-based hand sanitizer or soap and water.

Put on mask by using the loops or ties.

Cover your mouth and nose. Make sure there are no gaps between your face and the mask.



### While Wearing a Mask:

1. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand sanitizer or soap and water.
2. Clearly label mask with student's name. **Do not share masks or reuse single-use masks.**
3. After each day of use, make sure cloth masks are washed before being used again. **Wash mask before wearing again.**



### When to Wear a Mask at i3 Academy:

- In the classroom.
- While riding the bus or carpooling to school.
- During arrival and dismissal.
- When moving from one location to another location in building.



## Arrival Procedures

Before leaving your home, please complete a wellness check by taking your child's temperature and answering the questions in SchoolPass.

### ARRIVAL By Car:

All individuals involved with arrival (staff members, students, and parents/guardians) should wear a mask during this time. SchoolPass information will be sent via email.

- Enter the carpool line from 80th Street traveling from Division Ave. Cars will not be allowed into the carpool line traveling from 1st Ave.
- Drivers and other passengers should remain in your car at all times during carpool.
- Students should exit the car in the DROP OFF ZONE when the car comes to a complete stop.
- Leaving campus during carpool times, all cars will exit campus left towards Division Ave.

Please say “good-bye” to your child when he/she exits the car.

### ARRIVAL By Bus:

- Take your child to your family's designated bus hub.
- Students are required to wear a mask while on the bus.



## Departure Procedures

### DEPARTURE By Car:

**All individuals involved with departure (staff members, students, and parents/guardians) should wear a mask during this time.**

- Hang your car number from your rearview mirror where the number can be read clearly.
- Enter the carpool line from 80th Street traveling from Division Ave. Cars will not be allowed into the carpool line traveling from 1st Ave.
- Drivers and other passengers should remain in your car at all times during carpool.
- The carpool leader will radio to your child/children's classrooms to send your child out to the carpool line.
- A staff member will assist your child outside and to the car.
- If necessary, pull up to a safe place once you're out of the carpool line and assist your child in buckling his/her car seat or seat belt.
- Leaving campus during carpool times, all cars will exit campus left towards Division Ave.

### DEPARTURE By Bus: (additional information will be sent via email)

- Students will be called as buses arrive on campus.
- A staff member will assist students as they make their way to the bus.
- Students should wear masks on the bus.
- Students will be dropped off at the bus hub.
- Parent or guardian should be at the bus hub to receive the student upon arrival.

## Meals

### Breakfast

- Breakfast will be available in the cafeteria each morning until 7:43.
- Once a student is seated, he/she must remain seated until dismissed.
- Masks should be removed by the loops with the outside corners folded together and placed on a paper napkin on the corner of the table.
- After eating, students should put their masks back on using ear loops.

### Lunch

- Lunch will be eaten in the cafeteria.
- Once a student is seated, he/she must remain seated until dismissed.
- Students will be dismissed by an adult to throw their trash away.
- Masks should be removed by the loops with the outside corners folded together and placed on a paper napkin on the corner of the student's desk.
- Students will be dismissed from the tables to throw their trash away and return to their table.

## Counseling

### **Mission statement:**

Advocate for the overall development of the child, which includes the academic, social and career aspects of our program to promote a collaborative relationship with parents, students, community and faculty.

### **Counselor meets with students to:**

- Listen
- Problem-solve issues of concern
- Provide support when dealing with personal problems
- Create a plan for academic success
- Explore career awareness

### **Counselor meets with parents/ guardians to:**

- Provide support for parents seeking help
- Provide information regarding available community resources
- Share information about their child within the boundaries of the counselor's professional ethics
- Review student academic performance

### **Common Concerns Discussed with the Counselor**

- *"I'm having trouble with an adult."*
- *"I just need to talk to someone."*
- *"My best friend hates me and now everyone is against me."*
- *"My homework isn't done because of something that happened at home."*
- *"Something happened to me, and I need to tell someone."*
- *"One of my parents left last night, and I don't feel very good."*
- *"I don't have anyone to play with."*



## Counseling

### Counselor may meet with students about...

<ul style="list-style-type: none"><li>• Behavior issues</li></ul>	<ul style="list-style-type: none"><li>• Promotion/Retention</li></ul>
<ul style="list-style-type: none"><li>• Problems with grades</li></ul>	<ul style="list-style-type: none"><li>• Healthy peer relationships</li></ul>
<ul style="list-style-type: none"><li>• Missing too many school days</li></ul>	<ul style="list-style-type: none"><li>• Helping with transitions</li></ul>

### Confidentiality

All information shared during counseling sessions are confidential unless a student tells us that:

1. He/she is planning to harm yourself or others,
2. He/she knows of someone planning to harm themselves or someone else, or
3. He/she is the victim of abuse or neglect.

In these situations, we are required by law to report this information to parents and/or the appropriate agencies.

**If you or your child needs assistance, please contact the counselor, Chase Hodge at [whodge@i3academy.org](mailto:whodge@i3academy.org)**



## Special Education Resources

### Child Find

It is the responsibility of i3 Academy to develop and implement procedures that ensure all children within its jurisdiction, birth to twenty-one, regardless of the severity of their disability and who needs special education and related services are identified, located, and evaluated.

Teachers, parents, physicians, therapists, etc. who have concerns with a student's developmental or academic progress can request a "Referral" to the school system to determine if the student needs specialized instruction.

To make a referral, please speak with your child's teacher, contact the school counselor, or call Susie Rich, special education coordinator, at 205-403-5777.

You can also use the following statewide toll-free numbers below:

1-800-392-8020- (Ages 3-21)

1-800-543-3098 - (Birth-2)

1-800-548-2546 - (TTY)

### Special Education Services

i3 Academy provides special programs for disabled children in accordance with the Individuals with Disabilities Education Act or IDEA. i3 Academy provides appropriate educational and related services to all disabled students enrolled in our schools.

If you are the parent of a child with disabilities who is not receiving services, contact Susie Rich, special education coordinator, at 205-403-5777.



## Special Education Resources

### Gifted Services

Gifted students are those who perform at or who have demonstrated the potential to perform at high levels in academic or creative fields when compared to others of their age, experience, or environment. These students require services not ordinarily provided by the regular school program. Students possessing these abilities can be found in all populations, across all economic strata, and in all areas of human endeavor.

Teachers, counselors, administrators, parents or guardians, peers, self, or any other individuals with knowledge of the student's abilities may refer a student. Additionally, all second-grade students will be observed as potential gifted referrals using a gifted behavior checklist.

For each student referred, information is gathered in the areas of Aptitude, Characteristics, and Performance. The information is entered on a matrix where points are assigned according to established criteria. The total number of points earned determines if the student qualifies for gifted services.

To make a referral, contact the school counselor or gifted specialist at the student's school.

## Technology Agreements

Please click the links below to view our usage agreements and policies. You will be expected to be familiar with these documents prior to device pick-up. Before checking out a device you must acknowledge all documents in writing.

- [Student/Parent Technology Use Agreement](#)
- [Device Check-Out Liability Agreement](#)
- [Student Images and Online Publication Form \(Media Release\)](#)



## Devices

- Your child will be assigned an iPad, headphones, charger, and keyboard at the beginning of the year.
- The iPad will stay at school every day unless the child's teacher says otherwise.
- If you need assistance or have an issue with the device, please submit a request at the [Help Desk](#) and the Technology Department will be notified immediately.
  - You can only submit this request using your child's email address.
  - To ensure a short response time, please fill out the form in its entirety.



## Technology: Learning Platforms

### iPad Set-Up

[Orientation for Initial iPad Set-Up](#)



### Clever

[What is Clever?](#)

This article includes:

- Background information about Clever
- How to log your child into Clever
- What to do if you have a problem with Clever
- Is Clever safe for my child?

[Clever Portal Login Information](#)

[Clever Badge](#)



### Google Classroom

[How to Join a Google Classroom](#)



### Standards Based Grading Platform

[JumpRope](#)





## Curricula & Instruction

**Teachers will follow the Alabama College and Career Readiness Standards (ACCRS) for all subjects. The curricula described below will be utilized in all learning formats.**

**Middle school Math** curriculum, Middle School Math Solution, is produced by Carnegie Learning. This program provides a robust workbook and online platform that work seamlessly to develop mathematical thinking in Middle School. This curriculum, combined with our Middle School math teacher's expertise will provide a solid foundation for students as they grow into secondary education.

Our **English Language Arts** curriculum at i3 Academy Middle School is *myPerspectives*. This is a program produced by Savvas Learning. *myPerspectives* is a brand new English Language Arts curriculum that values the perspective of the learner, collectively and individually, and provides next-gen learning experiences that promote higher achievement and develop the competencies needed for college and career readiness. This dynamic Savvas program creates an interactive, engaging, and relevant learning environment through readings, meaningful activities, and purposeful performance tasks. *myPerspectives* encourages social collaboration as well as student ownership of learning through goal setting, choice, and reflection.

**Science and Social Studies** will each be taught through hands-on and project-based learning experiences. In collaboration with the entire Middle School team, students will begin to think in cross-curricular ways where English Language Arts, Math, Science, and Social Studies are embedded within projects where students become agents of change for the problems they see in their world.

**Response-to-Intervention (RTI)** is a multi-tier approach to the early identifications and support of students with learning and behavior needs. Core principles of RTI:

- Strong language/literacy, math and social emotional learning skills
- High-quality instructions to meet the learning needs of all students
- Universal screenings given to all students to inform differentiation and intervention



## Social-Emotional Learning

At I<sup>3</sup> Academy, social-emotional learning (SEL) will support all students. Dedicated time during the school day will be set aside for students to receive instruction in SEL. SEL provides instruction on skills for learning empathy, emotional management, self-management, self-awareness, friendship skills and problem solving.

Caring School Community is produced by the Center for Collaborative Classroom, and it was adopted in conjunction with the Collaborative Literacy program. The social-emotional learning (SEL) program is research-based and aligned to standards set by the **Collaborative for Academic, Social, and Emotional Learning (CASEL)**.

## Enrichment

Students will have the opportunity to participate in Art, Music, Spanish, and Makerspace. Enrichment teachers will rotate between classrooms and limit supply sharing. The enrichment teachers will stay with their classes for a full trimester.



## Wellness

The I<sup>3</sup> Academy students will take part in daily Wellness classes (traditionally called Physical Education). **Wellness class will be 40 minutes every day.** Our Wellness program for grades K-5 will focus on physical literacy by emphasizing the introduction and refinement of fundamental motor skills, foundational sport skills and modified games. Students are introduced to the concept that physical activity is an essential component of physical literacy and are encouraged to develop a sense of responsibility in making lifestyle choices. Health-related fitness content is introduced and integrated into Wellness lessons to emphasize the importance of physical activity for social, mental, and physical health, all of which contribute to wellness for a lifetime.

The curriculum for I<sup>3</sup> Academy Wellness classes will be based on the Alabama State Course of Study (COS). The AL COS 5 anchor standards are:

- Movement and performance,
- Movement concepts,
- Personal and Social behavior,
- Physical activity and Fitness, and
- Value of Physical Activity

Although it is not specifically articulated in the standards, the mind-body connection, which contributes greatly to a well-rounded education, is a core concept in everything taught in Wellness class.