



# **Middle School Orientation Packet 2022-2023**



## **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 three, 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 middle school families, Dr. Maddox and her team are ready to soar into year two. Their team will provide rigorous, engaging instruction and support your child through this next stage of growth.

We look forward to establishing a PTO this year, and we hope you will get involved. Relationships are number one on our campus, and this is the next step in that process.

As head of school, I am honored to lead a distinguished cohort of dynamic, dedicated, and talented educators. We have added 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 is part of our society's new normal. We must continue our effort to keep students and faculty safe. At this time, we are still a mask-friendly campus. If numbers in our community rise, that may change. Please stay vigilant in regards to any symptoms your students may have, and contact our nurses if you have any questions. 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 serve as your middle school principal. I have been an educator for thirty-two 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, 23, Joiya, 21 and Jordyn, 19.

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 classes of 2028 and 2029 has a wonderful middle school experience. At i3 Academy Middle, We SOAR Together! Go Rockets!

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: 7:43 a.m.- 3:30 p.m.

Phone number (English): 659-902-0003  
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	
Principal	tmaddox@i3academy.org	Dr. Tamala Maddox
Academic Questions	dferniany@i3academy.org	Dr. Dylan Ferniany, Chief Academic Officer
Social-emotional Learning	bgarrett@i3academy.org	Bo Garrett, Director of Student Affairs
Attendance, Buses, Family Engagement Success Program	cbouyer@i3academy.org	Christopher Bouyer, Social Worker
Health, Reporting COVID-19 Case or Possible COVID-19 Case	tkendrick@i3academy.org Phone: 205.403.5738	Tanya Kendrick, Wellness Coordinator and Middle School Nurse
Technology Questions	jedwards@i3academy.org	Dr. JohnMark Edwards, Technology Integrationist
Counselling Questions	tcylar@i3academy.org	Tasha Cylar, Counselor
Special Populations (ExEd, Gifted, 504 Plans, etc); Testing	srich@i3academy.org	Susie Rich, Student Supports and Testing Coordinator
Operations (Meals, Uniforms, Facilities, etc)	mrobinson@i3academy.org	Mauri Robinson, Operations Manager



## 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 7:43 a.m. to 1:30 p.m.

## Attendance

- Attendance will be taken each day.
  - After a series of unexcused absences, students will be referred to our counselor, Tasha Cylar, 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.	



## i3 ACADEMY EXPECTATIONS

At i3 Academy, all members of our community hold a commitment to SOAR: Be Safe, Be On Task, Go Above & Beyond, and Be Respectful. SOARing at i3 Academy supplements our SEL curriculum and is a positive behavioral framework that is designed to extend beyond the school setting for our agents of change. Each school year will start with a kick-off assembly to establish expectations school-wide with a pledge signed by all staff and students. Students explicitly learn these expectations during daily circle/ advisory times that are designed to address academic, behavioral, and social needs across any setting. Staff continuously implement expectations and provide students opportunities to practice what they see and facilitate success"

# We SOAR Together

	<b>At i3 We SOAR</b>
<b>S</b>	<b>SAFE</b>
<b>O</b>	<b>ON TASK</b>
<b>A</b>	<b>ABOVE &amp; BEYOND</b>
<b>R</b>	<b>RESPECTFUL</b>



## I3 Academy 2022-2023 Calendar

July 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						

August 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			

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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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 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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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 2023						
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 2023						
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 2023						
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 2023						
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 2022

July 18-20 New Teacher Orientation  
 July 21-22 Teacher Professional Development  
 July 25-27 Teacher Work Days  
 July 28 First Day for Students \*Preview  
 Sept 2 Teacher Professional Development  
 Sept 5 Labor Day Holiday  
 Oct 10-14 Fall Break  
 Oct 26 Parent Conferences (No Students)  
 November 11 Veterans Day  
 Nov 21-25 Thanksgiving Break

### Spring 2023

Dec 19-Jan 6 Holiday Break  
 January 9 Teacher Work Day  
 January 16 Martin Luther King Day  
 February 17 Teacher Professional Development  
 February 20 Presidents Day  
 March 20-31 Spring Break  
 April 21 No school  
 May 26-29 Memorial Day Holiday  
 June 8 Last Day for Students  
 June 9 Last Day for Teachers (1/2 Day)  
 June 19 Juneteenth Holiday

### Key

School Closed	Preview Days & Last Day of School	Conferences
Work Day (No Students)	Professional Development	New Teacher Orientation
End of Quarter	Halfway Days	

Board Approved 2/15/22

180 Student Days

190 Teacher Days (193-New Teacher)

## COVID-19

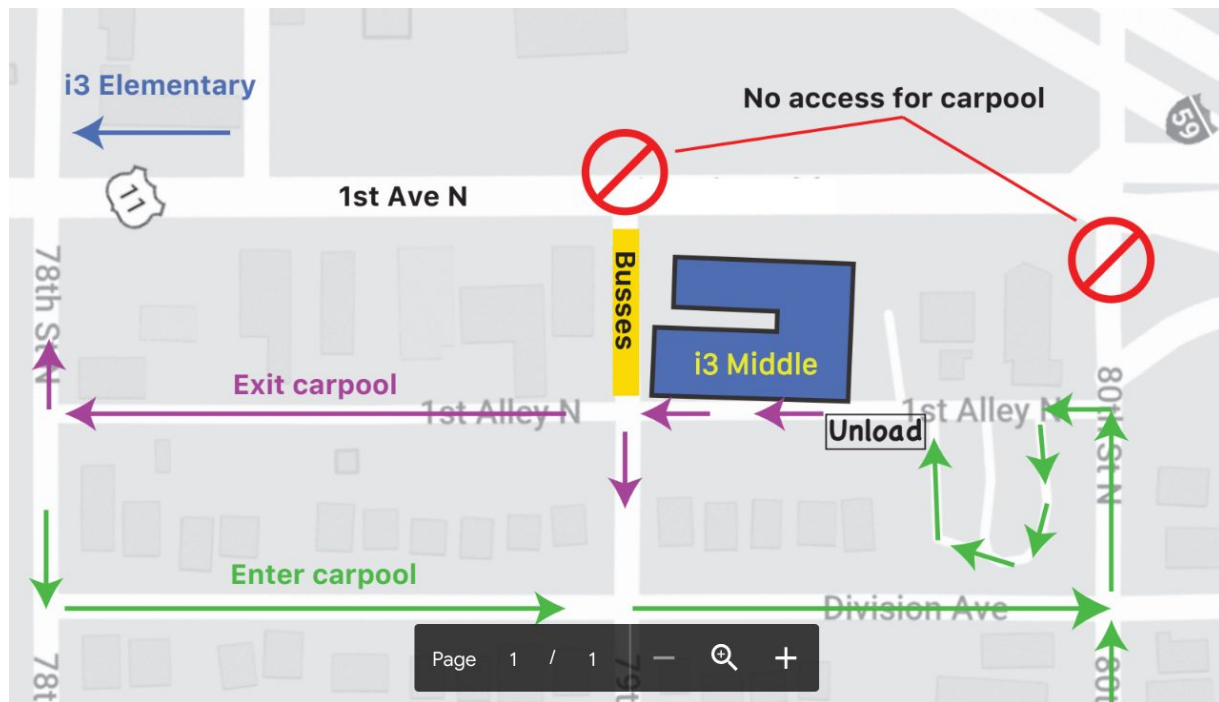
- **If your child is showing symptoms of COVID-19 (cough, fever 100 degrees or higher, etc), it is extremely important that he/she does not come to school.**
- In the following circumstances, your child should self-isolate for fourteen days:
  - He/she is a close contact (within six feet for more than 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

## Arrival Procedures

### ARRIVAL By Car:

- 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 see the map below.

**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.

## Departure Procedures

### **DEPARTURE By Car:**

- 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 contact your child/children's classrooms to send your child out to the carpool line. .
- 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 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.

### Lunch

- Lunch will be eaten in the cafeteria.
- Once a student is seated, he/she must remain seated until dismissed.



## 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, Tasha Cylar at [tcylar@i3academy.org](mailto:tcylar@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 Kornelia McDaniel at [kmcdaniel@i3academy.org](mailto:kmcdaniel@i3academy.org).



## ENGLISH LEARNER/L/MULTILINGUAL LEARNER

i3 Academy is proud of the cultural and linguistic diversity at our school. We value our EL students' and their families' contributions to our school community. According to research, it takes the average EL from one to three years to acquire the social language that is needed to function on a daily basis. However, it takes approximately five to seven years to acquire the language skills necessary to function in an academic setting.

Working with each student's regular classroom teacher(s), i3 Academy's EL Coordinator helps to provide students with the English language skills necessary for success. These may include support in comprehension, speaking, reading, writing, study skills, and content vocabulary.

All students new to i3 Academy must complete a Home Language Survey (HLS) as a part of the registration process. If the HLS shows a language, other than English, is spoken in the home; students will be administered a screener to determine if a student qualifies for EL services. Parents are then notified of the screening results and have the right to accept or deny EL services for their child. Each year, EL students will take the ACCESS test to determine progress in English language acquisition. Once a student scores a cumulative 4.8 or higher on the ACCESS, the student exits the EL program. EL teachers will monitor the progress of exited students for an additional four years.

For more information on i3 Academy's EL program please contact Kendall Salter at [ksalter@i3academy.org](mailto:ksalter@i3academy.org).

## SECTION 504

### **What is Section 504?**

Section 504 is Civil Rights legislation for persons with disabilities. The intent is to prevent discrimination based on disability.

### **Who is disabled under 504?**

(1) A “disabled person” means any person who (i) has a physical or mental impairment which substantially limits one or more major life activities, (ii) has a record of such an impairment, or (iii) is regarded as having such an impairment.

### **What is substantial limitation?**

Substantial limitation is 1) The inability to perform a major life activity that the average person in the general population can perform, or 2) Significantly restricted as to the condition, manner or duration under which an individual can perform a particular major life activity as compared to the condition, manner or duration under which the average person in the general population can perform the same major life activity.

### **What are major life activities?**

“Major life activities” are functions such as caring for one’s self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

For more information, contact your child’s counselor or Susie Rich, 504 Coordinator at 205-403-5777 or [srich@i3academy.org](mailto:srich@i3academy.org).

## 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 Music and Makerspace. 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-7 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.