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Message from the Challenge Success Team

Dear Dover-Sherborn Families:

As this school year winds down and we transition into summer, the Challenge Success team would like to thank the DS community for your ongoing support of Challenge Success activities throughout our third year of implementation. Program highlights for 2016-17 included screening of the "Screenagers" video, the Robert Brooks presentation on "Raising Resilient Children", and Larry Cohen's talk on "Principles of Playful Parenting". In addition, we published four issues of the Challenge Success Newsletter and conducted a student community education poster campaign at the MS and HS. As in past years, we facilitated discussions among teachers and parents as part of the Teacher-Parent Forum series as well as led in-depth parent discussion groups on themes such as Social Media/Technology and Resilience.

*As you will note in the **Upcoming Events** listed below, we have some exciting plans in place for next fall including sharing results from the **Stanford Survey of Adolescent School Experiences** and co-sponsoring a speaker with DS Boosters for student-athletes, coaches, and parents. Of course, none of these programs would be possible without the incredible cadre of volunteers working to make the programming happen. In addition, we are very fortunate to have generous financial support from DSEF and a private donation.*

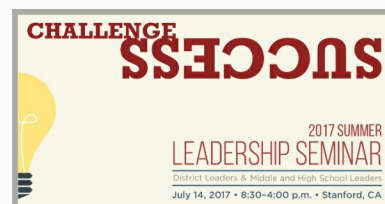
We hope that all of you have a chance to relax and recharge this summer with an abundance of "PDF" time (Play time/ Down time/ Family time). ENJOY!!

- The DS Challenge Success Team

Upcoming Events for Summer and Fall

Challenge Success National Summer Leadership Institute

This July, three DS administrators - Superintendent-Elect Andrew Keough, DSHS Assistant Headmaster Ann Dever-Keegan, and DSMS Headmaster Scott Kellett - will be attending Challenge Success National's new professional development Leadership Seminar in Stanford, CA.



Andrew, Ann and Scott will learn research-based strategies for promoting academic engagement and student health, and will explore a proven framework for initiating effective school reform. We look forward to hearing all about the seminar from these dedicated administrators when they return!

Summer Teen Mindfulness Northeast Retreat - August 8-13



iBme (Inward Bound Mindfulness Education) is a nonprofit organization that guides young adults in developing self-awareness, compassion, and ethical decision-making through in-depth mindfulness programs.

On August 8-13, iBme is offering a retreat in the Northeast on the Middlesex School Campus in Concord, MA. This retreat teaches teens proven awareness and concentration practices. Through guided mindfulness meditation, small group discussions, and mindful movement, teen participants learn how to settle a busy mind, direct and sustain attention, investigate emotions and thoughts, and cultivate compassion.

Registration is almost full, so act quickly! For more information on iBme or to register for the retreat, click [HERE](#).

Parent Education Series

Challenge Success Team Presentation on "*Stanford Survey of Adolescent Experiences: Results and Trends of Dover-Sherborn Students*"

See **Challenge Success National Student Survey** below for more information.

WHEN: Late September/Early October

WHERE: Mudge Auditorium, DSHS

Katie Greer on "*Internet & Technology Safety for Families*"

Sponsored by DSEF – Rescheduled from February 2017)



Ms. Greer will spend the day presenting to students and educators of all four DS schools, followed by a parent/guardian presentation at night.

WHEN: Monday, October 16th, 7pm - 8:30pm

WHERE: Mudge Auditorium, DSHS

John O'Sullivan, *Founder & Director of Changing The Game Project*

(Co-Sponsored by Challenge Success Parent Advisory Group and DS Boosters)

WHEN: Thursday, November 16th

WHERE: Mudge Auditorium, DSHS



The DS Challenge Success Parent Advisory Group and DS Boosters are delighted to bring John O'Sullivan, Founder and Director of **Changing The Game Project**, to the Dover-Sherborn community on Thursday, November 16th. John will begin his day by addressing student-athletes after school, followed by a meeting with the Dover-Sherborn youth and high school coaches. He will then present to community members at 7pm in Mudge Auditorium, and all parents, guardians, and community

members are encouraged to attend. For more information: www.changingthegameproject.com

Click [HERE](#) to view John O'Sullivan's TEDx Talk on "Changing the Game in Youth Sports".

Highlights of Recent Challenge Success Activity at DS

Challenge Success National Student Survey

This past March, all DSHS students were administered *The Stanford Survey of Adolescent School Experiences* - an online survey that measures students' perspectives on homework, extracurricular activities, sleep, physical health, stress, parent expectations, academic engagement, academic integrity, and teacher support. Survey results help schools to identify what students see as stressful and challenging as well as sources of support within the school.

This same survey was given to our high school students in 2014, and all DSMS students took an adapted version of the survey 3 years ago and again this past spring. The DS Challenge Success team is looking forward to analyzing the results and presenting the trends to our Dover-Sherborn Community this fall. The results of this survey will be instrumental in documenting the impact that our Challenge Success initiatives at DS have had on our students. The findings will also help to inform planning efforts for next year's priorities.

Playful Parenting with Dr. Larry Cohen

On Wednesday, May 10th, Dover-Sherborn's Challenge Success Parent Advisory Group hosted a community talk by Dr. Larry Cohen, child psychologist and author of *Playful Parenting*. Throughout the evening, Dr. Cohen offered parents practical strategies on connecting and playing with their children to help make them more secure, confident and happy.



This program was part of the DS Challenge Success Parent Education series.

(Click [HERE](#) for full article on Dr. Cohen's Talk)

Community Education Campaign in DSMS with Challenge Success Student Advisory Group

To emphasize the importance of student voices and peer-to-peer interaction, members of the DSHS Challenge Success Student Advisory Group met with DSMS students to create brightly-colored posters to place around the school. The students had fun while spreading the spirit of Challenge Success. *#youdoyou!*



What does Challenge Success mean to you?

DS In The Press / Good Summertime Reads & Tips

Articles

Playful Parenting and Connecting with Kids, Hometown Weekly, 5/30/17

Principles for Nurturing Close Connections / Ten Talents of Parenthood, Dr. Larry Cohen's Presentation Handout

What Happens When Parents Loosen Up A Bit? by Kate Darnton, Boston Globe, 6/6/17

Books

[How to Raise and Adult](#) by Julie Lythcott-Haims

[Changing the Game: The Parent's Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back To Our Kids](#)

by John O'Sullivan

[Where You Go Is Not Who You'll Be: An Antidote to the College Admissions Mania](#) by Frank Bruni

Tips

Maintain play time, down time and family time. Avoid over-scheduling. Young children need ample time for their most important job: unstructured play. Kids of all ages need restorative time to reflect and dream. And families need time together: at meals, on weekends, and during vacations to connect and form lasting bonds.

- From Challenge Success National's Parenting Guidelines

For more parenting tips and other valuable information, see Challenge Success National's Website: www.challengesuccess.org

Mission of Challenge Success

The Challenge Success program is based out of Stanford University's School of Education and has worked with more than 100 schools nationwide over the past decade. Dover-Sherborn schools (K-12) launched the Challenge Success initiative in 2014. The primary goal of Challenge Success is to help students and the larger DS community create better balance in their lives by:

- (1) reducing unhealthy pressures and demands*
- (2) promoting a broader definition of "success"*
- (3) building resilience among our students*

The program accomplishes these outcomes by implementing proven strategies for effective change, drawing from research data as well as best practices from other schools.



Challenge Success.... Graciously funded by DSEF and a private donation.

STAY CONNECTED to Challenge Success National (www.challengesuccess.org):

