



OUR WORK ON RESPECT, HEALTH, AND WELLNESS

12/20/21 UPDATE

HERE ARE SOME EXAMPLES OF WHAT WE HAVE DONE TO SUPPORT OUR STUDENTS OVER THE PAST FEW MONTHS.

- We opened the year with conversations about community expectations. We specifically talked about the areas of respect that are covered in our Student/Family Handbook regarding harassment and bullying, including social media behavior and cyberbullying. We also had age-appropriate conversations about sexual harassment and consent. Our goal was to give students, advisors, and faculty an opening to begin ongoing conversations on these topics that they could continue throughout the year.
- Our 10th-12th graders work on areas of Health and Wellness with their advisors. This work is planned and supervised by our Health Services team. Students have been working through a series of online courses offered through 3rd Millennium Classrooms within their advisory groups. By the end of winter term, each grade will have completed the following courses:
 - Respect & Resolve, a course which teaches life and social skills to encourage respectful and healthy relationships
 - Consent & Respect, a Title IX training that explores the crucial concepts of consent, healthy relationships, bystander empowerment, sexual assault, intimate partner violence, and stalking
 - Marijuana-wise, a course teaching about the risks of marijuana use and designed to reduce high-risk behavior
 - Alcohol-wise, a course that uses evidence based strategies to reduce high-risk drinking behavior
- In the fall term, our Middle School students focused on character and community expectations. We focused on returning to school routines, such as classroom behavior, group collaboration, dining hall behavior, and positive group engagement. Our advisors specifically worked with our students on practicing expressing daily gratitude. They also learned and practiced the “High Five” phrases of good character (i.e., please, thank you, excuse me, I’m sorry, and how can I help).

HERE ARE SOME PLANS WE HAVE FOR WINTER TERM:

- Throughout Winter term the Upper School advisory groups will also meet with our counseling staff to discuss mental health awareness, suicide prevention, and the role of proper nutrition in their lives. Last week, the students worked on self-care practices with their advisors, and each student completed a “Self-Care Plan” that examined how they manage stress and who they turn to in times of need.
- Our 9th graders have started a formal Health and Wellness study through a required term-long course. They will take this course either winter or spring term. The class covers a variety of age appropriate topics including healthy nutritional choices, building a mental and emotional health toolbox, building positive relationships, and reproductive health.
- Our 6th-8th grade students have also moved into a Health and Wellness program in their advisories. They will engage in lessons on compassion, empathy, digital wellness, building positive relationships, and making healthy choices (e.g., drugs and alcohol, vaping and smoking, sleep habits, diet) .
- Our Middle School Community also engaged in a Compassion Challenge in December. After a community conversation about compassion for others, students and adults kept an eye out for acts of compassion and caring by students. Each time an adult noticed a student supporting another person in the community, they added a tag to a Compassion Tree. This project turned into a friendly competition as the advisories with the most tags on their tree earned a week of free dress!