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DS Challenge Success Newsletter Volume VII | Fall 2018

## DS Challenge Success News & Updates



### Welcome Back and Happy Fall!

For those of you new to the district or may be in need of a post-summer refresher, you may be wondering: **What is Challenge Success?** To start, **Challenge Success (CS)** is a national, non-profit organization affiliated with the Stanford University Graduate School of Education. Challenge Success partners with schools, families and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning.

This 2018-2019 school year marks five years of **Challenge Success at Dover-Sherborn**. We were the first school to launch Challenge Success on the East Coast, and one of the first Challenge Success partner schools to target all grades K-12. Over the past several years, the CS program has expanded its presence in the Northeast to include many other local school communities such as Medfield, Wellesley, Weston, Westford, Bedford and Concord.

Being a Challenge Success school means that we are helping our students, and our community, to 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

Please read on to find out about upcoming parent events and links to helpful resources and videos. Enjoy the new school year and the crisp autumn days ahead!

*The DS Challenge Success Team*

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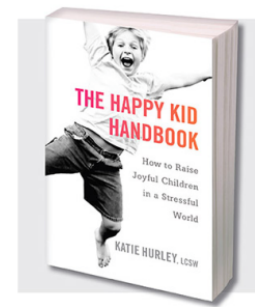
### Upcoming CS Parent Events at DS

**Wednesday, October 17th at 6:30pm**

Mudge Auditorium, DSHS

**Katie Hurley, LCSW** speaks on *Raising Happy Kids: How to Raise Joyful Children in a Stressful World*.

Targeted for Pre-K - 5 parents but open to anyone in the community. Click [HERE](#) for more information and to register.



### **Thursday, November 8th at 6:30pm**

Choral Room, DSMS

Join Andrew Keough and Beth McCoy for an *Evening with the Superintendent and Assistant Superintendent: What's Next For DS?*

Click [HERE](#) for more information and to register.

### **Tuesday, February 26th, 2019 at 6:30pm**

**Catherine Steiner-Adair, ED.D** , Author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* , will speak on the impact technology and social media have on youth/families. **Stay tuned for details.**

## **Challenge Success National East Meets West Luncheon: A "Fit" Over Rankings: Why College Engagement Matters More Than Selectivity**



**Friday, October 19th from 11:30am-1:30pm** in Boston.

What do college rankings really measure? What is the relationship between college selectivity and student outcomes? And what does all of this mean for the high school experience? Dr. Richard Weissbourd, Harvard Graduate School of Education, and Dr. Denise Pope, Stanford Graduate School of Education and co-founder of Challenge Success, address the stress surrounding college admissions, and clear up some common misconceptions of the applications process.

Click [HERE](#) for more details and to register for this inaugural luncheon in Boston's beautiful Seaport District.

## **Good Enough Parent, Good Enough Child: How to have an "Imperfect" Family and be Perfectly Satisfied**



On May 4-5, 2018, Dover-Sherborn High School was honored to host the first Challenge Success East Coast Regional Conference . Dr. Brad Sachs delivered the Keynote Address on the topic of "Good Enough Parenting". He was later joined on stage by Challenge Success Co-Founder Dr. Denise Pope in an engaging conversation.

Click [HERE](#) for the link to the video of this informative evening.

## **Helpful Resources**

For Parents/Guardians of **High School Students:**

- Check out this [90-second video](#) explanation of the [Challenge Success White Paper](#) on college admissions and find out why what you do in college may matter more than where you go!
- Washington Post Article: [High School is Overwhelming for Kids, and Parents. Here's How To Get Off to a Good Start.](#) August 2018



For Parents/Guardians of **Middle School Students:**

- Washington Post article: [To Raise Independent Kids, Treat Middle School like a Dress Rehearsal for Life.](#) September 2018

For Parents/Guardians of **Elementary School Students:**

- Education Week Article: [Kids Need Play and Recess. Their Mental Health May Depend On It.](#) October 2018

For Parents/Guardians of **All Ages:**

- Article by Lynn Lyons LICSW: [How To Manage Back To School Anxiety: What Not To Do.](#)
- Boston Globe Article on extracurriculars and following your child's lead: [Building A Life, Not A Resume](#)
- Recent Good Morning America segments: Malik Chopra's guide to help kids de-stress and learn mindfulness: [Just Breathe](#); and [Bestselling Books](#) on anxiety and finding happiness.

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### **CS National Fall Newsletter with Top Ten Back-to-School Tips**

Check out last month's [Challenge Success National's Back-To-School Newsletter](#) for helpful reminders on building resilience and supporting the overall health and well-being of your children as they embark on a new school year.

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Visit the Challenge Success Website

DS Challenge Success. Generously Funded Through A Grant from DSEF and a Private Donation

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