

The Morris Educational Foundation, in partnership with the  
Morris School District's Office of the Superintendent, is proud to present

# THE WELL-BALANCED STUDENT

## Strategies for Promoting Youth Well-Being

featuring

## Dr. Denise Pope

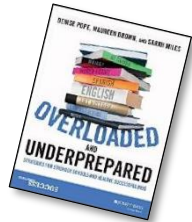
Senior Lecturer at the Stanford University Graduate School of Education;  
Co-founder of Challenge Success; Parenting Expert, Author, and Speaker



Today's high-pressure, fast-paced culture can interfere with healthy child development. Being too focused on grades and test scores can deny our children the time and energy to develop skills they need to become resilient, ethical, and motivated learners.

Parents will learn research-based strategies to create healthier home and school environments for their children:

- How students today are coping--or not--with the academic pressure they face.
- Ways to reduce school stress without sacrificing achievement or engagement.
- Strategies to increase resilience, creativity, critical thinking, and well-being for your child.



## Presentation ~ Q & A ~ Book Signing

with special introduction by Superintendent Mackey Pendergrast

[Challenge Success](#), a non-profit organization founded at **Stanford University**, is committed to providing schools, families, and communities research-based strategies to promote well-being and create a more balanced and academically fulfilling life for their students. Championing a broader vision of youth success, Challenge Success believes that success is measured over the course of a lifetime, not at the end of a semester.

## Postponed until Fall 2020

Open to parents with children of all ages.  
Details to come once arrangements are confirmed.  
Click [here](#) to follow.

