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.