

Medfield Challenge Success



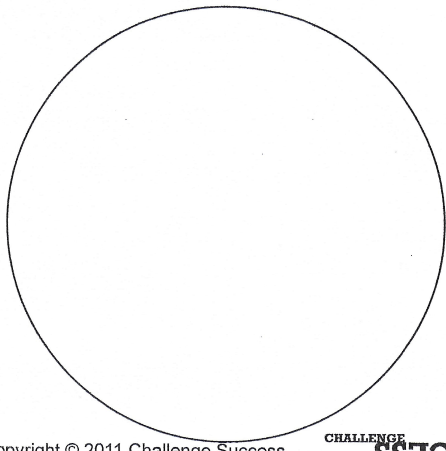
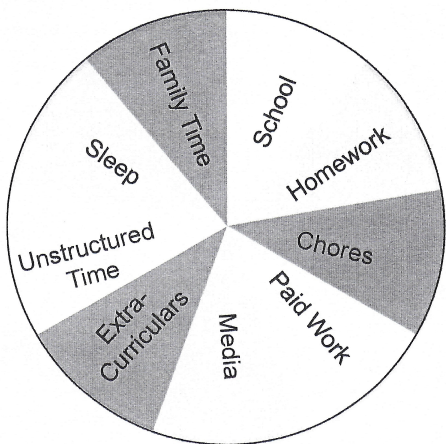
Parent Newsletter

April 2019

Do You Have a Well-Balanced Child?

On February 26th, we held our inaugural event: **The Well-Balanced Student K-8**. When we are too focused on grades and performance, and over-scheduled with athletics and extracurricular activities, we deny our children the time and energy they need to tackle the demanding work of growing up. One of the great take-aways of this video presentation with Challenge Success Co-Founder Denise Pope, was the time wheel exercise below. Are your children trying to accomplish more in a 24-hour day than is physically possible? What can you remove to make more time for Playtime, Downtime, and Family Time?

Directions: Think about a typical weekday during the school year for one of your children, students, or yourself. On the labeled time wheel, write the approximate time in hours or minutes spent on each category. Then complete the blank circle to represent your time graphically as a pie chart.



Copyright © 2011 Challenge Success

CHALLENGE
SUCCESS™

Join Us for our Spring Events:

Jon Kleiman Presentation for MHS Parents
Wednesday, April 24th
6:30 PM in the MHS Auditorium

Challenge Success School Program Director, Jon Kleiman, will host a presentation for high school parents sharing data from the recent MHS Challenge Success student survey. Jon will also offer strategies for parents who want to support their students in achieving balance at school and home. Jon will be working with the MHS staff earlier that afternoon. See [FLYER](#) for more details.

[RSVP: Jon Kleiman Presentation](#)

District-wide Book Discussion
Note new date: Thursday, May 16th
Note new time: 7:00 PM in the MHS Library

Join other Medfield parents in reading *Doing School: How We Are Creating a Generation of Stressed-Out, Materialistic, and Miseducated Students* by Denise Pope, then come and hear a panel of Medfield High School students talk candidly about how they may be facing some of the same issues presented in the book. Don't have time to read the book? Still join us for this dynamic presentation.

[RSVP: Doing School Book Discussion](#)

Need a Sitter?

Please join us for our upcoming parent programs. If you need a sitter for these events, please contact susangorog@msn.com for a list of Medfield teens.

Upcoming Community Events:

Developing Reflective Learners Wednesday, April 3rd, 6:30PM, Blake

Please join us for a workshop with [Dr. Nathaniel Brown](#), Associate Research Professor at Boston College's Lynch School of Education. Topics to be addressed at this workshop include motivation, grading myths and truths, grade inflation, measurement, evaluation, and assessment precision.

[RSVP: Developing Reflective Learners](#)

In the News:

Challenge Success Co-Founder, Denise Pope, [shared on CNN](#) that the recent college admissions bribery scandal is a symptom of bigger issues our students face like overload, stress, and a narrow definition of success, stating that this "cheat or be cheated mentality" is far too prevalent today.

See how [MHS students define success](#).

CBS recently featured a piece on [managing stress over college admissions](#).

Challenge Success Co-Founder, Denise Pope, wrote an article for the Wall Street Journal entitled [The Right Way to Choose a College](#)

For more information about Challenge Success and links to parent resources, visit our websites: [Medfield Challenge Success](#)
[National Challenge Success](#)

Interested in joining our Parent Education Planning Committee? Contact Nicki Gustafson at: nickigustafson@yahoo.com.



Raising Well-Balanced Kids:

(taken from [ChallengeSuccess.org](#))

Define success on your terms.

Take time to consider the qualities you hope your children have when they leave the nest. Many families unwittingly default to the prevailing, narrow notion of success. Resist parent peer pressure.

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. Families need time together: at meals, on weekends, and during vacations to connect and form lasting bonds.

Love your children unconditionally.

The basis for healthy emotional development is a sense of being lovable. Make sure your children know that they are loved for who they are, not only for how well they perform. Value the uniqueness of each child.

Discipline and set limits.

There are two sides to parenting: warmth and discipline. Warmth is easier, but discipline is equally important. Children feel secure and cared for when their parents are willing to set limits. This is how children learn important skills like self-control and frustration tolerance. Don't worry about your child's temporary anger or indignation when you set limits. It will pass.

Allow kids space to develop on their own and make mistakes.

Kids today experience unprecedented levels of adult direction and intervention. Whenever possible, let kids play and work on their own. Encourage appropriate risk-taking and allow kids to make mistakes—and learn from them. Self-direction and risk-taking breed resilience, creative thinking, and long-term success.