Dear Friends,

Challenge Success is on the move!

With a rising emphasis nationwide on mental health and wellness, Challenge Success is on the forefront of providing upstream solutions that support schools in making real, systemic changes that positively impact the health and well-being of students. Demand for our program is growing, and Challenge Success is working hard to ensure that we continue to provide research-based assessment and interventions that reduce student stress and increase academic engagement for more schools and families across the country. We continuously promote The Well-Balanced Student, and our goal is to transform schools and help entire communities redefine success. After all, true success is measured over the course of a lifetime — not at the end of the semester.

2016 also brought a leadership change to Challenge Success. We bid farewell to Maureen Brown and welcomed Kathy Koo as our new Executive Director. Kathy brings her experience in business operations, finance, and as a former Head of School, and has ushered in new initiatives, expanded staff, and launched a financial assistance fund that will extend the reach and impact of Challenge Success. We also hosted a highly successful inaugural fundraising luncheon at the Presidio in San Francisco. Mark your calendars for this year’s event on Friday, October 20th!

The future has never looked brighter for Challenge Success, but we would not be here without you — our passionate, forward-thinking, and generous donors. Without your support, Challenge Success could not do the important work that leads to stronger schools and healthy, well-balanced, and engaged students.

Here’s to “Striving to Double Our Reach in 2017!”

Sincerely,

[Signature]
Charlene Margot
Chair, Board of Directors

[Signature]
Kathy Koo
Executive Director

Challenge Success partners with schools and families to provide kids with the academic, social, and emotional skills needed to succeed now and in the future. We recognize that our current fast-paced, high-pressure culture works against much of what we know about healthy child development and effective education. Our society’s overemphasis on grades, test scores, and performance has resulted in a lack of attention to other components of a successful life — the ability to be independent, adaptable, ethical, and critical thinkers. Our work promotes the need for a balanced childhood and helps to foster healthy, engaged learners.
By The Numbers
We have informed and engaged students, parents, and educators in over 330 school communities. We reached schools and families in:

We Served
- 39% High School
- 29% Pre-K
- 25% Independent
- 15% Religious Affiliated

We Provided
- 180+ professional development workshops
- 85,000+ student surveys
- 320+ parent education presentations
- 26 partner school conferences
- 48 conference presentations
- 30+ research papers
- 90 parent education videos

Our Schools Made These Changes
- Started parent education and student wellness programs
- Modified grading and assessment practices
- Implemented project-based learning
- Launched advisories and tutorials for students

As a Result
- Kids got more sleep
- Kids cheated less
- Kids engaged in learning
- Kids worried less
- Kids felt supported by teachers
- Kids performed just as well or better in school

This Matters Because
- High school students need 9 hours of sleep and only get about 6 ½ hours
- 88% of high school and 75% of middle school kids admit to cheating
- 30% of high school students report symptoms of depression
- 33% of high school students are actively disengaged in school
- 73% of high school students report being often or always stressed by schoolwork

When students feel able to meet parent expectations, they are less likely to be worried and stressed about their schoolwork, and less likely to suffer from physical symptoms of stress and
Students are more motivated and engaged in school, and are more likely to persevere when they feel supported by their teachers.
There is no denying that we need to address stress and anxiety in our high school students at Wellesley High School. As PTSO Vice President and Co-President, I attended many presentations addressing the social and emotional well-being of students at WHS. The results of the MetroWest Adolescent Health Survey indicate that anxiety is on the rise in the high school, especially with girls. Each year, we have 20-30 students passing through the WHS Bridge Program and a high number of students who visit the nurse’s office for emotional support. Anecdotally, I spoke with many parents last year, and they expressed concern for their teen with respect to stress and anxiety. Challenge Success is about student empowerment. Wellesley High School students recently completed the The Stanford Survey of Adolescent School Experiences that will provide us with data identifying sources of their stress and anxiety. Based on the results of the survey, students, parents, faculty, and administrators will work together to address WHS student needs with the ultimate goal of reducing stress and anxiety and increasing overall student engagement in school.

— Annie Hall, parent

I have worked in Wellesley for the past 18 years now, and one can’t work at Wellesley High School, or live in this town without realizing there are a lot of pressures, stresses, and expectations put on our teenagers. Sometimes, it is good, and sometimes, it can be overwhelming. The overwhelming moments have been the ones that kept me up worrying about those kids and their families. Those moments led me to believe Challenge Success was worth pursuing. We plan to move slowly with our steps. We need to analyze the data. We need to triangulate it with other data we have like the MetroWest Adolescent Health Survey and internal measures like attendance, behavior, and grades. We may decide we need more information because the survey data brings up more questions rather than answers, so we’ll try to find a way to gather what we need. We’ll see what emerges and go from there. I think the Challenge Success principles around encouraging kids to be happy and healthy while they work hard to achieve the great things we all want for them are already things we value. I think our families want a well-balanced kid. I think they want their children to feel empowered. I know one of the goals of WHS is to help our students become empowered young adults.

— Dr. Jamie Chisum, principal

I came to Challenge Success two years ago as a parent of a first grader at Pine Hill School in Sherborn. I attended Denise Pope’s ‘Well-Balanced Student’ presentation at Dover-Sherborn and left there grateful to be a parent of young children in a district so thoughtful about its students’ experiences in and out of school. I also left feeling that Denise’s expertise could help make school a better experience for students, teachers, and parents in Wellesley. I think what I found most compelling was that everything Challenge Success stands for is grounded in research and that healthy child development is at its heart. As a parent and a teacher, I see how fleeting and important childhood is to building resilient, engaged (and engaging!) adults. I want to protect that time for our kids to grow into themselves. As a teacher here, I feel like, increasingly, it’s all about the grade. Students are figuring out what they need to do to get an A grade, but not finding joy in the learning process. It seems like they are checking the boxes they think they need to check to be ‘successful,’ but not thinking outside the box about what success means to them. As Denise says, they are really good at ‘doing school,’ but not going beyond that. They are afraid to take risks that might ‘mess up’ their perfect resumes. I see anxiety, sadness, and a lack of engagement punctuated by moments of curiosity, discovery, and joy. What would school be like if the opposite were true? If curiosity, discovery, and joy were front and center?

— Amanda Brown, English teacher

Wellesley High School in Massachusetts is a Challenge Success 2016–2017 partner school.
Financial Overview

Revenue
1. Donations 49% $403,700
2. School Program 26% $210,900
3. Research & Survey 21% $178,100
4. Parent Education 4% $30,300
Total 100% $823,000

Expense
1. School Program 34% $228,000
2. Research & Survey 28% $189,900
3. Admin & Benefits 11% $77,700
4. Development 10% $66,300
5. Parent Education 7% $45,200
6. Marketing 5% $33,300
7. Website/IT/Other 5% $35,600
Total 100% $676,000

Growth in Revenue
- 2012: $529,600
- 2013: $583,900
- 2014: $582,600
- 2015: $729,200
- 2016: $823,000

*Numbers reflect the combined balance of 501(c)(3) funds and the limited net earnings from the Challenge Success project at the Stanford Graduate School of Education.
Thank you to our Generous Supporters!