



**Student Wellness Conference Agenda**  
**November 13, 2024**  
**Canterbury School**

8:30am **Registration & Continental Breakfast**

9:00am **Keynote | Dr. Jennifer Bryan**

Over the past four years educators have been swimming in a whirlpool of complexity: the Covid-19 pandemic, structural racism, climate crises, and political upheaval. Currently, many students and adults are still searching for day-to-day equilibrium, yet find that the “return to normal” is full of increased demands and a relentless pace of life at school and home. In our current condition (i.e. still exhausted & uncertain), centering wellbeing is both a practical and prescient strategy for providing care, promoting learning, fostering resilience and increasing retention in our educational communities. The work of growing a healthy, capable, adaptable school community requires new ideas about pedagogies, paradigms, priorities, and structures. Dr. Bryan’s interactive keynote will offer a holistic view of wellbeing and highlight the critical components to consider for your school.

10:30am **Break**

10:45am **Breakout Session I | Select One**

**Mental Health 101: Practical Ways to Empower and Equip Your Staff and Students | Carly Lewis, Lumate Health**

**Audience: Lower School (K-5), Middle School (6-8), Upper School (9-12)**

Are you looking to empower your team with essential skills to navigate mental well-being effectively? As an educator, you have a front row seat aiding in the mental health crisis we all face in schools. It's no secret that anxiety rates have significantly increased, with nearly 6 million children suffering from anxiety disorders each year. Join experts from Lumate Health and discover essential strategies to nurture well-being and resilience in both teachers and students. Gain practical tools to create a supportive classroom environment where mental health thrives. Leave with a sense of confidence and a back pocket full of hands on materials to support student and staff well being.

**Meeting Students Where They Are: A to Z | Tracy Schledorn, School Counselor, Carolina Friends School**

**Audience: Lower School (K-5); Middle School (6-8); Upper School (9-12)**

According to a recent Gallup poll, Generations Alpha and Z want a listening ear much more than direct advice. How can educators really hear what they want to share? And gently guide them into finding their own solutions? Learn about the simple but powerful Hold, Hear, Help model of connecting with students. Through demonstrations and practice, we will build the skills to



activate any age student's emotional literacy and self-advocacy. This model integrates trauma-sensitive, restorative, and humanistic practices easily into the culture of your school.

11:45am **Lunch | Provided and Sponsored by Yay Lunch!**

12:45pm **Breakout Session II | Select One**

**Preparing Students for Life Beyond Our Campus: Development of a Comprehensive Life Skills Curricula | Mary Elizabeth Martin, Blues CORE Director, Asheville School**

**Audience: Middle School (6-8), Upper School (9-12)**

Learn about the development and implementation of an expansive health, wellness, and human relationships curricula that spans our entire student body. Created in alignment with our school's mission and values, key tenets of the program include age-appropriate content and topics, consistent faculty engagement, and the integration of the student voice and experience. This session will share successes, challenges, and opportunities of the Blues CORE program to date and its ongoing evolution, as well as practical tips and ideas for starting small.

**BreathWork & Positive Affirmation For Stress/Anxiety Relief | Malcolm Boone, Coordinator of Lower School Health & Wellness, Rabun Gap-Nacoochee School**

**Audience: Lower School (K-5), Middle School (6-8), Upper School (9-12)**

Discover practical self-care strategies designed to foster calm and balance for both students and teachers. This session will explore uplifting affirmation practices that empower students to believe in themselves, along with proven breathing techniques that reduce stress in the mind and body. Participants will leave with a clear understanding of the "why" behind breathwork and its critical role in supporting well-being. They'll gain a deeper self-awareness and an essential tool to help calm their minds and bodies when needed. Additionally, participants will learn that positive affirmations are more than just words—they are a daily practice that uplifts our students and cultivates a supportive environment. This session will equip attendees to help students internalize these practices, enabling them to support themselves and others, both now and in the future.

1:45pm **Break**

2:00pm **Breakout Session III | Select One**

**The Why, Who, What and How for Developing Wellness Practices | Michele King, Director of Student Support & Wellness; Sarah Kilby, Middle School Counselor; Jean Asinger, Upper School Nurse, Charlotte Latin School**

**Audience: Lower School (K-5), Middle School (6-8), Upper School (9-12)**

Struggling on where to start with comprehensive and intentional wellness practices for your students? This session will share the experiences of a brand new TK-12 Director of Student Support & Wellness and provide initial steps and ideas for incorporating wellness concepts and programming into practice. This active session will engage attendees in identifying some critical



components in developing buy-in, as well as finding space and time to execute activities and curriculum.

**Leveraging Mission, Vision, and Values for Bullying Prevention | Shelton Parks, Assistant Director of Upper School, and Susan Perry, Associate Head of School for Wellness and Belonging, Forsyth Country Day School**

**Audience: Middle School (6-8), Upper School (9-12)**

Explore a nontraditional approach to bullying prevention that aligns with your school's mission, vision, and values. Discover a variety of educational resources that equip students and parents with the necessary tools and strategies, enabling them to navigate the school community in a healthy and positive way. Upon completing this session, participants will be equipped to:

- Design mini-curriculums that align with their institution's mission, vision, and values.
- Develop comprehensive curricula focused on fostering healthy interpersonal relationships.
- Clearly define bullying and articulate its profound effects on the school community.
- Explore the relationship continuum to better understand the dynamics of student interactions

**3:00pm**

**Boundaries for Educators in a Kid's World | Susan Perry, Associate Head of School for Wellness and Belonging, Forsyth Country Day School**

**Audience: Lower School (K-5), Middle School (6-8), Upper School (9-12)**

Join this interactive session as we explore the crucial topic of boundaries for educators in a children's world. We will discuss these six topics explaining why establishing clear boundaries is essential:

- Our unique work environment
- PreK-12 student statistics about our work environment
- Why children are vulnerable
- Mandatory reporting
- Images, trafficking, abuse online, school guidelines, protocols (including attendance)
- Healthy relationships building blocks

We will discuss ways schools can take proactive measures to ensure the safety and security of their students, and effectively address potential issues to improve their ability to support students in their educational journey.

Join us to learn practical insights and guidelines about how educators can maintain boundaries in a kids world. Return to your teams with actionable steps to create positive boundaries and an environment where students feel safe, respected, and empowered to learn and grow.

**3:45pm**

**Adjourn**