

BRANHAM WELLNESS SUMMIT



Only when we ask questions that look for the TRUE, the GOOD, and the POSSIBLE will we be able to consistently flourish.

- David Cooperrider

Our Commitment

While many schools focus primarily on academic performance, we at Branham understand the value of developing our students sense of well-being and social responsibility. We need to support students in building on their strengths and nurturing their resilience and well-being. And it starts with bringing everyone together for one conversation to Discover, Dream & Design:

- **How we might create a school climate where students & staff are excited to come to school each day?**
- **How we might best support Wellness at Branham High School as well as throughout our local community?**

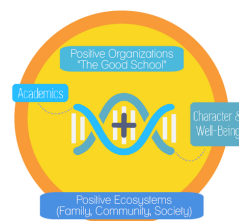
Whole Student, Healthy School

Come help us plan for the 2020-21 school year and determine how best to support Wellness at Branham High School as well as in our local community.

We have committed to making a measurable impact on emotional well-being at our school and we need your participation.

- Want your voice heard?
- Confused?
- Looking to be part of the solution?

We have a forum for your voice and a team to support you. Let's make an impact in what our future might look like.



Students, Parents, School Staff

Join us on Saturday March 7, 2020 for a unique event allowing all stakeholders to engage in conversations on how we may better support all stakeholders to more naturally grow, develop, and excel in all endeavors, so our students are prepared socio-emotionally as well as academically for their future.

(Neighborhood Community is also invited)

Sign up by March 5 at --> [BrhanamWellnessSummit.eventbrite.com](https://www.eventbrite.com/BrhanamWellnessSummit)

Summit Approach

Nothing you have experienced before!

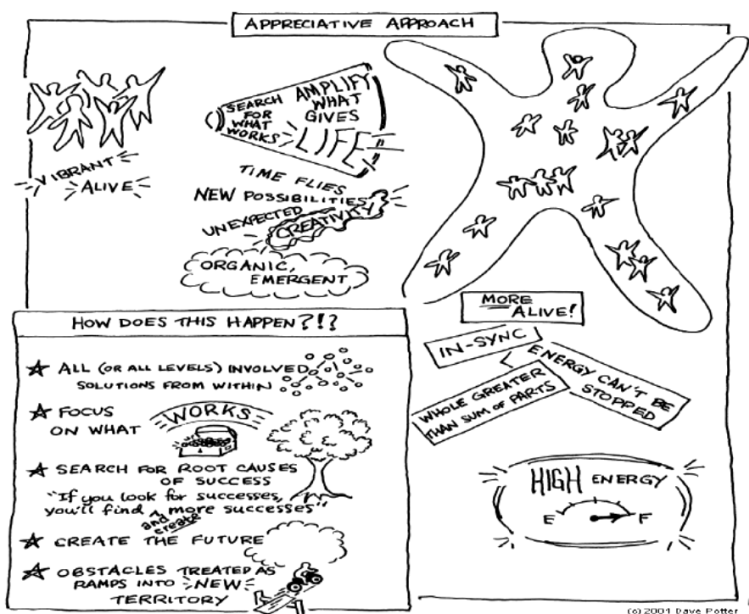
This summit is task focused, not simply an educational event or a conference. We are here to accomplish the task of building our vision for becoming a school that cares about – developing the whole students and creating a healthy school by leveraging all the strengths and talents that exist within our community.

What is Appreciative Inquiry?

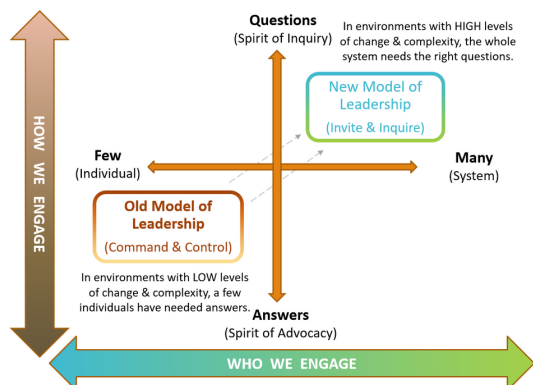
App-pre'ci-ate, v., recognize and value the contribution or attributes of things and people around us.

In-quire' (kwir), v., explore and discover, in the spirit of seeking to better understand, and being open to new possibilities.

A search for the best of
WHAT WAS, IS, & COULD BE



Our rapidly changing, intense pressure world has created a context of volatility, uncertainty, complexity, and ambiguity (VUCA) requiring us to change the way we engage and who we engage. The acceleration of innovation with our human growth and adaptability being incremental, is making it harder for us to keep pace with the exponential growth in technology. This process we will be going through *Invites* us to *Inquire* in our Ideal Future and how we might grow toward that vision.



Students

Get Community Service Credit For Attending

What strengths can you bring that might make school more fun and exciting? Make your opinion known and express your needs and wants. Your voice matters and we want to hear your ideas on how we might shape a more supportive environment for you here at school year.

Parents

Mindfulness practices have been shown to be key to self-regulation of attention, emotion, and impulses in students and educators alike, boosting academic and cognitive performance across a range of domains, while cultivating happier, more resilient students and staff.

Learning to learn is about the process in which students make appropriate decisions, manage responsibilities and set learning goals using a combination of EQ and IQ. Come join us to help design what this learning to learn environment might look like.

Teachers/Staff

Research consistently shows that teachers who are more stressed are less likely to form close relationships with students, which can negatively impact student achievement. Come join us where your voice matters.

Imagine an environment where teachers:

- Feel balanced and supported;
- Have the freedom to use their creativity to help students succeed;
- Have opportunities to learn and advance in their career;
- Are fairly compensated;
- Have a network of support to help each other overcome challenges.

Student Well-being Is Key to Their Academic Success

October 2018

- "Social and emotional learning is more than just a passing fad in education", the latest Grad Nation report says. "It is the very core of a high-quality education and a critical component to student achievement and life outcomes beyond high school."
- "Eight in 10 employers say that social and emotional skills are most important to success in the workplace, and yet are also the most difficult skills to find."
- "A study found that supporting student social and emotional development produces an 11% point gain in grades and test scores."

Join Us And Make Your Voice Heard --> BranhamWellnessSummit.eventbrite.com