

# CHALLENGE SUCCESS

Transform the Student Experience

BHHS has partnered with Challenge Success, a non-profit affiliated with the Stanford University Graduate School of Education.

Challenge Success provides schools and families with proven strategies that promote well-being and engagement with learning in order to transform the student experience.

## THE PROBLEM

### The constant pressure to achieve is harming our students

Surveys with over 250,000 middle and high school students nationwide reveal:

**95%** are sleep deprived

**77%** experience stress-related health symptoms

**63%** are constantly worried about academics

**62%** say workload is a major source of stress

**47%** are disengaged or simply “doing school”

## THE SOLUTION

Challenge Success is helping BHHS look at what it means for students to be successful at school and beyond by working to provide an enriching, rigorous academic experience, without sacrificing student well being.

*“Success is measured over the course of a lifetime, not at the end of a semester.”*



## BHHS ACHIEVEMENTS TO DATE

We have many! Please see the Challenge Success page on our school website : <https://www.byramhills.org/challenge-success>

## WHO WE ARE - WHAT'S NEXT

The Byram Hills Challenge Success committee is comprised of stakeholder groups from; students, parents, teachers, community members and administrators, committed to continue to enhance the overall student experience; social, emotional and academic in particular, looking at the affects of the pandemic.

**We invite you to get involved to help us help our children!** To learn more, please contact: [dcayea@byramhills.org](mailto:dcayea@byramhills.org) or visit the Challenge Success page on the Byram Hills website.