

# Sage Ridge and

CHALLENGE  
**SUCCESS**



**SAGE RIDGE SCHOOL**

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# WHAT IS CHALLENGE SUCCESS?

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- » **Nonprofit** research-based school reform organization affiliated with the Stanford University Graduate School of Education.
- » **Founded** by Dr. Denise Pope, Dr. Madeline Levine, and Jim Lobdell
- » **Led by a multidisciplinary team** of educators, researchers, mental health professionals, and youth development experts.
- » **Mission:**
  - » To partner with schools, families, and communities to
  - » **embrace a broad definition of success**
  - » and to implement research-based strategies that
  - » **promote student well-being and engagement with learning.**

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# WHY CHALLENGE SUCCESS EXISTS

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- » **Narrow definition of success** can result in undue stress for students and impede engagement with learning.
- » Many students are disengaged and just “**doing school.**” Lack of: creativity, 21st century skills, resiliency, and complex problem solving.
- » Adolescent **anxiety, depression,** and **suicide ideation** are increasing at alarming rates. Sleep deprivation is prevalent (consequences!).
- » **Misconception** that **academic rigor** and **student well-being** are mutually exclusive. **Rigor≠Load.**

# PARENT WORDS

According to parents, which three words best describe Sage Ridge School? 53



### Top 3 Categories:

Challenging or Rigorous  
Academic  
Small

# STUDENT WORDS

According to students, which three words best describe Sage Ridge? 89 ⓘ



## Top 3 Categories:

Challenging or Rigorous  
Small  
Difficult or stressful

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# PARENT SURVEY HIGHLIGHTS

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- » **Family time** 36% of respondents reported having meals together 5x or more during the weekdays. This is higher than normal
- » **Family rules** Most commonly enforced rule is GPA. Most commonly had (but not enforced) rules are tidy room/chores.
- » The differential between parent feedback on student **sleep** and student self reported sleep is greater than other surveyed schools
- » **College perception:** think community values rank/Ivy while themselves and their kids value location and program

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# MAJOR SOURCES OF STRESS

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Source of stress	HS Students
Grades, tests, quizzes, finals, and other assessments	74%
Homework and overall workload	65%
Lack of sleep	48%
Lack of time to play, relax, or be with family and friends	52%
A specific class or classes	54%

Source of stress	US Parents
Being Unhealthy	19%
Academic or cultural pressure/expectations	12%
Not having friends/social relationships	9%
Lack of confidence/self - esteem	9%
Not putting in effort/lack of motivation	9%

# SLEEP RESULTS

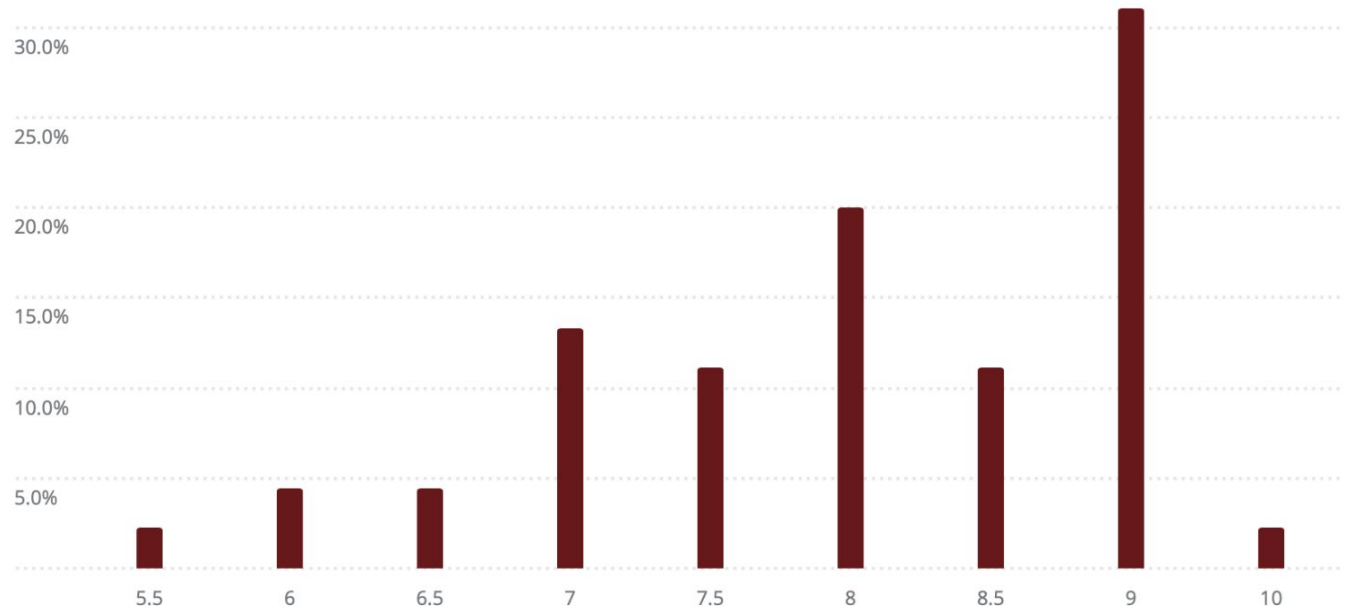
Child's avg. sleep on ... 45

8.0

Recommended Sleep for ...

9 Hours

Approximately how much sleep does your child get on a typical weeknight during the school ye... 45





# SLEEP RESULTS

Average hours of... 79

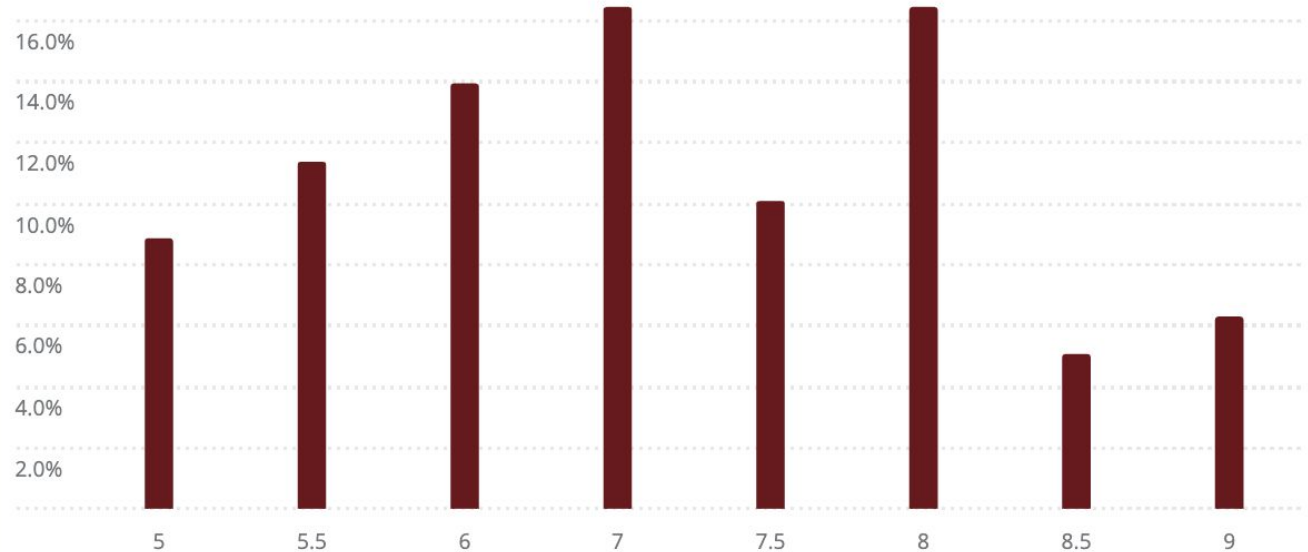
6.8

Recommended sleep...

**9 Hours**

Hours of sleep students usually get each school night 79

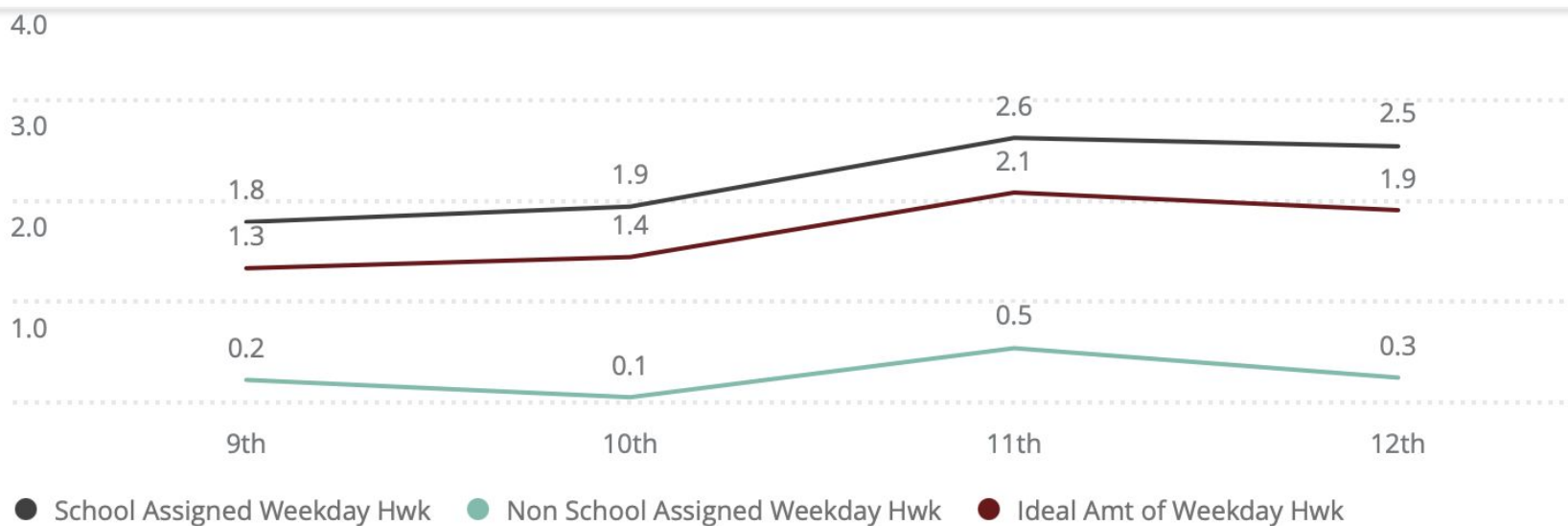
...



# HOMEWORK

Average hours spent on homework on a typical weekday & parents' ideal amount of homework

45 >



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# INITIATIVES AND ACTIONS

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# I WISH CAMPAIGN

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- » I wish my child knew.....
- » I wish fellow parents knew....
- » I wish the faculty knew....
- » I wish the administration knew....

# Appendix

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# BENEFITS OF SCHOOL CHANGE

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Students sleep more



Students cheat less



Students worry less



Students are more  
engaged in learning

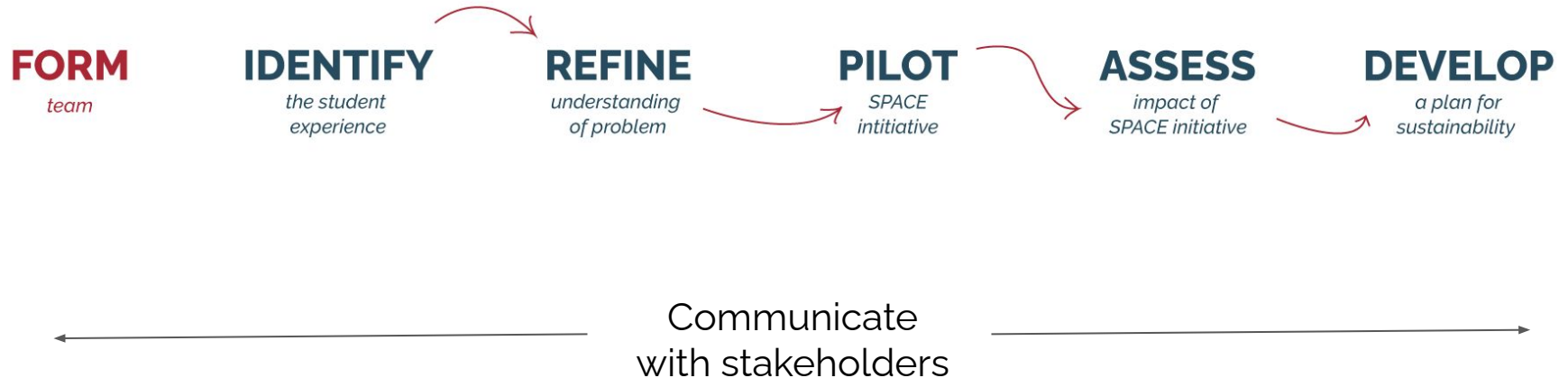


Students feel better  
supported by teachers

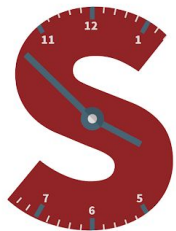


Students perform just as  
well or better in school

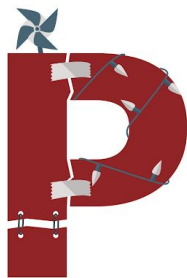
# SCHOOL PROGRAM: **MULTI-YEAR** MODEL



# RESEARCH-BASED FRAMEWORK



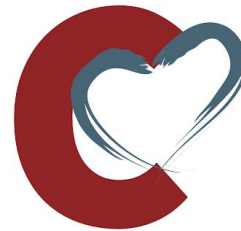
STUDENTS' SCHEDULE  
& USE OF TIME



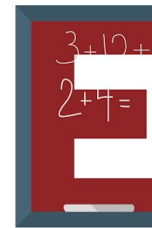
PROJECT & PROBLEM-BASED  
LEARNING



ALTERNATIVE & AUTHENTIC  
ASSESSMENT



CLIMATE OF CARE



EDUCATION FOR THE  
WHOLE COMMUNITY

CHALLENGE  
SUCCESS



# History of the Partnership

## **2020-2021: YEAR ONE** - Middle School focus

Student Survey, Faculty Survey

PD - Student Fishbowl re: homework & engagement

PD - Toolkit for Assessment & Homework with data

Parent Education - "Well-Balanced Student"

US Parent & Student Education - "A Healthier Approach College Admissions"

## **Spring 2020 (pre-partnership):**

PD- Grab and Go Toolkit

PD - Rethinking Assessment

Parent Education - "Navigating Remote Learning"

## **2021-2022: YEAR TWO** - High School focus

Student Survey, Parent Survey

Faculty PD: "Faculty and Staff Wellbeing" with data (Faculty, MS & HS)

All Parent Education - "A Healthier Approach College Admissions"

# HIGH TEACHER CARE AND SUPPORT

**Percent of students who believe “a lot” or “all” of their teachers meet the criteria**

<b>Teacher support</b>	<b>MS</b>	<b>HS</b>
Teachers treat students with respect	95%	90%
Teachers think every student can be successful	90%	79%
Teachers care whether or not you come to school	94%	84%
Teachers are willing to help students with their homework	88%	87%

## Middle School Students

- Most often describe SRS as “fun.”
- 47% of students report feeling “*fully engaged*” in their learning, meaning they “often” or “always” do their work, value it, and enjoy it.

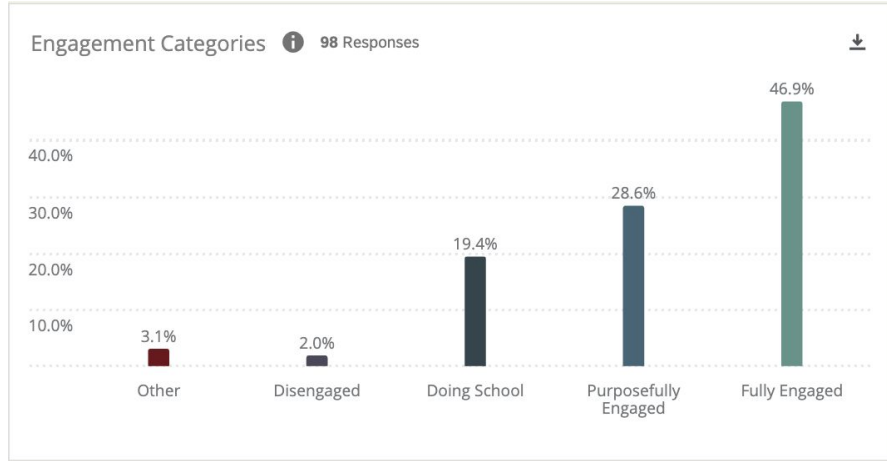
## Upper School Students

- Most often use the words “challenging,” “rigorous,” “small,” “difficult,” or “stressful.”
- 49% of students report they are “*doing school*,” meaning they “often” or “always” do their work, but “rarely” or “never” enjoy or value it.

## Parents

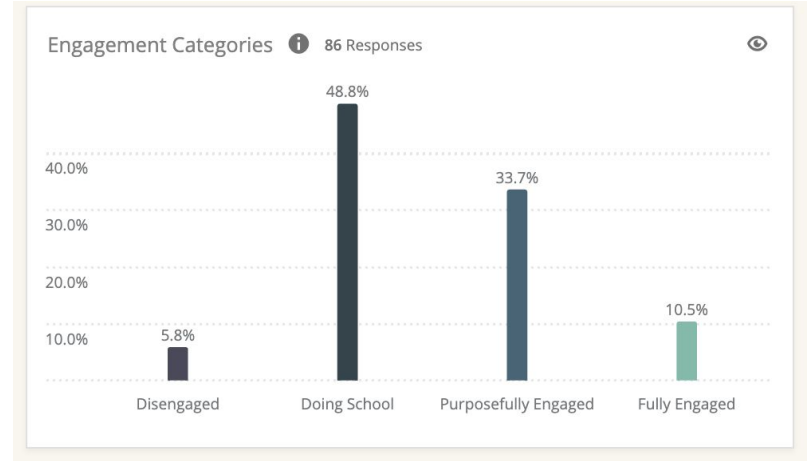
- Most often describe SRS as “challenging or rigorous,” “academic,” “small”

# ENGAGEMENT



## MIDDLE SCHOOL:

47% of students are Fully Engaged  
19% of students are Doing School

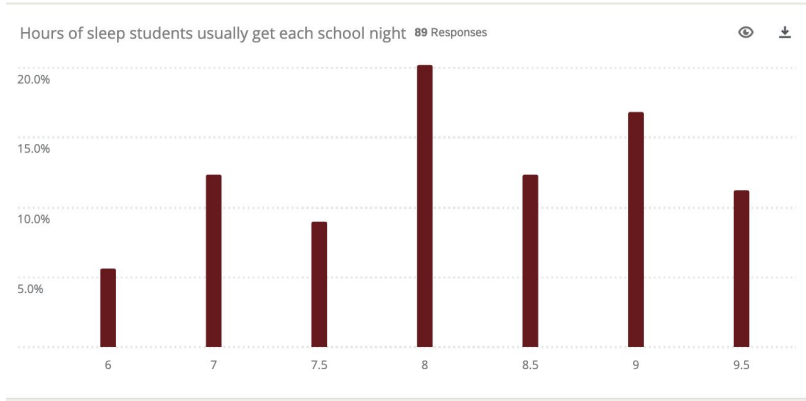


## HIGH SCHOOL:

10.5% of students are Fully Engaged  
49% of students are Doing School

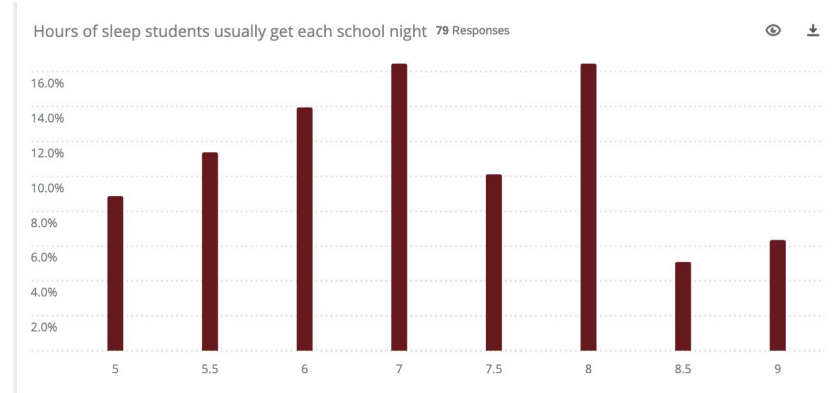
# SRS SLEEP

## MIDDLE SCHOOL



**MS average sleep on school nights: 7.9 hrs**

## HIGH SCHOOL



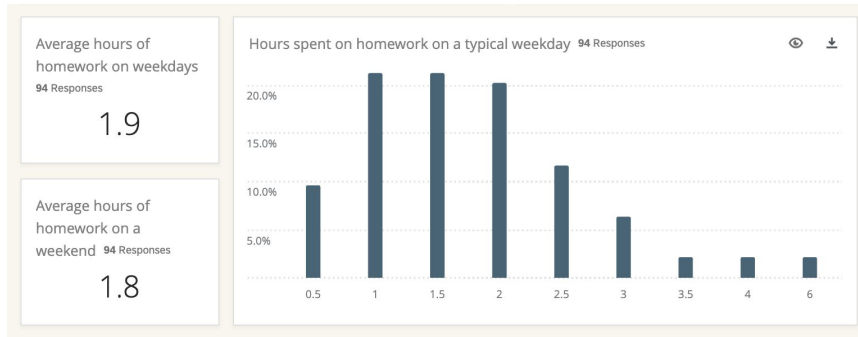
**US average sleep on school nights: 6.8 hrs**

**Juniors** report an average of **6.3 hrs/night**

**Parents** report their children get an average of 8 hours of sleep each night

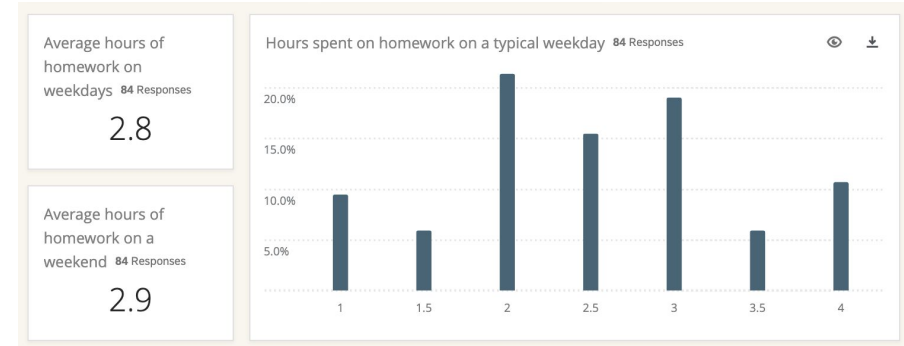
# SRS HOMEWORK NUMBERS

## MIDDLE SCHOOL



**MSers** report an ave of 1.9 hours of HW/night

## HIGH SCHOOL



**Juniors** have an ave of 3.2 hrs HW/night

66% of students believe they have too much HW

**Parents** report their children have an average of 2.3 hrs HW/night

# MAJOR SOURCES OF STRESS

Source of stress	MS	HS
Grades, tests, quizzes, finals, and other assessments	52%	74%
Homework and overall workload	44%	65%
Lack of sleep	36%	48%
Lack of time to play, relax, or be with family and friends	36%	52%
A specific class or classes	23%	54%



# Our Multi-Stakeholder Team's Goals

1. Improve student wellness by listening to students
2. Examine the school's approach to homework and assessment



# Improve student wellness by listening to students

- Our students are polite, empathetic, respectful
- Teenagers often avoid asking for help because they want to be independent
- Offer channels for students to develop self-advocacy skills

# Examine the school's approach to homework and assessment

- How can we increase student engagement in learning?
- How do we foster a love for life-long learning?
- How can we make assessments more relevant?
- How can we reduce honor code violations?

# Team's Progress so far in 2021-2022

- Inclusion of 9th graders on Prefecture
- Re-designed US Student-Led Conference protocol with connection to CS philosophies
- Grade-level check ins: regular class meeting times, more class meetings
- Schedule adjustment to respond to overly-demanding pace of the day
  - added passing times
  - longer break & lunch
- Dr. Hardister continues to meet with student groups to increase awareness of her ability to support the student body
- Implemented a homework survey in the MS at the first midquarter to gauge/monitor amount of daily homework
- Instituted new policy: no homework over long breaks (with the exception of AP work over February and April break)
- Strong turnout at the “Healthier Approach to College Admissions” workshop in March
- Gradual implementation of homework policy that focuses on practice and completion rather than accuracy
- Planned implementation of time in 11th grade spring to start common app essay for college applications
- Draft of homework philosophy for school-wide adoption aimed to support engagement and reduce stress
- Increased communication to school community on Challenge Success work

# Next Steps

- Piloting "mini-prefecture" groups to hear more of the student voice or fishbowl discussion for faculty to listen in
- Homework philosophy draft
- Spring Conference at Stanford in May 2022
- Support student government proposal regarding no-homework nights
- Applications for US student team member for 22-23 (gr 11 or 12)

