

KENT DENVER | 6–12 Independent School in Colorado

SCHOOL NEED *“We wanted to know how we were doing on student and community wellness and what we could do to improve.”* —Eric Chandler, Upper School Division Head

PARTNERSHIP WITH CHALLENGE SUCCESS

- » Participated in School Program in 2018–2019
- » Administered Student Surveys in 2016 and 2019*
- » Hosted a Professional Development workshop in 2017

KEY CHANGES MADE

CLIMATE: Placed student and community wellness at the center of everything the school does

HOMEWORK: Changed homework policy to reduce maximum minutes of homework allowed per night

SCHOOL SCHEDULE:

- » Revised school schedule with fewer classes per day
- » Implemented two late start days per week

COURSE SELECTION:

- » Created *Innovation Scholars Program* that enables students to create personal learning plans and modify graduation requirements
- » Used Challenge Success Time Wheel tool to help students and parents select a healthier number of AP classes

BENEFITS TO STUDENTS

- » *Decrease* in students doing 3.5 hours or more of homework per night (38% to 22%)
- » *Increase* in students reporting 8 or more hours of sleep per night (18% to 29%)
- » Increase in student engagement in the classroom, according to teachers

*Surveys in 2016 and 2019 were administered cross-sectionally.

*“The rise of student voice in our school brought the change of our homework policy, which has proven to lower student workload, **leading to less stressed, more engaged, and happier students.**”* —Student

*“The coincidence of our work with Challenge Success and a major schedule change profoundly shifted ways that teachers felt about homework. “Less is more” became our collective mantra, and **we saw student engagement rising in the classroom** when we became more intentional about both the type and length of our assignments.”* —Teacher

*“We have learned through our work with Challenge Success that the **key to student wellness is student engagement.**”* —Administrator
