

## KENT DENVER | 6–12 Independent School in Colorado

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**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

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### 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.

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*“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

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*“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

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

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