

Building Foundations for Success

The linked Globe and Mail article <http://bit.ly/1DxHbFM> tells an important story of how a Vancouver school is paying attention to the ultimate “core” curriculum - one that recognizes that kids can’t learn and thrive if they are so stressed they can’t cope. Being overwhelmed and dysregulated puts young people at risk; their neurophysiology is out of sync and anxiety begets anxiety just as much as success begets success. Schools developing strategic interventions and directly focusing on the elements of wellness send an important message about priorities...make a difference. They give kids the tools to navigate the most complex period of their lives during the most rapidly changing era in human history. And through that, students are supported in building the foundations for success as they get a deeper understanding of the self in self-regulation.