



COMMUNITY SUMMIT REPORT

Exploring the Horizons of Wellbeing 2018-2019



OVERVIEW

Over the course of three sessions in December of 2018 and January 2019 more than 300 parents, students, staff, teaching assistants and faculty came together to explore how we could nurture wellbeing more consistently – individually and collectively - and help others do the same across our school.

Our aim was to:

- Discover when, how, and why people grow and flourish in our school.
- Dream of how we can build on these strengths to more consistently feel good and function well by nurturing our individual and collective wellbeing.
- Design pathways that enable us to nurture wellbeing.
- Realize our destiny by taking self-organized actions individually and collectively to make our shared hopes a reality.

The three sessions of the summit ignited an energy that uncovered the school's strengths, demonstrated what we are capable of achieving, and the opportunities for us to nurture wellbeing together. It was also a lot of fun!

Some key ideas surfaced from our Summit work that deepened our understanding of wellbeing and will help guide our future learning. They may be seen as starting points for ongoing practice and dialogue. These key ideas are:

- Wellbeing is possible.
- Working together, we can grow/create in new ways.
- Nurturing wellbeing together creates a positive energy and connection.
- We share the responsibility for our community's wellbeing.
- We are what we talk about.



WHAT DID WE DISCOVER?

We heard stories of the when, how and why people flourish and grow in our community. These included:

- Colleagues getting together to engage in a healthy habit. This led to positive relationships at work amongst themselves. They all improved their self management - they found emotional regulation and felt better ready for work. Their self awareness also improved because they were aware of strengths and improved mindset.
- Language learners at our school flourishing as they support each other, work hard and celebrate successes. The community is happier as these students succeed.
- The positive impact of support staff (custodians, guards etc.) who are ever smiling and ready to help. They exemplify grit, joy and hardwork.
- A teacher sharing their personal expertise in meditation to nurture a classroom culture that fosters self-management, self-worth and respect for others. All while considering the wider community and how they can give back.
- A student who joined a sports team uncertain about her skill and nervous about making friends. They found that by practicing with a close friend they improved, gaining confidence to approach others and build new relationships.
- Through dedicated pursuit of their passion a student struggling to get their science project to work came in countless weekends and after school to find a solution. After 3-4 months of hard work and support from their teachers they were able to succeed.
- A group of professionals that developed great rapport with one another filled with mutual respect. Building this relationship took a great deal of time and they were constantly working at it. They really hit their stride when they were highly supportive of each other both professionally and personally. They took their job seriously while still having fun.
- There are so many people who contribute to our success beyond the predictable teacher student relationships. The people are the foundation on which we are truly able to teach and learn. In the past years we have grown in our capacity to show compassion and enhance relationships through appreciation of the support staff through Operation Appreciation. What started as a thank you at the end of the school year is becoming a community wide opportunity for us to show gratitude.



Among all of these stories, we found these common success factors:

NURTURING AND BELIEVING IN OTHERS WITH COMPASSION, CARE, KINDNESS, AND GENEROSITY

- Generosity
- Encouraging others
- Appreciation
- Gratitude
- Showing compassion
- Self-care
- Empathy

CREATING SPACE FOR ACCEPTANCE, INCLUSION, DIVERSITY, AND FREEDOM TO EXPRESS AND GROW OUR BEST SELVES

- Self-awareness
- Transcending social barriers
- Open-mindedness
- Accepting mistakes
- Being reflective
- Being open and vulnerable
- Sense of belonging
- Feeling secure

INVESTING IN AND BUILDING POSITIVE, SUPPORTIVE RELATIONSHIPS THAT GROWS A COMMUNITY OF BELONGING, COLLABORATION, AND RESPECT

- Seeing potential in others
- Accepting mistakes
- Accepting/asking for help
- Willingness to be vulnerable
- Being humble
- Positive relationships
- Support
- Collaboration
- Communication
- Community
- Willingness to bond
- Connectedness
- Trust
- Respect
- Acceptance



LEADING WITH COMMITMENT, PERSEVERANCE AND INITIATIVE FOR POSITIVE GROWTH

- Purposeful effort
- Self-management
- Overcoming an obstacle
- Growth mindset
- Resilience
- Perseverance
- Hard work
- Learning
- Dedication
- Find meaning and purpose
- Grit
- Diligence

INSPIRING AND ENGAGING OTHERS WITH PASSION, ENERGY, AND POSITIVITY

- Motivating others
- Optimism
- Being cheerful
- Being creative
- Feeling good
- Feeling accomplished
- Passion
- Taking risks
- Positive attitude
- Humor
- Inspiration
- Positive thinking



Our community believes that when people are growing and flourishing in our school, we...

- We treat each other and ourselves honestly, respectfully, and with appreciation. Wellbeing is contagious
- Collectively thrive as a community, and we acknowledge, celebrate, empower and learn from them.
- Support and encourage and help bring the best out in people.
- Rejoice in their growth and reflect their goodness.
- Move out of our comfort areas, in order to increase learning and enriching challenges.
- Thrive when others encourage and positively impact the AISC community.
- Support and encourage and help bring the best out in people.
- Support compassionately, connect meaningfully, and learn from each other (and ourselves)
- Have a sense of freedom, contentment, and new opportunities to grow.
- Actively and selflessly support the wellbeing of others through our words and actions
- Work together, adapt and love
- Want to come to school because we learn together and support each other.
- Are creating space and opportunities for people to feel successful and valued.
- Support and bond with each other and are compassionate.
- Feel more connected with each other.
- Are encouraged
- Balance our personal and professional lives
- Celebrate and catch that spirit and want to share it.
- Feel good and function well.
- Love our jobs, participate in the community, and accomplish more.
- Have positive trusting relationships
- Support each other through struggle and celebrate our collective successes
- Continue to encourage and help with a positive outlook
- See that they are positive, confident, encouraging
- Try to recognize it, encourage it, provide opportunities, and celebrate success.
- Feel more connected, we build each other up and hold each other up.
- All give more than what is expected of us.

- Relish and welcome new opportunities and challenges, support each other in our growth or success.
- Notice that they are collaborators, work with a growth mindset, have positive relationships, and work hard to achieve their goals.
- Evolve
- Feel proud and feel motivated and inspired.
- Find physical, social, mental and relational/social balance
- Are connected to (and positively influenced by) others in our community.
- Make more friends
- Feel positive and good about the place that we work in because it rubs off on us.
- Grow and flourish with them.
- Give them freedom to choose what is meaningful to them.
- Everyone to be engaged and supportive (all stakeholders)
- Are recognized for our dedication and hard work.
- Should acknowledge the growth and further encouragement to challenge themselves positively.
- All feel a sense of accomplishment and connection and we show appreciation for people around us.
- All grow and flourish



**In creating this word art common words were grouped to best show how often different themes were appearing.*

WHAT DID WE DREAM OF CREATING?

As a group we put ourselves 5 years into the future and tried to visualize what might be possible if we consistently built upon our strengths to more consistently feel good and function.

Our Interactive Portrayals of the Future of our School Illuminated Ideas around these Topics:

Environmental Responsibility

Summative Assessments

Passion Projects

Conceptual Units

Napping Pods

Vibrant Community

No School Fridays

Student Choice

Wellness Fridays

Late Starts

Wildlife on Campus

Catering to Student Interests



Wellbeing Award
Finding the
Meaning of
Wellbeing



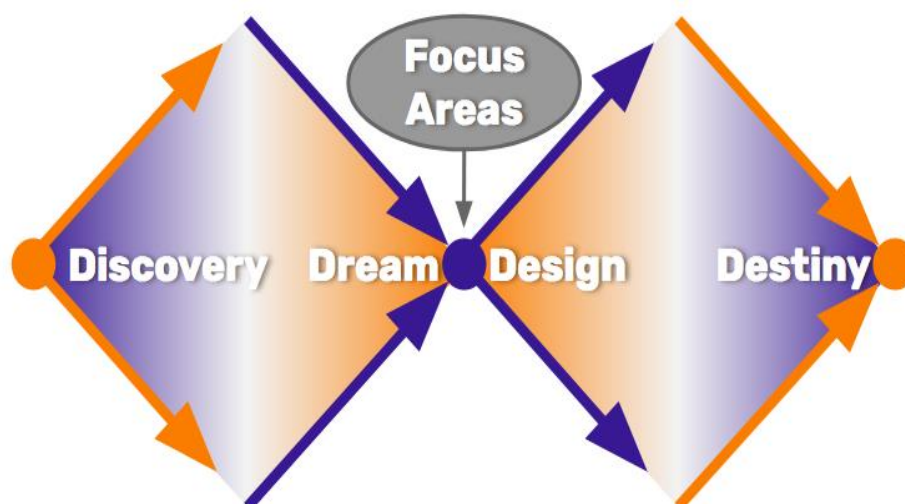


HOW MIGHT WE....MAKE OUR DREAM A REALITY?

We brainstormed, prioritized, and prototyped possible pathways of how we might make these hopes a reality so that we can be of even more exceptional service to our students, staff, parents, and community. Summit #3 focused on building prototypes that answered the questions below:

1. How might we, as a community, foster self-management?
2. How might we, as a community, foster self-awareness?
3. How might we, as a community, foster healthy habits?
4. How might we, as a community, foster positive relationships?
5. How might we design student choice in learning?
6. How might we connect wellbeing and environmental responsibility?
7. How might we embed wellbeing into the culture of our classrooms?
8. How might we design and utilize facilities and space to support wellbeing?
9. How might we design and utilize time to support wellbeing?
10. How might we continue our learning about wellbeing and positive education practices?
11. How might we use data to track, see, and build upon student, teacher, and staff wellbeing?
12. How might we embed wellbeing into our non-classroom experiences?
13. How might we create opportunities to nurture our wellbeing through international mindedness?

To create our rapid prototypes we used the design cycle below:





Our prototype solutions included:

Self-management	Inside Out , Road Signs as Infrastructure , When Should I Ask for Help?
Self-awareness	Create a Culture of Mindfulness , Student Self Reflections
Healthy Habits	Emotional/Physical Wellbeing , Feel Fantastic , Healthy Habits , Healthy Habits Menu , Unhealthy Habits
Positive Relationships	No Tech Day , Sunshine Committee , This is Your Brain
Student Choice	PBL Week , School-Wide Passion Hour , Student Choice in Assessment
Environmental Responsibility	Community Garden , Paper or Plastic
Classroom Culture	The Story of Two Trains , Culture of our Classroom
Utilize Spaces	Faculty Lounge , Facilities and Spaces
Utilize Time	Wednesday Studio Time , Shortened Calendar , Modular Off-Campus Schedule
Continue Learning	Learning Menu , Wellbeing Buddies
Use Data	Tech Usage , Use Data
Non-Classroom Experiences	Non-Classroom Experiences
International Mindedness	Community-Driven Language Instruction , Re-Visioning International Mindedness

Prototype descriptions and plans can be found at
<https://drive.google.com/drive/folders/0AGGqLdi9jZfrUk9PVA>



As Community members reflected on Summit #3, they shared these thoughts and hopes:

- We “collectively (and individually) remember the energy & hopes from this room and carry it forward; working together to make these dreams and hope a reality”
- “The momentum will continue. Wellbeing takes continued effort”
- “To see the seeds planted begin to grow. A lot of insights into how things already in existence, so let’s try some!”
- “I hope that we see change across the school not just for older students or younger (all students, teachers, staff).”
- “My big hope is that teachers appreciate their influence in shaping the classroom and the culture within.”
- “I really hope this continues to be a priority at AISC and that some of the prototypes developed become reality.”
- “My biggest hope is that there can be a personal update that each division gets weekly or bi-weekly that helps continue to knit us together as a family.”
- “I hope to have action on this and not have the “wellbeing” ideas float off to nothing. Action. Evidence.”
- “We let go of our commitments that have become obstacles to innovation. My personal belief is that the antidote for stress and fatigue is wholeheartedness.”

Hoping to remember and revisit the takeaways from each session and we use them effectively as and when (the) situation arises.”



VIDEOS

Summit Day Videos

Day 1 - [What does wellbeing mean to you?](#)

Day 2 - [What strengths does AISC have in the four domains of wellbeing?](#)

Day 3 - [Remembering the Dream](#)

Highlights

[Day 1](#)

[Day 2](#)

[Day 3](#)

Prototypes

[Interviews](#)

All video's can be accessed here:

<https://drive.google.com/open?id=1NHC86Y6a6fg0NprPZRpHplmFXSsbfaq9>

PHOTOS

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Prototypes](#)

All photos can be accessed in the schools photo gallery on SmugMug



LOOKING FORWARD

The AI Summit was an incredible opportunity to connect and gain commitment for helping to grow the wellbeing of our community.

It is essential now that we find ways to maintain the interest and momentum generated by this group.

As we shared at the end of Summit #3, *“Wellbeing is attained by little and little, and nevertheless is no little thing itself.” - Zeno of Citium*

If we each choose to do just one small thing consistently that nurtures wellbeing, we can place it at the heart of what we do in our community.