



Challenge Success

Reduce Academic Stress without Sacrificing Achievement

When we are too focused on grades and performance, we deny our children the time and energy they need to tackle the demanding work of growing up. In this presentation, you'll learn how you can establish a healthier home environment for your school-aged child, reduce academic stress without sacrificing achievement, and increase your child's resilience, creativity, and well-being.

Based on the **Well Balanced Student** by Challenge Success, a Stanford University think-tank of educators, psychologists and parenting professionals.

Sponsored by



Mary Hofstedt

School Program Director, Challenge Success

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Mon, May 6th

7:00 - 8:30pm

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Skyline HS Theater

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Register at

<http://ParentWiser.org>

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Free for

PTSA members of Issaquah schools,
non-members \$10 donation

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For PARENTS of grades K-12