



el Takeaways

Teachers cannot always know what challenges their students bring to school, but they can work to develop healthier school ecologies by creating opportunities for children to voice their needs and embrace their strengths.

—Catharine Biddle, Lyn Mikel Brown,
and Mark Tappan, p. 48

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If we want to recalibrate the metric for student success from “academic obsession” to focus more on well-being, we need to put well-being on equal footing with academic achievement.

—Cathy Vatterott, p. 26

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First and foremost, acceptance and belonging must be a core element of your school community.

—Nita Creekmore and
Michael Creekmore,
p. 42

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It’s simply impossible for educators, as individuals, to self-care their way through the individual and systemic impacts of burnout Education leaders must shift their focus toward embedding well-being strategies within their organization to systemically support educators.

—Mona M. Johnson, p. 66