



Welcome to the 2022-23 School Year!

Helping our students effectively navigate a complex and changing world by inspiring each other to **discover our full selves and use our wisdom for good.**



ROCKY HILL
COUNTRY DAY SCHOOL

Office of Equity + Belonging

At Rocky Hill Country Day School, our office of Equity + Belonging leads our community in fostering equity, fairness, diversity, and inclusion. We seek to build relationships with one another by developing our understanding of how our visible and invisible characteristics intersect. We define



“Equity” as representing and expressing our full selves within our Mariner Community.



With our “+” sign symbolizing the way our layered identities and lived experiences intersect to create our full selves.

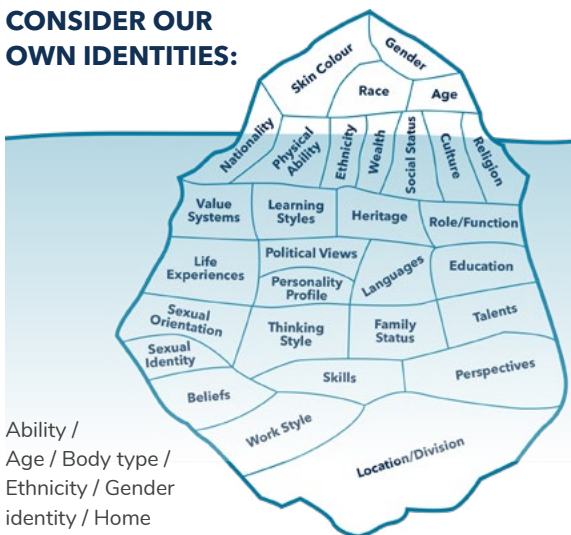


“Belonging” as creating a more inclusive learning environment for every Mariner.

By using our wisdom for good, we can identify and address inequities present within our community and the world around us.

This year we will focus on **Courageous Conversations**, where we learn to communicate intentionally, navigate challenges ethically, and think critically about issues important to each of us.

CONSIDER OUR OWN IDENTITIES:



Ability /
Age / Body type /
Ethnicity / Gender
identity / Home
language / Immigration
status / Race / Religion / Sexual
orientation / Socioeconomic status

Among our RHCD resources are our Norms and Affinity Groups...

OUR MISSION GUIDES OUR COMMUNITY NORMS...

Inspire Each Other

- Be fully present. Take risks and participate
- Speak from the “I” perspective
- Honor confidentiality

Discover our Full Selves

- Listen to understand vs. listen to respond
- Accept the speaker’s viewpoint as true for the speaker in the moment
- Manage both intent and impact

Use our Wisdom for Good

- Lean into discomfort. Be willing to have the tough, candid, caring, courageous conversation
- Accept non-closure
- Accept working through conflict to its resolution as a catalyst for learning

AFFINITY GROUPS:

Purpose: A space where those who share an identity can discuss issues related to that identity, and then transfer those courageous conversations into collective action that promotes a more inclusive campus community.

For example, a Neurodiversity Affinity Group might meet to discuss that element of their identity and decide to design a community information night about learning differences.

Interested in unpacking a shared identity within a courageous space?

Join an affinity group
for the 22/23 school year!

Stay tuned for information about upcoming Book Series!



MICHELLE JONES (she/her)

Director of Equity + Belonging
RHCD Parent of Jessie Perry-Jones ‘29
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[go to website](#)

Health & Wellness

Recognizing the connection between academic success and social-emotional growth, a key element of a RHCD student experience is our emphasis on Health & Wellness. In addition to programming for students, we are committed to promoting an environment where the concepts and practice of health and wellness are available to all our faculty and staff. A mindful community helps create mindful students.



Building resilience through regular mindfulness practice:

- Land of Fire Nature Trail walks
- Yoga
- Brain Breaks
- Stress reduction
- Breathing techniques

Choose Love

Social and Emotional Curriculum for K-12 students.

Lessons follow the formula COURAGE + GRATITUDE + FORGIVENESS + COMPASSION-IN-ACTION = Choosing Love

Choose Love, used school-wide, focuses on practicing four character values: courage, gratitude, forgiveness and compassion through weekly lessons and activities. This program promotes belonging, safety, and emotional wellness.

H&W ACTIVITIES AROUND CAMPUS

- Development Designs in the Middle School - small circles build interpersonal communication by practicing greeting and share
- US Health and Wellness Club initiatives
 - Stall Talks: age appropriate topic-specific information sheets placed in bathroom stalls, e.g., The Importance of Sleep, Benefits of Mindfulness, Staying safe during Covid.
 - Bathroom baskets (personal hygiene items in RH bathrooms)
- Lower School Lunch Bunch gatherings (e.g., 5th grade transition to MS lunches)
- Healthy menus through Brock dining services

FACULTY & STAFF WELLNESS

- Faculty walking time during breaks with access to the nature trail
- Free Yoga
- Faculty/Staff Health & Wellness Committee
- Mindfulness practices to begin each faculty meeting
- Annual Trainings and Professional Development



Enjoy this TedTalk from one of our favorite mindfulness practitioners, Dr. Willard

> [Growing up Stressed or Growing up Mindful](#)



Curious about the research behind the value of mindfulness?

- > [The Science of Mindfulness](#)
- > [Research on Mindfulness](#)



TRACI FAIRCHILD

Director of Counseling and Wellness, LCSW
RHCD Parent of Raina Fairchild '33 and Ellie Fairchild '35
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Academic Center for Enrichment



The Academic Center for Enrichment (ACE) celebrates and cultivates neurodiversity at Rocky Hill Country Day School. In small groups and one on one sessions, ACE teachers support students to develop skills and strategies to become independent, confident learners, and self-advocates. ACE teachers also work collaboratively with teachers on strategies to support all students in their classes.

This year we look forward to:

- Our new office locations within each division after our move last year from a separate, stand-alone building. The ACE locations support our institutional goals of equity and belonging and allow us to better serve our ACE students, collaborate with teachers, offer drop-in times, and fulfill our mission to provide support to the entire Rocky Hill student population.
- Support our Equity and Belonging programming to include ACE parent and student affinity spaces and gatherings.
- Provide ongoing faculty professional development on differentiation and the neuroscience of learning.



UPCOMING ACE FAMILIES COFFEE WITH THE DIRECTOR:

Topic:

Project Zero 9 Discussion Starters for Parents

Date: Wednesday, October 19th

Time: 9:00am

Location: Idea Lab, Middle School Hale Science Center

Topic:

Mindsets and Motivation

Date: Wednesday, November 30th

Time: 9:00am

Location: Idea Lab, Middle School Hale Science Center



HELEN DEMBINSKI

Director of Academic Center for Enrichment
RHCD Parent to Rowan '37
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[> go to website](#)

Think Outside: Family Partnership Series

Sep 19	Back to School Night	
	<ul style="list-style-type: none"> • The College planning process starts in Kindergarten! • What is SEL? Choose Love • Courageous Conversation 	
	Cafeteria 6:00 - 6:30 pm 6:30 move to divisions	
Oct 12	Think Outside: With Courage and Gratitude for Our Identity	
	Flynn Lecture Hall / 5:45-6 pm Gather and Chat	
Session 1	Building Empathy & Resilience / 6:00 - 6:45 pm	
Session 2	Discovering Our Full Selves / 7:00-7:45 pm	
Nov 17	Think Outside: With Gratitude for Our Identity [Part 2]	
	Morning Flynn Lecture Hall / 8:30 - 8:45 am Gather and Chat	
Session 1	Celebrating & Supporting Neurodiverse Children / 8:45 - 9:30 am	
Session 2	Anxiety and Mental Health / 9:45 - 10:30 am	
	Evening Flynn Lecture Hall / 5:45-6 gather and chat	
Session 1	Celebrating & Supporting Neurodiverse Children / 6:00 - 6:45 pm	
Session 2	Anxiety and Mental Health / 7:00-7:45 pm	
Jan 20	Think Outside: With Forgiveness	
	Parenting young children: Navigating Technology Lower School Library / 8:30-9:30 am	
	Parenting adolescent and preadolescent children: Navigating Technology Middle School MS Commons / 5:00 - 6:00 pm	
Feb 7	Think Outside: With Forgiveness	
	Parenting teenagers: Drug and Alcohol Addition Upper School Virtual [link TBD] / 6:30 - 8:00 pm	
Apr 18	Think Outside: With Compassion in Action	
	Flynn Lecture Hall / 5:45-6 gather and chat	
Session 1	Anti-racism and the Cancel Culture 6:00 - 6:45 pm	
Session 2	Service Learning / 7:00-7:45 pm	

