

Well-Being at Pingry



What does it mean?

Physical, social, emotional and mental health and well-being of the individual and of the community



How does it develop?

Through exposure to external norms, didactic knowledge and taught skills as well as the opportunity to practice, internalize and live being well.



What are the outcomes?

Optimism, creativity, self-regulation, awareness, leadership, gratitude, curiosity, acceptance, compassion, empathy, resilience, generosity, growth, logical problem solving, decision making, growth mindset, adaptability, kindness, fulfillment



How is it sustained?

Adaptively evolves in anticipation of and response to events



Where does Well-being live at Pingry?

Institutional Values • School Culture • Community Programs
Classroom Learning • Student Activities • Employee Development
Parent Education • Alumni Engagement • Student Programming