



HEALTH AND WELLNESS



LAKESIDE
S C H O O L

What do you care about? How do you connect with others?
Who do you want to be at school and in the world?
These questions are at the core of Lakeside’s human development and health classes.

COURSES THAT BUILD KNOWLEDGE AND SKILLS

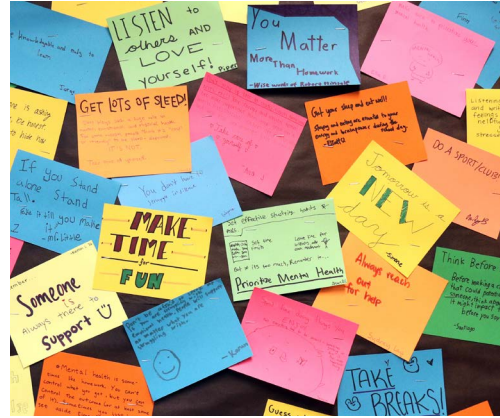
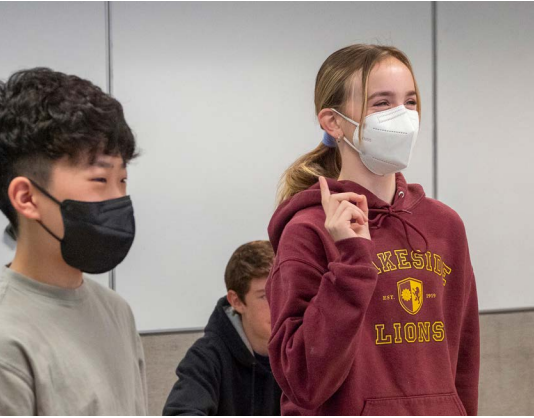
Lakeside students learn about health, wellness, and social-emotional development in a series of developmentally appropriate courses and programs. In a curriculum rooted in Lakeside’s competencies and mindsets, students learn how to care for themselves, engage in healthy relationships with friends and family, and serve as compassionate community members and engaged citizens. Every Middle School student takes a yearlong human development course each year. At the Upper School, a human development course for all 9th graders lays a groundwork that students draw on in all their classes and interactions in high school. All students in grades 10, 11, and 12 take part in a series of developmentally appropriate workshops that focus on the knowledge and skills students need to prevent sexual violence in their relationships and communities.

FAMILY EDUCATION

Lakeside offers regular opportunities for parents and guardians to proactively learn about topics related to adolescent development and health. The goals of family education are to alleviate parents’ and guardians’ feelings of isolation, offer parenting support and education, and provide opportunities for parents and guardians to learn about topics that their students are studying in human development classes.

SUPPORT FOR STUDENTS AND FAMILIES

Lakeside offers an integrated **student support program** that addresses every student's academic and social-emotional needs. In addition to trained advisors, students and families have access to mental health counselors who specialize in the developmental, emotional, and psychological needs of adolescents, and learning specialists who help students develop skills to be successful in their learning, academic growth, and success in coursework. Services are free and available to all students on a short-term basis.



Lakeside's **family support program** is designed to ensure that all families can fully participate in the life of the school. Staff work with families on a wide range of issues, particularly those that affect student learning. Some services offered include support for new families transitioning into the Lakeside community; translation services; consultation for transitions that may impact students (divorce, houselessness, etc.); transportation; crisis support; and advocacy, resources, and community referrals.

“However we can help students and their families navigate this experience of raising teenagers, we are ready and able to do it.”

— Jamie Asaka, Class of '96, director of student and family support

