

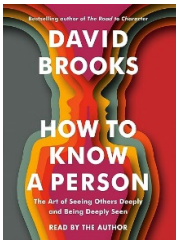
## Warriors for Wellness: Summer 2024

Valley Christian extends warm wishes to our students and families for a restful, joyful, and fulfilling summer as we prepare for the upcoming school year. As you transition into this season, we hope your schedules lighten, offering you a well-deserved break from the hectic pace of the school year. With packed calendars and busy routines easing up, we hope summer provides the perfect opportunity for your family to engage in activities you love and find rejuvenating.

Our wellness team has been committed to enhancing our understanding of what helps us thrive. By focusing on the well-being of our thoughts, feelings, physical bodies, and passions, while also deepening our relationship with Christ, we can achieve true wellness and health. Next year, we are excited to expand our wellness program even further, offering additional support and resources to help our students flourish.

To support your child's well-being over the summer, we have compiled a suggested reading list. We recognize that every family is on a unique journey and may have different needs and interests. We hope that among these selections, you will find readings that resonate with and support you on your path.

### Suggested Reading List:



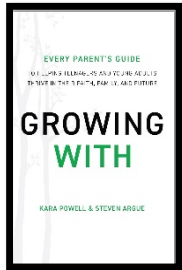
#### **How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seem** by David Brooks

As David Brooks observes, "There is one skill that lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood." And yet we humans don't do this well. All around us are people

who feel invisible, unseen, misunderstood. In *How to Know a Person*, Brooks sets out to help us do better, posing questions that are essential for all of us: If you want to know a person, what kind of attention should you cast on them? What kind of conversations should you have?

What parts of a person's story should you pay attention to? Driven by his trademark sense of curiosity and his determination to grow as a person, Brooks draws from the fields of psychology and neuroscience and from the worlds of theater, philosophy, history, and education to present a welcoming, hopeful, integrated approach to human connection. *How to Know a Person* helps readers become more understanding and considerate toward others, and to find the joy that comes from being seen. Along the way it offers a possible remedy for a society that is riven by fragmentation, hostility, and misperception.

The act of seeing another person, Brooks argues, is profoundly creative: How can we look somebody in the eye and see something large in them, and in turn, see something larger in ourselves? *How to Know a Person* is for anyone searching for connection, and yearning to be understood.



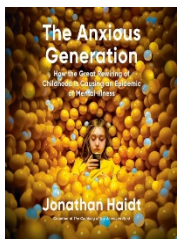
**Growing With: Every Parent's Guide to Helping Teenagers and Young Adults Thrive in Their Faith, Family, and Future**  
by Kara Powell & Steven Argue

Parenting that changes your kids and changes you. Many parents of a teenager or young adult feel as though they're guessing about what to do next--with mixed results. We want to stay connected with our maturing child, but we're not sure how. And deep down, we fear our child doesn't want or need us. But growing up doesn't have to mean growing apart.

Based on brand-new research and interviews with remarkable families, *Growing With* equips parents to take steps toward their teenagers and young adults in a mutual journey of intentional growth that trusts God to transform them all. By highlighting three groundbreaking family strategies, authors Kara Powell and Steven Argue show parents that it's never too early or too late to:

- accept the child you have, not the child you wish you had
- work toward solutions rather than only identifying problems
- develop empathy that nudges rather than judges
- fight for your child, not against them
- connect your children with a faith and church big enough to handle their doubts and struggles
- dive into tough discussions about dating, career, and finances
- and unleash your child's passions and talents to change our world

For any parent who longs for their kids to keep their roots even as they spread their wings, *Growing With* offers practical help and hope for the days--and years--ahead.



**The Anxious Generation: How the Great Rewriting of Childhood is Causing an Epidemic of Mental Illness**  
by Jonathan Haidt

After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Rates of depression, anxiety, self-harm, and suicide rose sharply, more than doubling on many measures. Why?

In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the “play-based childhood” began to decline in the 1980s, and how it was finally wiped out by the arrival of the “phone-based childhood” in the early 2010s. He presents more than a dozen mechanisms by which this “great rewiring of childhood” has interfered with children’s social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies.

Most important, Haidt issues a clear call to action. He diagnoses the “collective action problems” that trap us, and then proposes four simple rules that might set us free. He describes steps that parents, teachers, schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood.

Haidt has spent his career speaking truth backed by data in the most difficult landscapes—communities polarized by politics and religion, campuses battling culture wars, and now the public health emergency faced by Gen Z. We cannot afford to ignore his findings about protecting our children—and ourselves—from the psychological damage of a phone-based life.

We hope these readings provide valuable insights and inspiration as you enjoy your summer. Have a wonderful break, and we look forward to welcoming you back for another amazing school year at Valley Christian.

Take care—

VCCHS Wellness Team



