

Press from:

The New Providence School District
356 Elkwood Avenue
New Providence, NJ 07974
Phone: (908) 464-9050
Date: 3/13/2026



For Release: TapInto

Submitted by: New Providence School District

Subject: New Providence School District Launches Staff Wellness Initiative Aligned with Five-Year Strategic Plan “Rooted in Purpose. Growing Together.”

The New Providence School District is proud to announce the successful launch of the Evolution Challenge for Educators, a district-wide wellness initiative designed to support staff health, strengthen professional capacity, and ultimately enhance student outcomes.

The District's recently adopted [Five-Year Strategic Plan](#), “*Rooted in Purpose. Growing Together.*”, outlines seven strategic goals to guide the district’s continued growth and excellence. One of these priorities, Strategic Goal 4 — *Strengthen staff capacity and wellness to enhance student outcomes*, recognizes that a thriving school community begins with supporting the well-being of the educators and staff who serve students every day.

As part of this commitment, the Board of Education annually establishes Board goals and committee-level objectives aligned with the strategic plan. In support of Strategic Goal 4, the Personnel, Management and Communication Committee established the following SMART goal:

By June 2026, the district will enhance staff capacity and wellness to improve student outcomes by implementing a professional development framework focused on mental health literacy, inclusive practices, executive functioning, and technology integration. Additionally, district-wide wellness initiatives will be introduced, including mental health supports, wellness days, and peer support systems.

To bring this goal to life, the district partnered with [Live Hive Nutrition](#) to launch the Evolution Challenge for Educators in February. The 30-day lifestyle challenge was designed specifically for busy educators, focusing on small, sustainable habits that support both physical and emotional well-being.

District leaders emphasize that focusing on staff wellness is a critical part of supporting students. Superintendent of Schools, Dr. Lauren Zirpoli, stated “Our teachers and staff give so much of themselves every single day, and it is our responsibility as a district to give back. The Evolution Challenge is one meaningful way we are doing that...by building healthier habits,

stronger connections, and a culture where everyone feels valued. When our staff thrives, our students feel it in every classroom, every hallway, and every interaction."

The Evolution Challenge encourages staff to build healthy routines through seven daily wellness goals, including hydration, movement, nutrition, mindfulness, and other achievable habits that fit into real life. Participants track progress through a mobile app that also connects them with fellow challengers and community sponsors.

The challenge also included:

- Weekly 45-minute virtual sessions with Registered Dietitians, offering personalized guidance, evidence-based nutrition education, and Q&A opportunities
- Parent-led wellness events hosted in school gyms, including sessions on strength training, balance and core fitness, yoga, self-defense, motivation, qi gong, meditation, and healthy aging discussions with a physician.
- Daily mini-goals and inspiration to support consistent progress
- Prizes from local retailers to encourage engagement and celebrate participants
- A flexible and supportive structure that emphasizes progress, not perfection

The initiative has already generated strong participation across the district. Seventy-seven staff members enrolled in the challenge, and 70 participants have completed or are currently participating in individual sessions with registered dietitians.

"Hosting the Evolution Challenge in my own hometown made this one truly special — these are the teachers who show up every day for our community's kids, including my own son. Seeing local retailers and fellow parents rally behind them made it even more rewarding. The New Providence staff brought the same commitment and excellence to their wellness goals as they bring to their classrooms. NPSD — you crushed it, and we couldn't be more proud. We hope this experience was as meaningful for you as it was for us." added Laurie Wasserman, RD, CEO of Life Hive Nutrition.

Beyond individual health benefits, the program is strengthening unity, collaboration, and teamwork across the district, creating new opportunities for staff to connect outside of their daily responsibilities.

The Evolution Challenge reflects the district's belief that supporting the social and emotional wellness of staff directly contributes to stronger schools and better student outcomes. By investing in staff well-being, the district continues to build a culture where educators feel valued, supported, and empowered.

As the district moves forward with its strategic plan, initiatives like the Evolution Challenge will continue to play an important role in ensuring that New Providence schools remain rooted in purpose and growing together as a community.