



BALANCED LIVING TEAM (BLT)

*In faithfulness to the mission of Notre Dame High School,
We exist to help the students, faculty and staff
achieve a healthy mind, body, and spirit.
We realize that stress is a part of everyday life
and aim to provide the means for stress management.
We strive to create a community that values integrity,
where education is an enlightening experience
not a mundane process.*

BLT (formerly SOS “Stressed-Out Students”) addresses the concern that students can compromise their mental and physical health, integrity, and engagement in learning as they contend with performance pressure in and out of school. BLT challenges the conventional, high-pressure, and narrow path to success and offers practical alternatives to pursue a broader definition of success.

Notre Dame BLT is comprised of students, administrators, faculty and parents who develop and implement action plans to improve student well-being and engagement with learning.

Based on research of educational best practices, student surveys, and guidance from Stanford’s “Challenge Success” Project and the Balanced Living Team, Notre Dame has implemented programs that have increased student success including

- Block Schedule
- Collaboration Periods
- Balance Fairs
- Sleep Education Program
- Late Start Days
- No Homework Weekends
- Guidelines for Group Work & Vacation Homework



www.challengesuccess.org

Notre Dame has been associated with Stanford’s SOS (Stressed Out Students) program since 2003. In the summer of 2007, experts in child and adolescent well-being--psychologists, educators, physicians, religious leaders and public health and policy experts convened at Stanford University to envision a coordinated approach to helping schools, parents and youth develop alternative success models to align with what is known about healthy child development.

In response to this meeting, Madeline Levine, Ph.D., Jim Lobdell, M.A., and Denise Pope, Ph.D.--founded Challenge Success, an expansion of the highly successful SOS (Stressed-Out Students) Project at Stanford University.