



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Strengthening Partnerships: Rumson School District and Center for Wellness Support Student Growth



Rumson, NJ — On January 30, 2025, the Rumson School District hosted a "Lunch & Learn" session for parents, focusing on the topic of "Parenting for a Growth Mindset." Led by Ira Hays, LCSW and Director of the Center for Wellness, the session provided valuable insights into fostering a growth mindset in children across various domains, including academics, socialization, athletics, and extracurricular activities. Parents were given the opportunity to explore practical strategies to support their children's emotional and academic development, both in and out of school. The session aimed to equip parents with tools to create an environment that encourages perseverance and a positive approach to challenges.

Drawing on the expertise of Dr. David Yeager, PhD, a leading researcher in the field, Hays shared strategies from his recent *FEAR | LESS Podcast* to help parents nurture resilience and positive development in their children. His approach emphasized the importance of cultivating a growth mindset to encourage perseverance, self-efficacy, and the ability to embrace challenges. Hays also provided actionable insights that parents could apply to everyday situations. These strategies help children view setbacks as opportunities for growth rather than obstacles.

Dr. Michael Snyder, Director of Student Services for the Rumson School District, emphasized the transformative power of a growth mindset in both the school and home environments. "At Rumson, we are deeply committed to fostering the emotional and academic development of our students. This event was a key step in advancing that mission. Ira's insights into cultivating resilience and motivation are critical in creating an environment where every student is not only supported but empowered to transcend challenges and unlock their fullest potential. Through this approach, we continue to foster an atmosphere where growth, perseverance, and excellence are at the core of our students' journey."

Mrs. Jennifer Gibbons, Principal of Forrestdale School, shared her appreciation for the session's impact on the community. "The concept of a growth mindset is not limited to the classroom and this session provided a wealth of practical strategies parents can use in all aspects of their child's life. Ira's discussion about applying this mindset in social situations, athletics, and extracurricular activities was especially valuable for our school community. It is clear that fostering this mindset will lead to stronger, more confident students," she said.

Superintendent Dr. John Bormann articulated the district's steadfast commitment to fostering growth both within and beyond the classroom, stating, "The mission of 'Igniting Potential' serves as the foundation for all that we do in the Rumson School District. This event exemplified how, by engaging our parent community, we extend this mission into the home. By cultivating a growth mindset together, we are creating a powerful, unified environment in which students are empowered to embrace challenges, believe in their capacity for improvement, and strive for excellence—academically, socially, and emotionally."

The session was part of the district's broader Parent Academy initiative, which emphasizes raising awareness of emerging and evolving topics in student mental health and the habits that impact it. By integrating evidence-based strategies and promoting a growth mindset, the Rumson School District continues to deepen its commitment to unlocking the full potential of every student. These efforts highlight the district's unwavering dedication to creating an environment that fosters personal growth, resilience, and success for all students, ensuring they are equipped to thrive in an ever-changing world.