SCHOOL SPOTLIGHT : Randolph High School

Building a Culture of Wellness



At Randolph High School, prioritizing student wellness is more than a program—it's part of the very fabric of school life. With a comprehensive approach that weaves mental health, life skills, and resilience into everyday learning, RHS is fostering an environment where students feel seen, supported, and empowered to thrive academically and emotionally.

A key driver of this success has been the school's partnership with the KyleCares Foundation.
Through funding, resources, and access to high-impact conferences, KyleCares has strengthened Randolph's mental health initiatives and energized its students. "After attending the 2025 KyleCares Conference and hearing Dr. Jenkins speak, several student-athletes felt newly inspired to explore how Randolph High School could better support student mental health," explains Eleanor Forbes, LSW, LMHC, RHS Active Minds chapter advisor. "Meeting with the KyleCares Foundation further reinforced our direction, offering both validation and guidance as we navigate this growing partnership." The RHS Active Minds chapter, reinvigorated by these opportunities and the presentation of a KyleCares banner, even proposed a mental health workshop specifically for student-athletes, demonstrating the tangible impact of this collaboration.

Randolph's overall strategy emphasizes partnerships with organizations that prioritize wellness, advocacy, and life skills development. Collaborations with KyleCares and the JED Foundation have encouraged students to embrace their identities, strengthen coping abilities, and engage intentionally with their community. Through these efforts, students and staff alike report meaningful growth in emotional regulation, relationship-building, conflict resolution, and personal identity development. The result is a school culture where mental health is recognized as essential to student success.

Over the past year, RHS has implemented a variety of programs designed to normalize help-seeking behaviors and reduce stigma. From a school-wide pledge wall supporting mental wellness to positive relationship workshops, holiday mental-health conversations, and a "What's the Tea?" space for students processing strong emotions, the school is creating accessible ways for students to talk openly about mental health. Additionally, initiatives such as Movember have highlighted men's mental health, inviting male students and staff to engage in raising awareness.

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The impact of these initiatives is clear. The RHS Active Minds chapter has grown from 15 students to over 80 members across all grade levels. Students continue to drive much of the momentum, while staff engagement is being strengthened through professional development and training informed by survey data collected in partnership with the JED Foundation. Eleanor notes, "Our students are taking leadership in shaping programming, and the feedback we receive helps guide our next steps to ensure adults feel better equipped to support them."

Looking ahead, Randolph High School remains committed to building equitable, trauma-informed, and culturally responsive mental health supports. Strengthening partnerships, expanding staff development, and elevating student voice are central to these efforts. The school's long-term vision is clear: every student should feel supported, resilient, and capable of thriving beyond the limits imposed by generational patterns.

Randolph High School's dedication to wellness demonstrates the power of intentional, collaborative action. Through programs, partnerships, and student leadership, RHS is creating a ripple effect of positive change—proof that when a school embraces mental health as part of its core mission, students, staff, and the broader community all benefit.