



Riverview School

June 20, 2019

Dear Friends,

When I first arrived at Riverview three years ago, I reached out to current and alumni families to understand the power of the Riverview Experience, and to learn about how we could make our great school even better.

One thing I heard from alumni families was that their children were following healthy habits at Riverview, but once they left the structure of our program, how many fell into unhealthy habits. I also heard our current families' desire for enhanced wellness programming.

We did our own research and found that our population is at heightened risk for preventable health issues. We therefore embraced our responsibility to develop programming and facilities that would help our students develop and internalize healthy habits so they would be independent in living healthy lifestyles after they left us. We defined wellness as body (physical fitness), mind (mindfulness and stress reduction), and nutrition (learning to cook healthy meals /make healthy choices).

Two years ago, we used an annual fund surplus to experiment with community wellness challenges. A successful *Fund a Dream* at our annual gala helped us to pilot our new ideas. We created a new position of Wellness Coordinator and hired a charismatic leader who wakes up every morning thinking about how to better integrate wellness programming throughout our school.

We developed innovative programs, have enthusiastic support from our faculty, and we're seeing the benefits in our students. We envision this facility to be a cultural hub, a beacon of wellness, and a space that will provide opportunities for alumni engagement. As a Board of Trustees, we've identified wellness as a core programmatic component that is as important as anything we do. We will now begin work on revising our mission statement to reflect this.

We've accomplished so much, and are committed to finish what we started. Our next steps will be to ensure we have the resources for staffing, equipment, and programming that will make this overall campaign transformative for our community, and to ensure that we accomplish so much more than just constructing state of the art Fitness and Recreation and Nutrition Centers. We look forward to keeping you updated on our progress...

A handwritten signature in black ink that reads "Stewart".

Stewart Miller
Head of School