

# A Culture of Well-Being

Dear SGS Community,

As we usher in the new year and share the highlights from the fall, I find myself reflecting on the impact of our overarching theme this year – Well-being.

At Saint George’s, we have always believed that a holistic education goes beyond the realms of academia, and this year we are committed to fostering a culture of well-being that permeates every aspect of our school community. More than physical health, well-being encompasses the mental, emotional, and social dimensions of our students’ lives.

As the Head of School, it is heartening to see how our commitment to academic excellence is seamlessly woven into our focus on student well-being in each classroom. Our faculty members, dedicated to nurturing the whole person, create environments that foster a love for learning and a sense of belonging. From engaging discussions to hands-on projects that ignite curiosity, the classroom experiences at Saint George’s are designed to contribute to the overall growth of our students. Our commitment to individualized learning also ensures that research is not just a task, but a pathway for students to explore and express themselves.

The arts continue to play a crucial and invaluable role in our school’s culture, with music and drama performances showcasing the talents of our students. The emotions expressed through the arts promote the well-being of both performers and audience members alike.

Our commitment extends to the opportunities available from outside the school. Hosting guest speakers, for example, brings individuals with real-world experiences to share their insights. These talks not only broaden horizons but also provide inspiration and guidance, contributing to the holistic development of our students.

The adventure continues with our

diverse range of extra-curricular, co-curricular, after-school activities, sports, and field trips. These opportunities are not just about skill development but also about building resilience, teamwork, and a sense of accomplishment. From exploring nature on outdoor adventures to competing at state-level academic and athletic competitions, our students embark on journeys that contribute significantly to their overall growth and development.

As we guide our students towards their next level of education through our college counseling program, we do so with a keen awareness of the impact these decisions have on their overall well-being. Finding the right fit for each student is a matter of aligning academic compatibility with their personal goals and aspirations.

Our alumni, a testament to the enduring legacy of Saint George’s, continue to be actively involved and supportive. Their engagement in the life of the school creates a network that extends well beyond graduation, providing valuable support and mentorship.

What truly makes Saint George’s exceptional is our amazing community – a collective of students, parents, teachers, administrators, and staff who support and encourage one another. The sense of belonging and connection within our community is a cornerstone of the well-being we aim to cultivate.

As we navigate the challenges and celebrate the successes of the coming year, let us continue to prioritize the well-being of every individual within our community. Together, we will create an environment where each student can thrive academically, emotionally, and socially.

Wishing you all a year filled with well-being, growth, and fulfillment.

Warm regards,

– Jamie Tender, Head of School



**Jamie Tender,**  
**Head of School**

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