
the Wolf School

February 2018



5

STRATEGIES TO HELP COMPLEX
LEARNERS USE MINDFULNESS

[5 strategies to help Complex Learners use mindfulness.](#)

Take a Minute! Strategies for a Mindful Minute

The practice of mindfulness, or paying close attention to the here and now in a purposeful manner, has received a lot of coverage in the news. Research has indicated that daily mindfulness can be attributed to a variety of positive outcomes including improved academics, reduced stress, cognitive flexibility and focus, increased compassion and even pain management.

Complex Learners struggle with a number of things that mindfulness helps address...[Continue Reading](#).

Slam Dunk
Basketball Season at Wolf!



Wolf students practice before their first basketball game!

With great sportsmanship, a team-first attitude, and lots of hard work, this year's Wolf School Basketball season is one for the books. [Check out photos from a great season!](#)



Celebrating 19 years since the founding of The Wolf School!

Founders' Day! **Celebrating 19 years Wolf!**

Founders' Day is such a special day at The Wolf School! This year, on February 22nd, we celebrated 19 years since the founding of Wolf at a special breakfast and All School Assembly with family and friends. Each year we surprise a Wolf faculty member with the Founders' Day award. This award is presented to...[Continue Reading.](#)

Save the Date!

Discover the Difference 2018

Mark your calendars for our annual Discover the Difference fundraising gala! Join us on April 20, 2018 from 6:30 p.m. - 9:30 p.m. at the Providence Biltmore for a great night out for a great cause!

You helped me discover the world!



Come *celebrate* our community!

DISCOVER THE DIFFERENCE *2018*

the Wolf School

Contact

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Mission

The Wolf School inspires Complex Learners to discover confidence, compassion, and a love of learning to unlock their full potential

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Contact Director of Institutional Advancement, **Marie Esposito**, to update your mailing preferences