



Rockford
Christian Schools

Enroll
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A Message from Head of School Dr. Duda



This semester, I was honored to co-lead a professional network for Christian school leaders on mental health and well-being due to my dissertation work around the topic. The group has been reading and discussing a range of topics from ACSI's book *Leading Insights: Mental Health and Well-Being*. Our conversations included defining well-being in Christian schools, research and trends related to mental health, trauma-based instruction, and educator well-being. The last two meetings of the semester will focus on the "so what" portion of the network and equip school leaders with tips and strategies on how to develop a comprehensive system of support for students and faculty.

As I reviewed the chapters from the book as well as my own research and experiences creating these systems, I am giddy with excitement about the work the Lord started this year at Rockford Christian in establishing systems for our people. Teams have worked hard to evaluate and analyze procedures related to academics, behavior, mental health, and spiritual formation. They are excited about where we're going and are eager to finish building the framework in each of these areas. And I am incredibly proud of the time, energy, and effort they invested in building something better for students who are at RC now and those who will join us in the future.

Much of our work will not be ready to share until we kick off the 23-24 school year later this summer, but I hope this update encourages you that great things are on the horizon. As the Lord pressed upon my heart last summer for RC, He is preparing us to flourish, or grow due to a particularly favorable environment, and right now we need only to listen, watch expectantly, and be ready to move.

I pray that your spring break was restful and filled with great family memories.

Blessings in this final stretch of the school year.

Jahna Duda



Head of School
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Psalm 115:13-15

Strategic Plan Updates

Student Identity & Purpose

As many of you may know, I am passionate about the biblical formation of a child's identity and purpose. Both are key to long-term health and well-being, and have been found to be two main factors in a student's struggle with mental health related issues such as anxiety, depression, or substance abuse. I wanted to share that I have been working with one of my former business partners on how to bring a program I helped create in my former school to Rockford Christian and begin the training here that transformed our culture and addressed student mental health on a global level. I am so excited about our conversations thus far and the possibility of RC becoming a training center for schools across the nation who are looking for ways to address student mental health. Please contact me if you or someone you know are passionate about student mental health and would be interested in learning how you too can support this initiative.

Summary of Planning Committee Work

The planning committee met this month and analyzed data from the focus groups and recent parent surveys. The information from our community has been consistent throughout the year, which helps our team hone in on specific items. In our next meeting, we will begin to write specific goals in three categories - people, programs (academic, extracurricular, spiritual), and property - and identify the financial cost behind each goal. Walking through this process will help us identify which goals can be accomplished in years 1, 2, and 3.

I look forward to sharing the goals with our community on May 9th at our Show Your Heart event at the Illinois Bank and Trust Pavilion. Celebrate with us as we honor this year's Legacy Award recipients, recognize retirees, and support the RC mission through our live auction.



Show Your Heart

FOR ROCKFORD CHRISTIAN SCHOOL
PAST, PRESENT, & FUTURE

MAY
TUESDAY 09 6:00 P.M.
2023

ILLINOIS BANK & TRUST PAVILION

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Legacy Award Presentations | Retiree Recognition
Head of School Address | Live Auction | Food Stations
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