



MISSION

The mission of the Westport Day School is to provide powerful and effective education that inspires, fascinates, and transforms students who have been beset by academic and clinical challenges such as anxiety, depression, learning disability, and/or school refusal. The mission is carried out by providing therapeutic, values-driven education of the highest quality in a safe and supportive setting.

VALUES

Our values make us therapeutic and transformative. Modeling and instilling the values of presence, ethics, and wisdom promotes independence and empathy in our students. Our approach fosters resilience, curiosity, and creativity in dealing with life's challenges. These are our values:

◇ **PRESENCE**

- To be present means to bring your full self to the present moment, happily and healthfully. Presence requires skillful **EFFORT, CONCENTRATION, AND MINDFULNESS**. Having the right kind of effort means starting or restarting tasks, even difficult ones. It means persisting and also stopping when appropriate. Concentration requires focus and is important in sustaining and shifting attention. Mindfulness means awareness of the present moment. We are mindful when we are aware of our thoughts, feelings, and surroundings.

◇ **ETHICS**

- To live an ethical life, one must act in accordance with one's guiding principles. Ethics requires skillful **SPEECH, ACTION, AND WORK**. Do no harm to self, or others, is our guiding principle. Beyond this, we seek to speak, act, and work in ways that are helpful to the members of our community.

◇ **WISDOM**

- Gaining wisdom involves a desire to learn, to grow, and to change. Wisdom requires skillful **UNDERSTANDING AND INTENTION**. Having the right kind of understanding means seeing things as they are rather than as we want them to be. Skillful intention means fostering the sincere intention to live well; in other words, to live with presence, ethical sense, and wisdom.

PORTRAIT OF A GRADUATE

WDS prepares students to conduct their lives mindfully, ethically, and wisely. We nurture creative and resilient problem solvers who are at once collaborative and cooperative. WDS graduates strive for independence and smooth self-regulation yet seek help and support when needed. Our graduates are ready to embark on college or vocational training. By virtue of their empathy and curiosity, they are good citizens and lifelong learners.