headlines, they can have a little bit more background and understanding about a culture that they're not used to. Students are used to Western cultures, so this is especially important in learning about Eastern cultures. Studying a foreign language allows a student to gain skills in basic communication in that language. Our burgeoning global studies program pushes us beyond the traditional language studies. For instance, a course in Mandarin studies not only the language, but also the culture, providing students with a greater perspective about the world at large.”

**Q:** How can schools incorporate wellness into students’ lives?

**A:** “It’s important for not only schools to do it, but for everyone. Both for our young people and adults to really take a look at that perspective of well-being, mind, body and spirit. We all live in very fast-paced times,” says Bill Christ, head of school at Hathaway Brown. “Things are coming at us from all different directions, and one of the concerns we have is asking, ‘Are people really living balanced lives?’ I think in a lot of cases, the answer is that they probably aren’t. But they can do that if they take more of a conscious approach to the factors that help them become the strongest person they can.”

**Q:** What role does the physical school environment play in education today?

**A:** “First of all, we know that there are individuals whose learning needs require a high-stimulus environment and some who require low stimulus,” says Renata J. Rafferty, president at Magnificat High School. “The more the environment can accommodate a range of social interactions, the more comfortable the student is going to be,