

Rhinebeck Health & Wellness Meeting Minutes
November 27, 2017; 11:45am

In attendance: Meg Rodier, Tom Burnell, John Kemnitzer, Molly Albrecht, Brett King, Joe Phelan, Carmela Fountain, David Aierstok

The Committee reviewed and discussed the NY Times article, *Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?*

This raised many questions focused on how much information on this topic might be too overwhelming for parents during a Parent Academy event. Where is the middle ground for our students in terms of how far we want them to push through? If they're successful, we need to be ready to challenge them. Stress continues to be an issues with students.

In thinking about a Spring Parent Academy, Joe suggested that we think about how to present this information to parents. It's important that we frame the presentation(s) in such a way that parents are our partners and that this is accepted as a parents/school collaboration.

The idea of resiliency was raised. It was suggested that Bonnie St. John be approached to speak on the topic of resiliency, or more specifically, her expertise with *micro-resiliency*. John suggested that, in scheduling this Parent Academy event, we plan for enough distance, time-wise, for parents to take in the May 1st speaker on bullying for whom BMS has arranged already. It was agreed that February or March would be a good time for us to hold the Parent Academy.

Meg suggested having NAMI come in to speak during the Parent Academy as well. It was agreed that while Bonnie would prove inspirational, the NAMI speakers would also have some tangible tools drawing from local resources to provide to parents to take home.

A sub-committee will continue to refine the Wellness Policy document. Few area school districts have adopted such a policy document to date. Much of the draft document is complete. Their goal is to get it to Joe and the Board Policy Committee soon after the New Year for their review and adoption by the Board of Education.

A student was identified as a potential candidate to serve as a member of the Wellness Committee.

The next scheduled Wellness Committee meetings are on Monday, December 18th and on Monday, January 22nd.