

Health and Wellness Meeting Minutes for 11/26/18

Attending: Brett King, Tom Burnell, and David Aierstok

Topics covered

- Continued discussion of films and ideas for our Parent Academy
 - We decided not to go with the film *Far From the Tree* with the RSF but would love to work with them on other projects in the future
 - Discussed the movie *Angst* which looks at the pathological side of anxiety and not everyday life
 - Officially decided on therapist Gary Edlestein and if we wanted a short film to go along with him but in the end we said no to the short film. We felt we really wanted the program to focus on routine everyday life events and their demands. In addition, we wanted him to offer a skill set of how to deal with those life events and demands.

- Discussion on the Mental Health Education Literacy in Schools
 - What does it mean for the district
 - How do we as a district meet the requirements when the state decides what they intend to do

- Next meeting is 12/17/2018 and we will be finalizing both a date and snow date for the Parent Academy and developing a title for the event as well and further discussing the Mental Health Education from the state
 - **Meetings scheduled are subject to change so please call ahead if you are planning to attend**