

Health and Wellness Meeting Minutes for 2/25/19

Attending: Marvin Kreps, Brett King, Tom Burnell, David Aierstok and Larry Anthony

Topics covered

- Discussion on the Parent Academy – “Parenting in the Age of Anxiety”
 - The overall consensus was that the evening and the information presented was very successful and that there was much to discuss about what to do moving forward...the following are some of the possible ideas moving forward
 - a. Possible coming back and having it be more practical with a focus on how to discipline and what to discipline
 - b. Another session on the “Home to school connection” which Mr. Edelstein mentioned was a source of struggle often
 - c. Parent Academy for kids/students? Assembly?
 - d. Discussion on executive functioning (not fully formed until early 20’s) and the role it plays with stress and anxiety – the role Mr. Edelstein talked about how parents need to step in and discipline, take control and say no
 - e. What age would a parent academy benefit the kids – we thought about the major transitions like 5th to 6th grade and 8th to 9th grade
 - f. Can it be a topic during advisory periods

- Next meeting is 3/18/2019 and we did not have time to get to the other topics, like the United Way, so we will start with them at our March meeting
 - **Meetings scheduled are subject to change so please call ahead if you are planning to attend**