

Health and Wellness Committee Minutes 1/26/21

Attending: David Aierstok, Brett King, Emily Davison, Megan Rodier, Albert Cousins, Larry Anthony, and Tom Burnell

Topics Discussed

1) Where do we stand with a presenter for our Parent Academy?

- we have three choices...who are we going with and why?

- A long discussion ensued about each of our candidates and what they would offer our district. We talked about how well we thought each individual would be able to handle the numerous topics we wanted covered and whether or not additional support (speakers) would have to be brought in. The committee strongly felt that one candidate really stood out with her knowledge of not only all of the topics but with what the Rhinebeck District would want.

- The committee chose Lynn Lyons and the following are some reasons why: she has worked with our district before, her expertise on the subject matter...she has a podcast directed to parents, she has incredible knowledge on sleep, anxiety, stress, social media (she was featured in Screenagers NEXT CHAPTER), maintaining healthy habits and a schedule, etc.

2. The night of the event

- Parent Academy - "Living and Learning in a Pandemic"

- An hour long presentation with a 30 minute Question and Answer session which can be extended up to an hour Q&A if attendees continue to ask questions

- The event will run from 6:30pm-8:00pm with the potential to last until 8:30pm

3. Getting the word out about the event

- Principals will email all staff, an article about the event will appear in the online version of the school newspaper, high school student council will discuss the event and develop questions for the Q&A session, district will send out an announcement about the event each week leading up to it and will reach out to other groups like the PTSO and the RSF as well to help spread the word.

4. Reminder that our next meeting is 2/10/21 - 11am-12pm

