

Health and Wellness Committee Minutes 1/29/20

Attending: David Aierstok, Brett King, Emily Davison, Megan Rodier, Christine Kozma, Larry Anthony, Tom Burnell, and Marvin Kreps

Topics Discussed

1) Emily Davidson shared her conversation with Lynn Lyons as part of the district's work with her in regards to the skills needed to prevent anxiety and depression. As part of that conversation, Ms. Lyons shared her thoughts on being a part of *Screenagers: Next Chapter* and the role screen time and social media plays in anxiety and depression.

2) Having a student viewing of *Screenagers: Next Chapter* either as an assembly or viewed in certain classes (English, Health, PE, etc.)

- snow date of the Parent Academy (PA) will be March 12, 2020

3) Community Outreach

- Potential for a second PA in the Spring of 2020 on the opioid crisis

- inviting the Lexington Center for Recovery of Dutchess County to the *Screenagers: Next Chapter* PA in order to see how they are set up and run

Next Meeting is on 2/13/20 and we will discuss the new kitchen and food services at CLS and finalize all of the details of the upcoming PA event

