

Health and Wellness Committee Minutes 12/21/20

Attending: David Aierstok, Brett King, Emily Davison, Megan Rodier, Christine Kozma, Larry Anthony, and Teresa Costakis

Topics Discussed

1) Set meeting dates for the rest of the 2020-2021 academic school year

a. starting on January 13, 2021 the committee will meet the second Wednesday of every month from 11am-12pm

b. committee left it open to meet an additional time during a month when we are planning a parent academy or any type of event

2) Majority of the meeting was discussing topics for a potential parent academy in February 2021 via Zoom

a. the committee looked at and considered both conversations with district parents and the survey results

b. topics and issues that we feel needed to be considered for the focus of the parent academy were the following: parents struggling with managing students screen time, mental health and stress, struggling with time management and management strategies that can help, students getting enough sleep and the affects on sleep cycles, potential hydration issues from mask wearing due to drinking less water, and self-care

c. Potential Name - "Living and Learning in a Pandemic"

3) Community Outreach

- Taking the questions from the attendees of the event that were not answered and having a separate short Q & A session (recorded interview) with our guest speaker. The interview would be done by a committee member, recorded, and then posted on the district website for all to have access to the informtion.