

Health and Wellness Committee Minutes 4/14/21

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Attending: Larry Anthony, David Aierstok, Christine Kozma, Brett King, Meg Rodier, Teresa Costakis and Tom Burnell

Topics Discussed

1) Should Lynn Lyon's presentation be brought into the classroom now or in the fall?

- it would be at least three more videos but kids are potentially tired of videos at this point in the school year due to the long school year during the pandemic
- kids want to be back in school with their peers
- The committee feels, as a whole, that the timing isn't great right now with preparation for finals for both students and staff
- A better time would be September and use it as a time of coming together and use it as a small program to start the school year off with.
- The school nurse is seeing a lot of kids anxious about returning to school from being remote for any length of time or reason.
- Set up the program during the summer and decide what the curriculum would look like, what topics would be discussed, what parts of the Lynn Lyons presentation should be used, what would be the common language used and who would go into the classrooms to teach it.

2) Topics for Health and Wellness school district website page

- Lynn Lyons - subtitles used in classes
- Therapy Resources
- Addictions
- Various Hotline phone numbers
- Anxiety and Stress

* Brett will reach out to both the CLS social worker and psychologist for resources as well

Next meeting is on 5/12/21