

Health and Wellness Meeting Minutes for 12/17/18

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

Topics covered

- Discussed and finalized the date for our Parent Academy which will be February 21, 2019 with a snow date of February 28, 2019 from 6:30pm-8:30pm
- Reminders of what we want and need to do before the event
 - Reserve the high school auditorium
 - Check with Dr. Davenport in terms of where the play is at with rehearsals and using the auditorium
 - How many tables do we want for sign in and brochures and do we want any kind of snack and/or beverages – we decided that at 6:30pm most people would have had a chance to eat and having drinks and food would only disrupt the evening

Discussed what the name of the event was going to be and came up with “School Avoidance and Anxiety” but also said that we would coordinate with the RSF on the name as well

Talked about what the state is doing and what they may ask the districts to do in regards to the Mental Health Education component and the impact it would have on the entire K-12 curriculum. For example, having curriculum focus on social/emotional learning, awareness of good mental hygiene practices, and how to avoid addictive substances. Mr. Aierstok talked about the work he was doing rewriting the high school health curriculum and how the curriculum has been and will continue to incorporate the Mental Health Education component.

- Next Meeting is 1/28/19 and we will be discussing and finalizing all of the final key points for the Parent Academy and discussing United Way opportunities
 - **Meetings scheduled are subject to change so please call ahead if you are planning to attend**