

10/23/2017

Health and Wellness Committee Meeting

Attending: Meg Rodier – BMS/RHS Social Worker, Carmela Fountain – BMS School Counselor, Nick Montany – CLS School Psychologist, John Kemnitzer – BMS Principal, Joe Phelan – RCSD Superintendent, Brett King – CLS Principal, Marvin Kreps – RCSD Director of Curriculum and Instruction, Tom Burnell – RCSD Assistant Superintendent, David Aierstok – BMS/RHS Teacher, and Meghan LoBrutto – CLS Social Worker

Topics of Discussion

1. Possible topics for Parent Academy this year – dealing with mental illnesses (stress, anxiety, phobias, depression, etc) and the relationship between school and home
2. What are the biggest challenges as it relates to stress and anxiety in our students? Is it pressure from themselves, their parents, social media, peers? What is the balance?

Anxiety affects all students over grades, social and emotional – do they have and what are the necessary coping skills, identifying

Meg is seeing anxiety across the board and on all levels with lack of skills both with parents and students

- Teasing out what is over and above the norm for a child growing up
- Arming parents with some strategies for what they can do
- For example, older siblings did it so younger child should be able to do it – looking at the value structure
- Example - My child's life will be mediocre if not in accelerated math
- Stretching comfort zones and getting through it – void (avoidance) – I don't have to take AP, taking medication, or going/fighting through it
- Helping both students and their parents to cope with the stigma of getting help(counseling/therapy) and what it means
- Setting boundaries
- Scheduling and time management

Potential Ideas for the night??

- This is what we see at elementary level and then middle/high school, college, etc...
- Ted Talk video

- Parenting skills on how to deal with stress and students need to be learning this – working with parents to help them understand what the more desired outcomes are

Extinction Burst – gets worse before it's going to get better

10-15 minute film on what stress does to brain development

Biology of stress

Balancing stress

Parenting around stress