

Health and Wellness Meeting – March 25, 2019

Tom Burnell, Meg Rodier, Larry Anthony, Brett King, Marvin Kreps,
Emily Davison, David Aierstok

1. Discussing the February 21, 2019 Parent Academy “Parenting in the Age of Anxiety” presented by Gary Edelstein and where we go from here as a school district
 - Meg Rodier and Emily Davison recently attended a workshop on Anxious kids and Anxious Parents presented by Lynn Lyons
 - We then compared Gary Edelstein’s presentation with Lynn Lyon’s presentation she gave to Boces
 - One of the biggest takeaways was that Lynn made it seem like we all have anxiety to some degree and it’s normal to have anxiety or feel anxious at times and it’s beneficial to deal with it and persevere through it
 - Many parents from other districts (Hyde Park, Saugerties, Red Hook) were at Gary’s presentation and we thought about how to build the Rhinebeck presence more. The point was made that it is hard to go to a presentation like that and be identified as having a child with issues with anxiety so what about..... Doing a Webinar from home because it takes a lot of courage to show up in public
 - Another focal point moving forward is that mental health is on a continuum and anxiety is part of that continuum – as an individual/society/district we have to learn how to deal with anxiety, not avoid it and shut down
 - Conversation then turned to how there is a disconnect with health topics after 9th/10th grade health and what we can do as a district to deal with that issue – will discuss this at our next meeting and have discussed this topic before as well

- Parent Academy continuing on anxiety and stress and how to build this into the wider community with the kids, parents, and teachers
- At our next meeting, we'll be having a conference call with Lynn Lyons on what her programs are, can look like and options we have as a district if we were do work with her moving forward.

Next meeting scheduled is for 4/20/2019 and meetings are subject to change so please call ahead if you are planning to attend