

Health and Wellness Committee Minutes 2/24/21

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Attending: Larry Anthony, David Aierstok, Christine Kozma, Teresa Costakis, Brett King, Albert Cousins, Emily Davison, Meg Rodier, Tom Burnell

Topics Discussed

1) What are the main topics/points of interest Lynn Lyons is focusing on?

- stress management, anxiety, organizational/time management, executive functioning, managing screen time, sleep and media content
- Brett King, John Kemnitzer, and Ed Davenport put together central themes and quotes from the district wide survey Lynn will work them into the presentation
- data from the district survey focused on the mental health of our students, the responsibility they felt with independent work, feelings of isolation, hopelessness and lots of work
- survey data also showed the feelings of being overwhelmed was more significant the older they were
- how the district really cares about the students well-being and educating with the whole-child approach in mind even outside of covid-19

2) Final discussion on Lynn Lyons Parent Academy March 3, 2021

- PTSO is putting the information on both Instagram and Facebook
- Pre-registration link will expire Friday, February 26, 2021
- Monday there will be open access and a Zoom Link Invite will be sent from the district office

Next meeting is on 3/10/21