

Health and Wellness Committee Minutes 3/10/21

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Attending: Larry Anthony, David Aierstok, Christine Kozma, Brett King, Albert Cousins and Tom Burnell

Topics Discussed

1) Discussed the Parent Academy (PA) with Lynn Lyons

- what were the key points of emphasis that were discussed
- how we can use the presentation moving forward to educate and impact more people in the Rhinebeck community
- how can we get more student interaction, not just parents

2) How do we use Lynn's presentation in the future

- have a provider come into the classroom in smaller groups to discuss key points
- **Mental Health component** - break down the video of Lynn's presentation into smaller parts and have teachers and/or members of our PPS staff facilitate a conversation with the students through Lynn's presentation
- potentially doing this during the final months of school

3) Consolidate Resources

- Develop a Health and Wellness section on the district website where there would be a consolidation of resources people could turn to when they need guidance, help or assistance with a topic of choice
- for next time start to develop the topics that would be included on the website

Next meeting is on 4/14/21