

DEXTER COMMUNITY SCHOOLS
STUDENT MENTAL HEALTH SERIES

FILM SCREENINGS

ANGST MARCH 5TH 6:30PM

BEYOND MEASURE MARCH 12TH 6:30PM



As a school district, we strive to prepare our students to be successful adults. The key to this preparation is their social-emotional well-being. Last year, we surveyed our students in grades 5-12 regarding their engagement in school along with questions about how happy, safe, and healthy they feel. (The MiPHY survey results can be found on our website: www.dexterschools.org/boepresentations). Some of the results were what we anticipated and others were fairly alarming. **One theme that we believe we must address, as a school district and community, is the mental health of our students.**

Our opening conversation for this very important subject was a community book study of [At What Cost: Defending Adolescent Development](#) by Dr. David Gleason on Tuesday, December 4th. On January 15th, Dr. Gleason returned to Dexter to lead an interactive workshop that built on that conversation. On Thursday, February 7th, Mill Creek Middle School hosted its first [Mental Health Matters conference](#) for students during the school day. On **March 7th at 7:00pm**, Mill Creek's [Peer-to-Peer](#) team will host a Community Education Night about Anxiety and Depression at the CPA. More details about this presentation will be posted on our website.

Our next events in this series are two film screenings and discussions. The first will be [Angst](#), which will be shown **Tuesday March 5th at 6:30pm** at the Dexter High School CPA. On **Tuesday, March 12th at 6:30pm**, we will screen [Beyond Measure](#), also at the CPA. Whether you have been part of this important conversation all along or are just tuning in, all are welcome. **We hope you will join us.**