School District of Washington *Angst* Movie & Resources Information and Opt-Out Letter

Spring 2024

Dear Parent/Guardian,

On March 20th, 2024, the School District of Washington will be showing the movie *Angst* to all Washington High School, Washington Middle School and 6th grade students. The *Angst* movie is 46 minutes long and is presented in your child's classroom, during the school day of March 20th.

The movie *Angst* is a short film discussing the challenges of anxiety from an adolescent's perspective while providing solutions and practical strategies to manage stress and anxiety.

The purpose of showing *Angst* to our students, parents and community is to raise awareness about anxiety and to provide children, families and our community with tools and strategies, when facing anxiety.

Here's how you can watch the film as a parent/guardian/community member:
- *Angst* film viewing at Washington High School CJB Theater, March 20, 2024 at 6:00 pm.
- Login at home and view the film anytime between 6:00 am, March 20, 2024 to 11:30 pm to March 21, 2024.

Additional resources are available for anxiety support, such as videos, articles and community resources. Visit this link or scan the QR code for resources.

School District of
WASHINGTON
We are Washington. We care. We contribute. We LEARN.

220 Locust Street
Washington, MO 63090
636-231-2000

Dr. Jennifer Kephart, Superintendent
Dr. Rachael Franssen- Assistant Superintendent, Maranda Anderson- Assistant Superintendent, John McColloch- Assistant Superintendent

OPT-OUT Letter Below

Angst Movie Opt-Out

If you prefer your child does not attend the *Angst* movie showing, please print this letter and return to your school office. Only return the letter if you wish your child NOT attend the film.

_____ I do NOT wish for my student to participate or view the *Angst* movie.

Student Name: _____

Parent/Guardian: _____