

School District of Washington *Angst* Movie & Resources

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.

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- The Angst movie is 46 minutes long
- Presented in your child's classroom, during the school day of March 20th.
- The movie Angst discusses the challenges of anxiety from an adolescent's perspective
- Provides solutions & practical strategies to manage stress & anxiety.
- The purpose of showing Angst is to raise awareness about anxiety.
- Provide education, tools and strategies to our SDOW community, when facing anxiety.

Here's How to Watch the Film:

- Angst Film Presentation
WHS Theater
March 20, 2024, 6:00 pm
- Login & View at Home
anytime between
6:00 am, March 20, 2024 to
11:30 pm, March 21

(The film is no longer be available after 11:30 pm on 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.



Questions? Contact
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