



PENNSBURY SCHOOL DISTRICT

134 YARDLEY AVENUE • P.O. BOX 338 • FALLSINGTON, PENNSYLVANIA 19058-0338

February 23, 2023

Dear Pennsbury School Community,

On **February 27**, the Pennsbury Parent Academy will be showing the documentary "[Angst: Raising Awareness Around Anxiety](#)" at **6:00 pm** at the PHS East Auditorium. This film is appropriate for ages 11 and up and is a great opportunity for students to view the film with parents/guardians and engage in a conversation about the causes and impact of anxiety, as well as tools and resources.

After viewing the 50-minute film, we will hold a brief discussion led by a local therapist, George Scott.

Please note: This film can also be viewed via live-streamed using this [link](#).

A second opportunity to view Angst: We have been authorized to show Angst via live-stream a second time on **Wednesday, March 1, at 6:30**. The movie cannot be recorded due to copyright restrictions. [Please click here for the March 1 replay](#).

Sincerely,

Thomas A. Smith, Ed.D.
Superintendent of Schools
tsmith@pennsburysd.org
215-428-4111

Justine M. McEachern, M.Ed
Supervisor of School Counseling/ Assistant Principal
jmceachern@pennsburysd.org
215-949-6700 ext. 70808

Angst removes the stigma and opens up the conversation around anxiety, helping viewers understand and manage their symptoms and know when (and that it's OK) to reach out for help. Through the perspectives of teenagers, their families, and experts who explain the symptoms – as well as a sentimental interview with Michael Phelps, Angst shows people that they are not alone, that anxiety is common, and that it is 100% treatable.

As a reminder, Pennsbury uses [Safe2Say](#), an anonymous tip line, to alert us to any individual who may be struggling and/or in danger of causing harm to themselves or others. Every tip is investigated.