

Belmont Wellness Coalition (BWC)
DFC Grant SPO-80659-01
Meeting Agenda
Tuesday, November 5, 2019 at 7:00 – 8:30 PM
Fire Department HQ Conference Room, Belmont, MA

I. Introductions

II. BWC's Strategic Action Plan (nascent)

1. *Supporting Parents via Reinforcement of Belmont's SEL Framework*
2. *Supporting Parents in Best Practices for Parenting Teens*
3. *SAPC – Understanding Student Stress (sources of/current coping mechanisms)*
 - Student Focus Group held at CMS to understand sources of stress
 - Data from SFG will be used to create a campaign aimed at students
4. *Forming a Youth Leadership Group at CMS or BHS*
 - We need to hear directly from students: What are they seeing? What are their concerns? Where would they like our support?
 - How do we start a Peer Leadership program?

BWC Action Steps:

- ❖ Create a BWC speaker series
- ❖ Schedule a Parent Workshop and/or Coffee
- ❖ Outreach to PTOs across the district and to coordinate the above (coffees/speaker series)
- ❖ Continue Principal meetings
- ❖ BWC Website development

5. Upcoming YRBS Events

- **School Committee:** Tuesday, Nov. 12 at 7:00 CMS Community Room
- **Community Forum** Monday, Nov. 18 at 7:00 CMS Community Room

Please help spread the word and please plan on attending one of the above events.

6. Youth (feedback and future involvement)

7. Updates, other topics of concern:

- Screenagers Reboot and/or The Like
- Vaping Presentation at BHS – Thursday, Nov. 26 at 6:00 PM

8. Set Next Meeting

- Lisa will send a scheduling doodle.