

**Belmont Wellness Coalition (BWC) - Meeting Minutes**  
**Tuesday, June 12, 2018 at 7:00 PM**  
**Fire Department HQ Conference Room**

**I. Those present:** Lisa Gibalerio, Fire Chief Dave Frizzell, Stephanie Sunderland Ramsey, Jane Fox, Zoe Armstrong (BHS student), Sara Masucci, SRO Melissa O'Connor, Rev. Joe Zarro, Wendy Conroy, and Cristina Palladino (Belmont Savings Bank)

**II. Data Entry Mini YRBS**

Surveyed 300 8<sup>th</sup> grade students at Chenery. Lisa, Jane, Wendy, and Sara will enter the mini YRBS data into survey monkey and will then run analysis. (Thank you, Jane, for all your help and analytical expertise! Thank you Sara, Wendy and Jane for your help with entering the data!)

The BWC spent some time discussing the full YRBS, which is slated to be given to Grades 7 – 12, this fall. Lisa and Wendy will meet with Assistant Superintendent Janice Darias to discuss the scheduling, accessing the data, etc. Zoe spoke to the extremely high stress levels of students and the pressure of test taking. There are constant demands on students, she said.

**III. BHS – Relaxation Station 6/14 Thurs. 9:30 -10:00**

Dr. Comment (BHS English teacher and head of Diversity Week) will advertise it. Lisa created a Stress Reduction handout as well as coloring sheets. Wayside generously allocated funding for cookies and lemonade. Thank you Chief Frizzell for the sandwich board – (which was used!).

[And big thanks to Melissa and the Chief for attending and helping out. It was a great success and the kids seemed to feel the support!]

**IV. BWC Facebook Page**

Cristina is helping to create a Facebook page. We will link events, meeting minutes, photos, articles, etc. to the FB page once it is up and running. Thank you so much Cristina for the assistance!

**V. YMHFA – Friday, June 29 Watertown**

You each received the flyer. Please forward it to anyone you think might be interested in the training.

**VI. Youth Perspective and Other Topics**

The group discussed the Middlesex Partnership for Youth, the current BHS Speaker Series (as well as potential speakers), that topics of concern for BHS include: alcohol, vaping, weed and mental health, that Lexington has a peer-to-peer program for mental health, and the challenges of BHS's open campus. Zoe provided feedback on the large assemblies e.g., kids leave with frees, if teacher is out, they won't come, etc.

Smaller group gatherings might be better, she suggested. Lisa and Wendy will raise the Speaker Series with Janice Darias, as well, and Lisa will reach out to BHS AP Lisa Hurtubise, who oversees the SS at BHS.

## **VII. Next Meeting**

Tuesday: Sept. 11 at 7:00 pm at the Fire Station HQ Conference Room, Second floor

Final Notes:

**Thank you, from the bottom of my heart, for all for your continued support!** It has been a great first year for the BWC! I feel honored and humbled to be working with such kind, helpful, hardworking individuals who are clearly committed to our mission:

*The Belmont Wellness Coalition is comprised of individuals who care deeply about the residents of Belmont, particularly its youth. The Coalition's mission is to use education and empowerment to reduce substance use and to promote healthy choices and positive decision-making.*

Many of us will be moving things forward over the summer, so expect to hear from me, from time to time. I hope you each carve out ample time to relax and enjoy the weather – remember, summer is fleeting in New England!

Also – if you would like to be removed from this email list, please just let me know.

Thank you again! Have a healthy and happy Summer!