

**Belmont Wellness Coalition (BWC)**  
**Meeting Minutes (Virtual)**  
**Tuesday, October 26, 2021 at 1:00 - 2:00 PM**

**1. Welcome [Introductions, Check-Ins]**

Lisa welcomed everyone to the meeting. Coalition members introduced themselves.

**2. BWC Updates:**

a.) *Monthly Parenting Group*

Sophia noted that the next Parenting Group Meets: **Wednesday, October 27, 7:00 – 8:00 PM** to discuss and explore issues relating to ADHD. This month we are meeting in person at the Trapelo Road Fire Station. Please invite people – it's a great group!

b.) *Student Ambassadors*

Sophia provided updates from the recent SA meeting. Students provided valuable feedback concerning ....

**3. BWC Programming**

Lisa noted that there had been a hope to schedule some type of Mental Health awareness programming for BHS students, this fall, and that we still want to make that happen at some point this year. We are meeting with BHS Principal Taylor next week to brainstorm possible ideas.

Upcoming meetings include the YRBS roll out:

- School Committee meeting presentation of the data on Tuesday evening, November 9;
- Another data presentation to the CMS PTO on the evening of Wednesday, January 12;
- We are hoping to schedule something with the newly organized BHS PTSO, soon.

**4. 2021 YRBS:**

- **Identify specific slides to present to the School Committee on Tues., Nov. 9**

Thank you to those of you who were able to take some time to identify slides that you deemed important enough to be a part of the upcoming School Committee presentation. Sophia and I have been really looking at the feedback we received, and it has been incredibly insightful.

*Slide Selection Discussion:*

The slide deck that you all received recently contains over 50 slides of data highlights. The goal is to get that down to around 20 slides. We have 15 minutes to present, and 15 minutes of discussion.

- **Request Coalition members to present specific slides**

Lisa noted that we would like to have a subset of Coalition members present the slides to the SC, if at all possible. Would anyone be willing to volunteer?

## **5. Check in: Virtual Meetings, In Person, or Hybrid?**

Lisa asked

## **6. Closing Thoughts, New Business, other Updates**

- Links to weekly video segments can be found on the BWC website:  
[belmontwellness.org](http://belmontwellness.org)
- Next BWC Meeting: Lisa will send a doodle; it will likely be during the week of November 29.