

Belmont Wellness Coalition (BWC)

Meeting Minutes (Virtual)

Tuesday, October 26, 2021 at 1:00 - 2:00 PM

BWC Members Present:

Lisa Gibalerio (Wayside), Sophia Suarez-Friedman (Wayside), Wendy Conroy (Chair, Sexuality Educator), Anne Wang (EDC, Grant Evaluator), Rachel Van Der Voort (Wayside, parent), Jonathan Mack (Fitness Director at Waverley Oaks Athletic Club), Elizabeth Dionne (Warrant Committee/TMM member, parent), Megan Palmer (parent, Elementary School Teacher), Michelle Drolsbaugh (Minding Your Mind), Mike Crowley (School Committee, parent, Belmont Media Center), David DeStefano (Belmont Fire Chief), Hannah Lee (Youth Adult Services at Belmont Library), Chris Jablonski (Minister UU Church)

BWC Members Absent:

Jennifer Gillette, (The Loved Child, parent), Kim Raubenheimer (parent, nutritionist), Leah Lesser (parent), Veera Mylapore (parent), Corinne Jackman (Belmont High School Nurse), Melissa O'Connor (BHS SRO), Elizabeth Brown (parent, Public Health Evaluator), Traci Doherty (parent, nurse), Stephanie Sunderland (Wayside), Rev. Joe Zarro (Clergy, parent), Beth Rumley (Nursing Director), Annie Gladfelter (BASEC), Pam Eagar (Town Meeting Member), Julie Crockett (TMM, parent), Portia Thompson (Parent), Janice Darius (Assistant Superintendent), Wesley Chin (Director, Health Department), Diana Ekman (Assistant Director, Health Department), Jeff Hansell (Media Specialist), Kate Bowen (School Committee member, parent), Amy Kirsch (Belmont Helps, parent)

1. Welcome [Introductions]

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 - thank you to the FD and Chief DeStefano! Please invite people (they can email sophia_suarez-friedman@waysideyouth.org) – it's a great group!

b.) Student Ambassadors

Sophia provided some background information about the Student Ambassadors (SA). She provided some updates from the recent SA meeting. Students provided valuable feedback concerning the YRBS data, the high stress they feel in their lives, and that BHS guidance counselors are not as accessible as students would like them to be. Sophia invited Coalition members to become involved in the work with the SA.

3. BWC Programming

Lisa and Sophia presented a parent workshop at the Library - sharing tools on how to talk with kids about difficult news events. Thirty parents were present.

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;
- 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 Lisa have been really looking at the feedback we received, and it has been incredibly insightful. Sophia reviewed the slides that have been identified as important.

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 about 20 slides. We have 15 minutes to present, and 15 minutes of discussion. Anne shared her screen and members present worked together with Anne to delete slides in preparation for the SC meeting.

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

Lisa noted that we would like to have a subset of Coalition members on hand to present the slides to the SC, if at all possible. Would anyone be willing to volunteer? (Wendy, Chris, and Rachel volunteered; anyone else can email Lisa)

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

Lisa asked people's preference and Coalition members seemed to prefer virtual meetings.

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

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