

Belmont Wellness Coalition (BWC)

Meeting Minutes (Virtual)

Thursday, April 7, 2022 from noon – 1:00 PM

BWC Members Present: Lisa Gibalerio (Wayside), Sophia Suarez-Friedman (Wayside), Wendy Conroy (Chair, Sexuality Educator), Nadia Foster (EDC, Grant Evaluator), Janice Darias (Assistant Superintendent), Mike Crowley (School Committee, parent, Belmont Media Center), Laura Kurman (Wayside Program Director), Hannah Lee (Youth Adult Services at Belmont Library), Kim Raubenheimer (Nutritionist and trainer, parent), Diana Martinez (parent, Mental Health Counselor), Melissa O'Connor (School Resource Officer at BHS), Megan Palmer (parent, teacher, and education & human development graduate student), Portia Thompson (CMS PTO, parent), Jonathan Mack (Fitness Director at Waverly Oaks in Waltham, parent)

1. Welcome [Introductions, Check-Ins]

Members present introduced themselves.

2. 2022 Parent Survey

Lisa presented Parent Survey data highlights around four questions asked in the survey. When the analysis is more complete (in a few weeks), the data will be shared widely with the school department, the BWC, and other parents.

3. Peer Mentorship – Subgroup Update

Sophia reviewed the subgroup's work around Peer Mentorship. A full report will be disseminated soon. The BWC discussed the research - specifically around the difference between the one-to-one peer support versus a group of peers supporting other students. .

4. BWC Updates

- [Monthly Parenting Group](#)

Sophia explained that the April meeting will be opened up to the wider Belmont community. Jess Hicks (LGBTQ+ Alliance) will be present to help facilitate.

Next Meeting: **Wednesday, April 27, 7:00 - 8:00 PM (virtual)** Topic: *Supporting Belmont's LBGTQ+ Youth* (see enclosed flier)

- [LGBTQ+ Alliance](#)

Wendy provided several updates concerning past and upcoming events in Belmont. Specifically, note that Saturday, June 11 is Belmont Pride Day on the town green. There will be a march as well as live music, tables, and more.

- [Yoga for Students](#)

Jon explained that Waverley Oaks is offering free yoga for students, but that without a liaison with the schools, this has been hard to implement. Kim has reached out again to the Rec Dept. and is meeting with the Rec Department next week to make a plan.

5. BWC Donation Funding Update

Lisa informed the BWC that based on their suggestions at last month's meeting, the donation money has been dispersed to the Chenery PTO, the BHS PTSO, and sheet cakes will be delivered to the CMS, BHS, School Dept., Fire Dept. and Police Dept.

6. Upcoming Programming:

Tuesday, 4/26 – BHS Seniors and Parents educational event

Tuesday, 5/3, 7:00 – 8:00 PM – BHS PTSO “*Understanding Youth Mental Health*” - see enclosed flier

7. Closing Thoughts and other Updates

Portia asked a question about the status of the DARE Program for grade 5 at CMS. Janice shared that it is no longer seen as best practice, she noted what the school currently provides around substance misuse education. Portia also asked about vaping in the BHS bathrooms, and Melissa shared how this is challenging to monitor (privacy issues) and that students are encouraged to use the anonymous text line (to share what is happening in bathrooms) and adults would respond immediately.

Next BWC Meeting in May: Lisa will send a doodle.