

Belmont Wellness Coalition (BWC)
Meeting Minutes (Virtual)
Monday, May 8, 2023 from 12:30 – 1:30 PM

Lisa Gibalerio (Wayside), Maeve Kennelly (Wayside), Nadia Foster (EDC evaluator), Mike Crowley (BMC Member), Janice Darius (Assistant Superintendent), Leah Lesser (Parent, Emerson Marketing), Megan Palmer (Parent), Hannah Lee (YA Services Librarian)

1. Welcome [Introductions, Check-Ins]

2. Student Ambassador (SA) Updates:

Maeve provided updates on the following areas:

- *Student Survey* - Principal Taylor is reviewing the survey, we hope to get it administered by the end of the year. The results will be used as the SAs kick off the new academic year in the fall.
- *One Caring Adult* Sticker – The launch of this program has been postponed until fall. Principal Taylor felt that it was too late in the year to begin a new initiative and that it made sense to start the program at the beginning of the next school year. Brittany, Maeve and SAs will work together on re-branding and publicizing it widely.
- *Teen Mental Health First Aid* – The program will be held on May 30, May 31 and June 1. Students will receive community service hours and a Teen MHFA certification. So far, there are 10 Belmont students enrolled.

3. 2023 YRBS Response Rates

Maeve reviewed a slide that had the response rates of the students in grades 7 - 12 who took the survey, in late April. The data is currently being “cleaned” by JSI and we should see more refined data in June. More BPS enrollment information here:

[W Enrollment_4.1.2023.docx](#)

4. Guidance/Social Worker Survey

Maeve shared a slide which reviewed the responses from the CMS and BHS Guidance Dept. and Social Worker survey. The survey asked respondents to *rank in order, the reasons students present to see them.*

Below is the ranking of the responses, in order:

1. Mental Health Issues (e.g., anxiety, depression, etc.)
2. Academic Stress
3. Social Issues (e.g., shifting of friend groups, bullying)
4. Family Problems, At-Home Stressors

5. College Questions, Standardized Tests (SAT, ACT, applications)
6. Addiction (e.g., marijuana/alcohol/nicotine)

5. Summer 2023 Subgroups:

Lisa noted that the BWC will likely develop the following 4 subgroups:

1. **YRBS Data** - (Mike and Megan may serve on this subgroup)
2. **Fall Vaping Forum-**

Lisa shared that the BWC plans to host a forum in the fall, as requested by the CMS/PTO. We are not sure if we will be doing it ourselves or possibly hiring someone to present it. It would be helpful to figure out whether we would like to do this in person or virtually, etc.

Leah shared she's been hearing some concerns about the bathroom situation with the 7/8th graders moving to the high school and being exposed to vaping/peer pressure.

Lisa shared the information given to us by Karla Koza at last month's parenting group, and noted that the BWC created a Vaping 101 Tip Sheet:

[\[https://belmontwellness.org/wp-content/uploads/2023/05/Vaping101.pdf\]](https://belmontwellness.org/wp-content/uploads/2023/05/Vaping101.pdf) to disseminate to parents and community members regarding vaping.

Janice shared that Karla Koza has a website where parents can submit questions and that there are many procedures in place to limit interactions with the 7/8th grade students from the high school students to prevent negative outcomes.

Community members can submit questions here:

<https://www.belmont.k12.ma.us/bps/Administration/District-Reconfiguration-Transition>

Leah then mentioned that current BHS students are also having many questions regarding this transition and it would be helpful for them to have more information as well.

Lisa and Janice referred Leah to Isaac Taylor to better answer the high school specific questions.

3. **Planning (other) BWC Fall Programming**

Lisa shared that this subgroup would discuss Fall planning ideas, reviewing both programming we've done in the past as well as possible new events.

4. **BWC Publicity and Recruitment**

Leah volunteered to take part in this subgroup. Ellie may help as well as Mike.

Lisa asked members to please consider joining just one of the Summer subgroups and attending not more than two meetings, over the summer, to explore the aforementioned topic areas.

6. **Other Updates**

- o **Social Host Liability Presentation to BHS:** Wed., May 10 at 6:30 (virtual)
- o **Parenting Group** – Wed., May 31, 7 – 8 PM

Lisa shared this is our last Parenting Group session for the school year, and based on attendance we see in the upcoming fall, we may start winding this program down.

- **BWC Newsletter** - Maeve is working on the newsletter which will summarize the BWC's past year's initiatives. Please help us publicize the newsletter once you receive it.

Please mark your calendars for next BWC meeting - which will be our last meeting before summer break:

Mon. June 12 at 12:30

Here is the Zoom link: <https://us06web.zoom.us/j/86978309948>