

**Commission for Children and Youth
Regular Meeting Minutes
Tuesday, January 22, 2019, 5:30 pm
Weston Town Hall Meeting Room**

*Future 2019 regular meetings, Town Hall Meeting Room, 5:30pm
2/19, 3/25, 4/29, 5/20, 6/17*

Commissioners Present

Shara Kolodney, Chair
Denise Harvey, Secretary
Bridget Angus
Michelle Tivey
Knox Watson

Commissioners Absent

Michelle Albright
Karen Hein
Maria Rowbotham

Other Attendees

Laura Cleary, Youth Services Director
Allison Lisbon, Director of Social Services
Charlene Monn, Program Coordinator
Emma Spaulding, WHS 9th grade student representative

1. Call to Order

Commissioner Kolodney called the meeting to order at 5:39 pm.

2. Approval of Minutes from December 17, 2018 Regular Meeting

Motion: *Move to approve the minutes of the Regular Meeting on December 17, 2018.* Motion by Commissioner Kolodney, second by Commissioner Harvey. Vote: 2-0-3 (For (2): Kolodney, Harvey; Against (0); Abstain (3): Angus, Tivey, Watson)

3. News/ideas/needs from WHS representatives

Mr. Watson and Ms. Angus presented some ideas regarding advertising the teen stress workshop, including posting the brochure on social media. Also student government has discussed hosting an open forum for students to talk to other students about vaping and other teen-related issues. Some members of student

government are also on the ADAP committee. Ms. Cleary offered to help provide information for the forum, which the student government hopes to organize before Spring.

Mr. Watson inquired about the student grant idea raised by Ms. Cleary at the last meeting. Ms. Cleary is still considering it, perhaps for next fall, and will send to the students some of her ideas.

4. Old Business

- a. Event with SROs re: risky behavior
- b. Upcoming scheduled events – Parenting Young Adults
- c. Commission Grant?

Please see the attached reports from Laura Cleary and Charlene Monn and the attached program brochures.

5. New Business

- a. Report/review from Youth Services Director
 - i. Programming
 - ii. JRB – review procedural step by step process created by Cleary/Rizzo/Brodacki

Please see the attached reports and brochures referenced under Agenda Item 4 above.

Ms. Cleary sent out the parent survey on Facebook and received around 30 responses. One of the issues raised repeatedly was the need for more safe and sober teen activities. She will prepare a summary of the responses for the Commission.

Ms. Cleary is thinking about putting together a list of activities/places to go for students in the community. Maybe a student survey would help surface ideas. The group discussed a number of ideas for future consideration, including events involving food trucks and bands. The group will come to the next meeting with more definitive information.

Commissioner Kolodney reported that the SROs will attend the next Commission meeting. In addition, Commissioners Kolodney and Harvey will be meeting with Superintendent Bill McKersie to discuss when school administrators may be available to attend Commission meetings.

b. Coalition contributions

No Coalition meetings have occurred since the December Commission meeting. Ms. Cleary added that she continues to prepare and circulate the Coalition newsletter.

6. Ideas to keep in mind and/or discuss

- a. Mentorship
- b. Support identified kids/families
- c. LGBTQ+, GLOW.
- d. Suicide Prevention
- e. Something fun – Senior/Senior Dance
- f. Day of Service
- g. Mental health for boys
- h. Update on mandatory parent education night
- i. 8th to 9th grade transition night

The group discussed the need for education on item c. above and the best way to help people be more comfortable with gender identity. Commissioner Kolodney will discuss with health personnel in the school district the possibility of having a student assembly, which might be followed by a parent night next fall.

Ms. Cleary noted that representatives from ADAP will be meeting with Mrs. Deorio regarding WHS having a mandatory parent education night for parents of incoming freshmen.

Please see Laura Cleary's report referenced in Agenda Item 4 above.

7. Marketing programming

The group discussed some locations for posting information about programs and workshops.

8. For the good of the order

Ms. Lisbon noted that Social Services is seeing single parents who may need support, and perhaps the Commission can consider programs that may be helpful to them.

Commissioner Harvey inquired about reductions in the line items for grants and revenues and contracted services in the proposed budget for 2019-20, which is attached. Ms. Cleary and Ms. Monn discussed the impact of changing student programs and the declining student population on both of those line items. Ms. Monn clarified that the difference in the line item for contractual services from 2018-19 and 2019-20 is less than 2.5%, which is mainly as a result of the change in programs offered, coupled with the net revenue received from programs from one year to the next. In addition, Ms. Monn clarified that while there has been a decrease in the historical enrollment figures from FY12 to FY17, the differential from FY18 to FY19 at HES and WIS, as provided by those schools, is nominal.

9. Adjournment

Motion: *Move to adjourn the meeting.* Motion by Commissioner Harvey, second by Commissioner Kolodney. Vote 3-0 (For (3): Harvey, Kolodney, Watson; Against (0)). Ms. Angus and Ms. Tivey had to leave before this motion was made.

The meeting was adjourned at 6:37pm.

Respectfully submitted,
Denise Harvey, Secretary of the Commission

Weston Youth Services January 22, 2019 Youth Commission Update: Upcoming scheduled programs:

- **Positive parenting monthly series:** a general parenting class for k-5 parents and a class 6-12 parents- led by me.
- **Teen Coping Skills**, 8th grade and up, collaboration with Weston Library, 4 Tuesday evening in February
- **10 Tips for managing stress**, for parents and teens, March 5th, with Weston Library. Presenter Dr. Wendy Hurwitz
- **Parent program: Substance use and teen brain**, Weston/Wilton series, @ Wilton in evening only. Presenter Dr. Ruth Potee
- **Parent program: Pressure to be Perfect;**; Weston PM/Wilton AM. Alicia Farrell, PhD
- **Meeting with parents of kids with special needs:** 1/28 9:30 AM
- **Parenting Young Adults workshop, 2/27**, working on this with Michele Albright
- **Flyers** for upcoming programs attached. Please share as you can. You can also

find all of this on the [WYS website](#)

Updates and in the works plans:

- Charlene has started **summer WOW** program development
- **QPR community suicide prevention:** Positive Directions. Date TBD, late spring
- **Parent program: 4 class series for 0-5 parents** with Marianne Keith, St

Frances Church, support and education

- **Live Girl: A million likes program for MS girls:** Planning process, location and time TBD, maybe late March
- **Ice cream social** for HES incoming K students;; repeat of a nice event last year
- **Family night or family fun event.** Talking to Parks and Rec: Any YC members interested in being involved in planning let us know!

- Parent program for MS and HS parents;; **Teens and Risky Behaviors with SRO's** and WYS. Evening program early April TBD

- Assisting ADAP with possible MS or HS student speaker
- Movie, **Like, about social media**, with possible panel, Date TBD maybe late spring

- **Gender and Sexual identity** speaker for: 1) educators? 2) parents? 3)

community? (I attended an amazing training on Demystifying Gender and Sexual identity and have several possibilities including GLSEN or True Colors. Unsure timing

on this...maybe Fall?) I am in touch with GLOW advisor and planning to talk to their group.

Ideas or programs mentioned at past meetings:

- **Connection with senior citizens:** I like this idea but it's back burner for me right now. Anyone want to explore this?
- **Day of Service:** this was on the agenda but I'm not sure what this idea is?
- **Boys mental health:** I will raise this topic at Wilton Youth Council meeting on 1/29 but it's low on my priority list and not sure of need for boy specific topic
- **Sober fun/options:** Working on creating list of social/fun things for MS/HS kids to do. Anyone interested in working on creating a "10 safe fun things for teens to do on a Saturday in Weston and the area." Or something like that. I have a start. Anyone think there is a need or a place for a sober teen group. Any ideas for Weston based activities teens would actually participate in?
- **Mandatory parent education night?:** ADAP is taking the lead on this and meeting with MS and HS principals on 1/29. I will be in touch with them to support and guide.
- **Mini-Grant idea:** I am working on this, and still interested, but probably not this year
- **General mental health:** Reducing stigma, education about how to get help. I'm building WYS resource page, printing resource posters and open to ideas. Weston League of Women Voters is doing a mental health panel in May and I am offering guidance on that.
- **Wilton is doing a Free Play initiative** and I have heard some interest in that in Weston. I think that needs to be grassroots initiated by Weston parents? With WYS support? Anyone interested in finding out more about what Wilton is doing or exploring this more?

Weston Positive Parenting Class Series

Free series for parents of K-5th graders

First Tuesday of the month,

February to May

9:30-10:30 AM

2/5: Positive Parenting Basics

3/5: Effective Communication & Consequences

4/2: Managing Challenging Behaviors

5/7: Final topic TBD

Learn new parenting skills, find new perspectives, gain parenting confidence and get support from other parents

All Classes held at Annex Conference Room, 24 School Rd.

Facilitator: Laura Cleary, LMSW, Director of WYS

Registration required: lcleary@westonct.gov

Your email is your registration.

Sign up for each class individually or for the series.



Questions? [Lcleary@westonct.gov](mailto:lcleary@westonct.gov)

www.westonyouthservices.org

Weston Positive Parenting Class Series

Free series for parents of 6-12th graders

First Tuesday of the month,

February to May

11:30 AM-12:30 PM

2/5: The Balancing Act of Parenting Teens

3/5: Communication & Consequences

4/2: Academics, social life & mental health Q&A
with school social workers

5/7: Building Competence & Staying Connected

Classes @ Weston Town Hall Annex Conference Room, 24 School Rd.:

Facilitator: Laura Cleary, LMSW, Director of WYS

Learn new parenting skills & perspectives to support
you as you parent your "growing up" child.

Registration required: lcleary@westonct.gov

Your email is your registration.

Sign up for each class individually or for the series.



Questions? [Lcleary@westonct.gov](mailto:lcleary@westonct.gov)

www.westonyouthservices.org



Weston Youth Services

Free Winter Parent Programs

Parent Information Series

Weston/Wilton

January 15th

Mindful Parenting: How to Make It Out in One Piece, Tracey Massella, LCSW
Weston Library 7:00 PM/ Wilton Library 10:00 AM

March 7th:

The Science of Addiction, Dr. Ruth Potee
7:00 PM Only at Wilton Library

March 20th

The Pressure to Be Perfect , Alicia Farrel, PhD
Weston Library 7:00 PM/Wilton Library 10:00 AM

Registration for above programs via Wilton Library or Weston Public Library by program date

Special Program for parents and teens!

10 Tips to Manage Stress

Presenter: Dr. Wendy Hurwitz
6:30-8 PM @ Weston Public Library
Register at the westonpubliclibrary.org by date

Positive Parenting Class Series

Education & support around common parenting issues
First Tuesday of the month @ Weston Town Hall Annex Conference Room
Facilitated by Laura Cleary, LMSW Weston Youth Services Director

2/5, 3/5, 4/2, 5/7

6-12 grade: 11:30-12:30

K-5th grade: 9:30-10:30

Register by email: Lcleary@westonct.gov
or call (203) 222-2585

More program information available at Westonyouthservices.org

Questions: lcleary@westonct.gov



This winter, learn how to chill out...

Teen Coping Skills Workshop

Open to youth 8th-12th grade

How much stress is too much stress?
How can you manage your stress in healthy ways?

Tuesdays 7-8 PM: 2/5, 2/12, 2/19, 2/26

We hope you'll sign up for all 4 dates but you can register for each date individually too!

Workshop Topics by date:

2/5: Introduction to yoga & meditation; learn how to create a calm space for yourself.

Presenter: Edel Keane, Jarosa Studio

2/12: How can nutrition help you manage stress and anxiety?: Tips & remedies.

Presenter: Simone Wan, L.ac, M.S. IN:Total Wellness founder

2/19: How can hypnosis help you 'reset' your mind and develop your inner voice?

Presenter: Tesa Baum, R.M, CHT Certified hypnotherapist.

2/26: Learn cognitive behavioral techniques to help you change your thinking to change how you feel; learn to manage those automatic negative thoughts!

Presenter: Meg Nisenson, M.S., MFT

Additional event for parents and teens: Tuesday 1/29 6:30-8 PM:

10 Tips to Manage Stress with Wendy Hurwitz, M.D.

**Registration Required: Westonpubliclibrary.org
or (203) 222-2651**

**Each workshop is facilitated by an expert from IN:TotalWellness
All workshops will happen @ the Weston Library!**



WESTON PUBLIC LIBRARY

Sponsored by Weston Youth
Services and Weston Library



Commission Meeting – January 22, 2019
Report by Charlene Monn

Winter 2019 After-School Programs:

- Total of 28 programs are scheduled in the winter session:
 - 17 at HES
 - 11 at WIS
- All programs began the week of January 7th and are scheduled to run through the week of March 25th, except for the following 8 week session classes:
 - Legos (3 programs)
 - Snap Circuit and Engineering (1 program)

Sitter Safety Program- WMS:

- Currently running Session II on Thursdays with 15 students
- Two remaining sessions will be held, each on Wednesdays, for the remainder of the school year.
 - February 27th – March 27th
 - April 24th – May 22nd

Summer 2019 Camps:

- Summer camps are tentatively scheduled to begin the week of June 24th (gives us 7 snow days) and run through the week of July 21st (5 weeks). Catalog online for preview by early February with registration beginning end of February/early March
 - Four science programs:
 - Snap Circuits and Engineering
 - Potions and Explosions
 - Eureka! Design, Build, and Invent
 - Anatomy Academy
 - Two Lego camps:
 - Stem & Robotics with Legos
 - Stem & Super Heroes with Legos
 - Cooking
 - Baking
 - WPS District Performing Arts – Theatre Arts & Music camps
 - WPS District Technology programs
 - Sitter Safety
 - Self-Defense for Middle School and High School students (early June)

Spring WOW! After School Programs:

- Registration scheduled to begin on Tuesday, March 19th
- Classes to begin the week of April 22nd