

Weston Commission for Children and Youth
Minutes from the January 12, 2015 Meeting

In attendance: Lynn Phillips, Jeff Drobner, Carl Filsinger, Dan Doak, Nicole Wilhelm, Michelle Albright, Charlene Monn

Meeting called to order at 5:39 pm by Lynn Phillips.

Approval of Minutes

- Minutes from last meeting could not be approved because we did not have enough members for a quorum.

Membership

- We are continuing to recruit additional members, particularly parents of preschool and elementary aged children. Michelle and Charlene will follow up with Laura Kaddis and Kim Kus to see if they have any suggestions from the Hurlbutt community and Nicole will follow up with Pattie regarding any recommendations.

Program Updates

- The WOW! winter session began today we are in the process of planning the spring session as well as summer camps.
- Lindsey Kapel, one of our student members, created a logo for Weston Youth Services that was shared with members.
- We are collaborating with Wilton Youth Services and the Wilton Parent Council to host Robert Brooks on Monday April 27th. He will speak on fostering resilience in children and will give an afternoon presentation in Weston and an evening presentation in Wilton. Silver Hill Hospital is also providing some funding for this event and is helping with publicity. We are also planning to collaborate with Wilton and Silver Hill on a speaker series for the 2015-2016 academic year. Members also discussed the possibility of partnering with Wilton for Family University; Michelle will inquire about their interest at the next Parent Connection meeting she attends.
- Members discussed how the focus of the traditional "pre-Prom" speaker has shifted from substance abuse to responsible decision making, healthy choices, and general mental health and well-being. Michelle has met with Eilene Brostoff from ADAP to discuss potential speakers and Dan shared positive reviews of a theater group who presented to the freshmen.

Planned Initiatives

- Michelle shared ideas generated by high schools students for a social event ranging from a Cake-boss competition to a square dance. Members also suggested having students attempt to set a Guinness Book world record or have a Trivial Pursuit/Family Feud challenge with seniors, staff or parents.
- Nicole noted that students (and parents) at WIS could benefit from strategies to manage stress and enhance self-awareness and self-regulation. Michelle will follow up with Nicole and Pattie to see what programs/resources WYS might be able to offer to the WIS community.

Meeting adjourned at 6:23 pm

Respectfully submitted, Michelle Albright