

Weston Commission for Children and Youth
Minutes from the September 9, 2013 Meeting

In attendance: Michelle Albright, Chris Spaulding, Charlene Monn, Tiffany Davidson, Stacy Kamisar, Ellen Weyrauch, Dan Doak, Lynn Phillips, Dawn Egan, Jack Kerns
Guests: Lois Pernice, Catherine Minter, Makenzie Daffner

Meeting called to order at 5:21 pm by Lynn Phillips.

Minutes from our last meeting were approved with addition of Jack Kerns in attendance.

Introduction of members

- Chris Spaulding was introduced as a new member of the Commission – Chris is the parent of two children who attend Hurlbutt and WIS, and has a background in psychology.
- Kathy Minter is interested in becoming a member of the Commission and is a longtime Weston resident.
- Makenzie Dagger is a sophomore at WHS and is interested in becoming a student commissioner.

Commission Membership

- We received four applications for student commissioners and would like to target students who are able to serve for several years before graduating.
- Current members will continue to publicize openings on the Commission and reach out to high school students to see if we can attract additional youth.

Family University

- Lois Pernice discussed Family University; last year there was one session for parents only, one session for students only (the student-student panel), and one session for students and parents together. The majority of students in attendance were 7th and 8th graders. The major expenses last year were the speaker (\$1800) and the food (\$2000).
- Lois shared information from Katona-Lewisboro Family University (<http://www.klfamilyuniversity.org/>) as they formed a 501C3 and are now a self-sustaining community based organization comprised of teachers, parents, students, counselors and other professionals. In addition to Family University night, they coordinate school-based programs for students in grades 1-12 on topics such as understanding differences, self-respect and independent thinking and offer seminars and a book group to community members through Family University Education Network.
- Members discussed scheduling the Family U night for the end of March or beginning of April as we have done in the past and targeting middle school students specifically. Members also discussed selecting a speaker earlier (e.g., October or November) and scheduling other events (such as a book group or workshop) to build interest. In order to offset costs, members also discussed charging a minimal admission fee such as \$20 and providing incentives such as homework passes for students.
- Members discussed potential topics to focus on including stress and coping skills, transitions (both to high school and college) and independence, respect (both yourself and others), and dealing with tragedy and trauma. Members also discussed conducting a survey with families who attended last year's event to get feedback and ideas for additional topics.

Charlene's Report

- Summer Camps
 - WYS ran three summer camps and co-sponsored four summer camps in collaboration with Weston Public Schools
- Fall programming
 - Seven All Star Driver sessions have been scheduled for the 2013-2014 academic year
 - Three Sitter Safety sessions will be offered this year.
 - Nineteen WOW! programs will be offered at Hurlbutt and 17 programs will be offered at WIS. We are also introducing one WOW! class at the Middle School.

Michelle's Report

- Accident response this summer
 - WYS helped coordinate the town/school response and conducted open counseling sessions at the HS, workshops for parents, and small group sessions for students
 - Michelle has also been conducting individual counseling for children and families directly affected by the accident
- Back-to-school initiatives
 - Distributed grade appropriate school supplies, food items suited for school snacks and lunches, and Payless shoe gift cards to 17 families
 - Attending PTO meetings and BTS nights across schools to inform students and families about ongoing WYS programs
- Tackling the Tough Stuff
 - September's theme is Routines, Rules, and Roles
 - Lunchtime workshop 9/19, evening workshop 9/24
- New programs and other collaborations
 - Starting a parenting book club in October to complement Tackling theme
 - Results from the Positive Directions survey are in; working with Positive Directions and school administration to develop plan to present
 - Collaborating with HS to implement a program to promote self-acceptance and prevent eating disorders
 - Collaborating with PTOs and Weston Women's League to co-sponsor Trunk and Treat

Meeting adjourned at 6:45 pm

Respectfully submitted, Michelle Albright