

Colchester Youth & Social Services

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Youth First Coalition School Sub Committee Meeting Minutes

February 1, 2022 | 10:30 – 11:30 AM | Zoom Meeting

MEMBERS PRESENT: Chris Bennett, Melissa Cyr, Craig Scheel, Charity Benedict

MEMBERS ABSENT: None

OTHERS PRESENT: Holly Rozanski, Jenna DeLuca, Katie Peterson, Michelle Yoder-Gerow

1. **CALL TO ORDER**

Charity Benedict called this meeting to order at 10:35pm.

2. **ADDITIONS/DELETIONS TO AGENDA**

None.

3. **CITIZENS' COMMENTS**

None.

4. **REVIEW AND APPROVAL OF PREVIOUS MINUTES**

Approval of December 21, 2021 meeting minutes

Motion to approve: Chris

Second: Melissa

Unanimous to approve

5. **MENTAL HEALTH WEEK PROMOTION**

- VIDEO DISTRIBUTION-** Video is ready for distribution. Bacon Advisory teachers will show it in class on 2/4/22, Melissa can also email it to senior class. Chris will have all students watch it in Workshop. Chris can also send out a school messenger to parents with the video link
- FLYER APPROVALS-** Holly will make an additional flyer on Co-Occurring Disorders. Holly will email flyers to Chris

and Melissa; Chris and Melissa will email approval back to Holly.

- FLYER DISTRIBUTION-** YAC needs to use Painter's Tape on the walls at the schools. Chris and Melissa will email daily flyers to students to try to get more attention to the information. On Monday they will also send out the flyer for Co-Occurring Substance disorders.

6. **MENTAL HEALTH WEEK ANNOUNCEMENT**

- MORNING ANNOUNCEMENTS-** For Bacon- YAC arrive 7:30 AM in the office; For WJJMS - YAC arrive 7:15 AM.

Students should have a script ready

- END OF DAY ANNOUNCEMENTS**

- WJJMS does an afternoon announcement-Holly/Charity will send the script to Annette Tamburrino. Bacon does not have end of day announcements

- LUNCH WAVE ANNOUNCEMENT -**

Bacon will do Lunch Wave announcements to remind students of prize wheel

7. **LUNCH WAVES**

- STUDENT PASSES -**Holly/Charity will email list of student's names and the



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day of week for lunch waves - they need a pass for the whole block.

b. **TABLE/CHAIR SET UP** - Bacon-table set up outside the doors to Café; WJJMS table set up in center of café. Charity/Holly will send a Table/Chairs request form to Susan McKeeran at Bacon and Chris will take care of table and 4 chairs at WJJMS.

c. **PROJECT COURAGE** - will be at Bacon every day with stress brains, pens, notebooks. They will do one day at WJJMS. They suggested adding information on Co-Occurring Disorders to the Trivia Questions/Prize Wheel.

d. **LUNCH WAVE TIMES** - Lunch Waves at WJJMS are 11am-12:15; Bacon is from 10:40-12:40. Officer Scheel will stop by with his Service Dog as available

e. **COUNSELOR PARTICIPATION** - At WJJMS, Counselors will join at Lunch Waves as they are available, the Social Worker from SOAR will join on M, T, W; and at Bacon, Mr. Sefchik and Ms. Zaugg will stop in at Lunch Waves. Counselors are welcome to bring materials to pass out also.

8. **MINDFULNESS ACTIVITY**

a. **WORKSHOP SCHEDULING** -

Holly/Charity will offer Mindfulness Activity to all 3 grades on Friday 2/11 in the Black Box Theater. Times are: 8th Grade 2nd ½ of Workshop 11:48 AM-12:14 PM, 7th Grade: 12:17-1:07 PM and 6th Grade 1:10 PM -2:00 PM. Charity will create a google doc with space for 33 students per grade and give to Michelle Morgan. Chris will email us with contact info. Sign up will go out on Monday 2/7/11 and again mid-week if necessary. Charity will send Chris a script to read over announcements for Workshop Sign up on Monday Feb 7th

and again mid-week if we have space for more sign ups.

8.b **MINDFULNESS TOOLKIT**

DISTRIBUTION- All students who attend Workshop Activity will get a giveaway bag. Melissa would like to have the Toolkits for Sophomore Mental Health Day next month.

9. **NEXT STEPS**

1. Charity - create sign up for WorkShop & send to Michelle Morgan- *Done*
2. Holly - Create separate Co-Occurring disorder flyer -*Done*
3. Holly - Send all the flyers to Chris and Melissa- *Done*
4. Holly – send form to Susan for table/chairs at Bacon
5. Charity - Send afternoon announcement scripts for each day to Annette Tamburrino & Send Workshop Sign Up Script to Chris
6. Charity - YAC student scripts for morning announcements
7. Charity - Send the video to Chris/Melissa- *Done*
8. Chris & Melissa – approve flyers by Thursday 2/3/22
9. Holly – get painter’s tape
10. Chris- send school messenger with video link for parents
11. Charity/Holly send student names to Chris & Melissa for Lunch wave passes

9. **CITIZEN’S COMMENTS**

None.

10. **ADJOURNMENT**

Meeting adjourned at 11:29pm.

NEXT MEETING

Staff Mindfulness Training planning meeting- to be scheduled



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