



Littleton Public Schools

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KELLY R. CLENCHY, Ed.D., SUPERINTENDENT OF SCHOOLS

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Steven F. Mark, Business Manager

Natalie A. Croteau, Technology Systems Coordinator
Julie Lord, Instructional Technology Coordinator

Littleton Public Schools Wellness Committee Agenda January 22, 2019 7:00pm LHS Seminar Room

A. Call to Order/Introductions

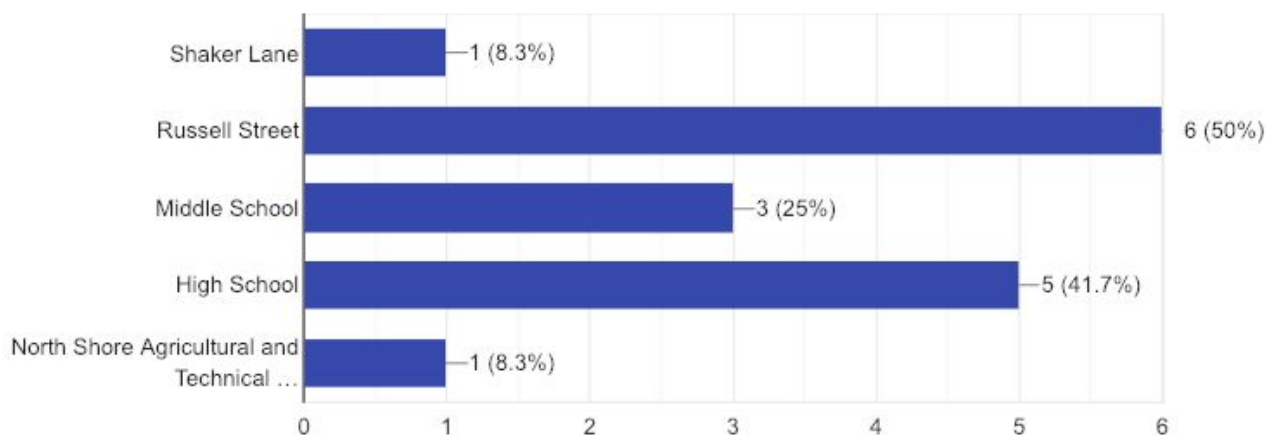
Natalie Croteau
Kym Albertelli
Barbara Whitcomb

B. Survey Results

What school does your child attend? (Check all that apply.)



12 responses



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Our mission is to foster a community of learners who strive for excellence and prepare each student to be a successful, contributing citizen in a global society.

What topics would you like the Wellness Committee to focus on this school year?

13 responses

Our body types- images- my daughter was called fat by a boy- she was devastated its

Drug awareness, mental health, self affirmation to help moti bc ate and build self confidence.

mental health, and the overload of school, angst, sports, clubs, etc.
Bodies- the care and keeping
Alcohol, pot, other drugs, vape options... the consequences, the future
Domestic assault and other relational violence, including non physical.
The benefit of fresh air and sunshine is not to be overlooked....

how about more peer to peer wellness *mentoring*

Mindfulness, Stress reduction sessions/yoga

School lunch - please add more wholesome foods and look at local sourcing.

Social Media and Technology

Stress/anxiety relief strategies

Proper nutritional protein in lunches

Preventing the spread of germs

Student volunteer opportunities

Developmental changes in girls(ie:emotions with Pre- puberty)

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The Wellness Committee has had difficulty getting community participation in the recent year. Is there anything that would inspire you to participate more readily?

11 responses

Its a time thing- maybe a conference call like to who ssnts to attend
30 hour days. Seriously, perhaps engage LHS Alum to work collaboratively with the committee to help, but there is mutual benefit!
I'm in!!
I believe if we asked for more resident and parent participation (since current board and other town board members have not included this on their schedules)
I don't really know what the Wellness Committee is all about. It would be helpful if there was a charter or mission statement to review.
Time of event and perhaps open to towns outside Littleton. Great gust speakers
I can help out after work/weekends
What is needed?
The committee may organize students to volunteer at senior or other non profit organizations.
Awareness of scheduled dates for events in advance. Flyers , email .

We will compile results and distribute to group via email.

C. MIAA Wellness Conference - Vaping conference - December 3, 2018

Meredith attended. Vaping is on the rise, how do we handle from here.

D. MIAA Opioid Conference - January 16, 2019

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Reviewed notes from conference

Meredith and I had the privilege of attending the 3rd annual Opioid Misuse Prevention Conference yesterday in Westborough.

We walked away with some valuable information that we wanted to share with you for resourceful information.

The keynote was by Fred Muench, President, and CEO of Partnership for Drug-Free Kids - previously known as Partnership for Drug-Free America.

I also attended his session 1 about Technology Resources for Families

Takeaways:

Localize your care and make the connections so that students and parents have a positive connection that is ongoing

Salience - Make sure information is available, accessible and automatic. It should be a simple daily or weekly phone call, email or meeting to keep the connection and support going.

Family Focused Prevention - Guiding good choices, operation prevention and strengthening families

Erase the Stigma - may families don't want to discuss due to the stigma that is created, that is too much effort, unaware of the resources available or their child is "just experimenting".

Resources - Make sure you know all resources available and how to access quickly
There is support for families using digital tools to help families prevent problem use and recover from addiction.

Resources -

[Partnership for Drug-Free Kids](#) - available via phone, text or email from the main page
[Understood.org](#) - a great resource for families seeking guidance for children struggling with learning and attention issues.

[Blueprints programs](#) - a resource for evidence-based programs for children on a variety of topics including BULLYING IN SCHOOLS, YOUTH VIOLENCE, TEEN SUBSTANCE ABUSE, ANTISOCIAL, AGGRESSIVE BEHAVIOR, CHILDHOOD OBESITY, SCHOOL FAILURE, DELINQUENCY, YOUTH DEPRESSION/ANXIETY

[Crisis Text Line](#) - Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.

Session 2 - Joanne Peterson, Founder and Executive Director of Learn to Cope Inc.

This group is funded by the Department of Mental Health and have over 25 chapters in the state of MA.

*Every Monday through Thursday there are meetings held for families across the state

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seeking support for family members coping with a loved one addicted to opiates or other drugs. She discussed physical, emotional and behavior changes that can be seen in children as well as common objects to look for in bedrooms.

*The growing trend of grandparents raising grandchildren.

Others Resources as collected in the exhibitor's area:

Safe Coalition - 608-488-8105 - Call or Text the SAFE Helpline

[Safe Coalition MA](#)

Massachusetts Substance Use Helpline - 1-800-327-5050

[Ma Substance Use Hotline](#)

[Chris Herren Project](#)

[Learn to Cope](#)

[Mental Health and Suicide Prevention Education](#)

[Marijuana in Massachusetts](#)

[Independence Academy - Recovery High School](#)

E. Charity Bell - Parent presentation - April 2, 2019

Wellness Committee will contribute to presentation - \$500 along with SEPAC

Flyers to be created soon and distributed via email.

F. Change in meetings

Feb 26 (Grade 8 Parent Orientation) will now be Mar 2.

Charity Bell presentation on April 2 will be in place of March 26 meeting.

G. Any other business?

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