**Needham Parents Care**

**Meeting Minutes- 01 11 18 **

**Attendees:**

Karen Shannon (Public Health Dept.) kshannon@needhamma.gov

Tanya Cherkerzian (Parent) cherkerzian@verizon.net

Claudia Pape (Parent) Claudia@claudia-pape.com

John Carr (Parent) [johncarr268@gmail.com](mailto:johncarr268@gmail.com)

Catherine Delano (Public Health Dept.) cdelano@needhamma.gov

Monica De Winter (Public Health Dept.) [mdewinter@needhamma.gov](mailto:mdewinter@needhamma.gov)

**Team Members unable to attend:**

Abby Langmead (Parent) abby.langmead@apera.eu

Caryn Bello (Parent) [dr.carynbello@gmail.com](mailto:dr.carynbello@gmail.com)

Karen Mullen (Needham Public Health Dept.) [kmullen@needhamma.gov](mailto:kmullen@needhamma.gov)

Alyssa Kence (BIDN and Parent) akence@bidneedham.org

**Next Meeting: THURSDAY, FEBRUARY 1 @ 9:00AM**

**LOCATION: BIDN, 1040 GREAT PLAIN AVE, NEEDHAM, 2nd floor (To be confirmed)**

**For anyone unable to attend in person, you may dial in:**

**CALL IN TEL: 319-527-2700**

**Access Code: 149319**

**Discussion**:

**Parent Book Groups and Dad Group(s):**

John updated us on a brainstorm meeting he is hosting on January 24 (7-8:30pm) in his home for 6-7 Needham Dads. The objective is to get their feedback on forming a Dads’ group.

John, Claudia and Karen S. met to discuss the framework for both the Roller Coaster groups (Round 2) and a new Dad group. It was decided the second round of parent groups will begin in January and use the Roller Coaster workbook. Tanya has offered to lead the new group. John, as noted above, will work on approach for forming a Dads’ group.

Tanya was interviewed last week by The Needham Channel on the parent book groups. The piece aired initially last Thursday evening, and is scheduled for additional airing. TNC will send Tanya the YouTube link to her interview, which can be publicized on various platforms. Congratulations, Tanya!! The HomeTown Weekly had referred TNC to Tanya- NPC will be sending a thank you email to the newspaper.

The HomeTown Weekly has published the press release for the Roller Coaster book group for the past 4 weeks and the Needham Times published it once. We are using facebook to post the press release as well as the middle school school newsletter.

**HIPS Event:**

The HIPS event will be held on Thursday, March 22 at Pollard Middle School, in the media center. Tamatha Bibbo, PMS Principal, met with Tanya and Karen S. to develop the logistics. The exhibit will be open from 9am-2pm and then again in the evening, 7-7:30 and 8:30-9pm. There will be an evening presentation on vaping from 7:30-8:30pm in the PMS auditorium. Aaron Sicotte, NHS Principal will present, Ryan O’Leary, School Resource Officer for Pollard will provide examples of vaping devices, and Tamatha Bibbo will moderate.

Discussion came up around using EventBrite so people can register for the event (free of charge). The suggestion was made around having a youth with vaping experience participate at the speaker event. Thoughts or additional ideas around this are welcome.

The press release is being prepared with assistance from Alyssa Kence and will be available shortly to begin publicity. Volunteers will be trained for staffing the HIPS exhibit; Caryn Bello has offered to handle email correspondence for the volunteer recruitment and training. Training will occur in early March.

**Continuing Business:**

**Monthly Parent Messaging**:

The January Parent Message, “Mindfulness as a Path to Wellness” was sent to NPS Administration the first week of January week and has been sent along to all schools. Please be on the lookout for it in your child’s school newsletter. Alyssa has been posting the monthly articles on the NPC Facebook page.

John has volunteered to write an article on Dads and we have scheduled him for June, which replaces our “safety” theme for that month. If anyone feels strongly that we still need an article on safety, please let us know and we can certainly publish two topics in June.

**We still need an author for April’s theme around technology.** If anyone is interested or knows someone who would be a subject matter expert for this topic please let us know.

**Branding NPC:**

We have a graphics design and marketing contractor who is working on updating our NPC logo. She recommended that we reconsider the tag line, Needham Parents Care: Supporting Parents in Parenting as there are a few too many “parents” in the tag line and group name combined. We are back at the drawing board and looking at alternative tag lines. Thank you, Caryn, for your suggestions!

**Needham Parents Care Brings You Another:**

[Parent Tip-of-the-Month: Mindfulness as a Path to Wellness](https://files.acrobat.com/a/preview/379ce22e-1d08-406f-9bcc-101331048b9d)

**Action Steps:**

1. **Explore use of EventBrite for HIPS registration.**
2. **Karen S. to discuss possibility of Catherine Delano or other representative attending the monthly meetings with PTC presidents and the superintendent of schools**
3. **Explore parent messaging article running in the Hometown Weekly each month.**

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**ARCHIVE INFORMATION**

**Monthly Parent Messaging themes:**

**September: Transitions\*\***

**October: Friendship\*\***

**November: Conflict resolution with friends (Author: Elizabeth Barnes)**

**December: Holiday/Expectations and Stress (Author: Carol Litzler, LICSW)**

**January: Wellness/Mindfulness (Author: Blue Lotus)**

**February: Resilience (Author: Caryn Bello)**

**March: Social Media (Author: Abby Langmead)**

**April: Technology**

**May: Nutrition (Author: Caryn Bello)**

**June: Dads (Author: John Carr)**