

**Boxborough Well-Being Committee
Meeting Minutes: January 18, 2012**

Attendees:

Warren Ryder, Randy White, Kate Smyers, Selina Shaw, Frank Powers, Laura Arsenault, Gail Walsh, Channing Wagg, Liz Markiewicz, Todd Chicko, Julie Towell, Maureen Adema, Wendy Miller Olapade

Minutes to the December 14 meeting were approved unanimously.

Julie Towell, Pupil Services Liaison at Acton-Boxborough, and Todd Chicko, Chair of the AB Counseling Department, addressed the committee on the Youth Risk Behavior Survey as it relates to the junior and senior high schools. Julie said that one of the trends identified from the last survey was an increase in stress levels among students. She said that the Youth Risk Behavior Survey Committee, of which she is a member, added additional questions on stress to the current questionnaire that will be administered during the second week of March. Todd said that survey results are used to advocate for counseling resources at the high school and led to the formation of a Stress Reduction Committee to make policy recommendations to the administration to help reduce student stress. Julie noted that academic pressure on Asian students is very high. There was much discussion about stress and what the contributing factors were. Julie said that the results of the survey will be made public in the fall.

Channing suggested that the Well-Being Committee sponsor a program for parents of students graduating from sixth grade before the kids go onto the junior high. He suggested a panel that would include a physician, a police officer, a representative of the clergy and others.

Maureen talked in general about the data that she collected on Boxborough residents' access to services and other "at-risk" factors. The committee agreed to review the data and discuss it at our next meeting.

Frank said that Susie Allen wanted to continue to be a part of the committee and it was agreed that she would be welcome.

The committee agreed that the next meeting would be Wednesday, February 15, 2012. The meeting was adjourned at 10:10am.

Respectfully submitted,
Liz Markiewicz

Approved March 14, 2012