

**City of Newton, Youth Commission, Commissioner Meeting
Wednesday, December 8, 2021 - 6:30 p.m.
Newton Free Library**

Attendance/Introductions:

Rachel Alpert-Wisnia, Ethan Situ, Arman Tendullcar, Audrey Wei, Ethan Dhadly, Leo Liu, Mia Chu, Preethika Vemula, Lucy Ponce, Kassra Eshan, Maya Garg, Shiv Sawhney, Zack Gussenoff, Jessie Traxler, Lily Sigelman, Michele Menken, Kathy Shields, Shayan Bakh, and Spencer Solcoff, Rhiannon Esposito & Meghan Murtagh.

Meeting called to order at 6:32 pm

Agenda Item I – Acceptance of minutes:

Commissioner R.A.W motioned to accept the meeting minutes for September, October & November. This motion was seconded by Commissioner E.S. Motion accepted by all commissioners (7-0).

Agenda Item II – Community speakers:

1) Liora Silkes, Energy Coach, City of Newton

- Newton's climate goal; carbon neutrality by 2050 (4 specific steps)
- Think about the leverage point we have and how we can make an impact.
- Where do Newton's carbon emissions come from?
 - 35% residential buildings,
 - 24% personal vehicles,
 - 41% other municipal or commercial waste
- Where to start?
 - Weatherization: The biggest bang for your buck
 - Heat Pumps: Clean efficient year-round comfort
 - Electric Vehicles: If you have to drive, go electric
 - Solar: Harness the energy striking your roof
- What can the Youth Commission do?
 - Subcommittees?
 - Social media accounts?
 - Take initiatives in schools?
 - The Commission will brainstorm more ideas in the future.

Slides from the presentation can be found here: [Here are the slides](#)

2) Advisory Board Member, L.L- TedX Event Proposal

- L.L has proposed the Y.C hosting a TEDx for the Newton Community around the theme of education.
- **Slides from the presentation can be found here:**
https://docs.google.com/presentation/d/126Z_IJerBdomxyTOaG9iOT9LBDbLDKc9VG1C2Aq6xBE/edit?usp=sharing
 - A chance for more youth to speak up and propose new ideas.
 - People from all over the city will have the chance to learn more about the ideas of these speakers.
 - Virtual event (Depending on Covid)
 - The Commission will decide who will speak.

- 4-5 months to prepare. Planning to host in the month of June
- This will be the first TedX event in history. Planning to have 15-20 speakers and 100 attendees depending on Covid.
- In order to create the TedX event we must have a...
 - A name
 - Good amount of team members
 - Submit a license of request
 - A place for the speakers to speak
 - Theme (ex. education)

Agenda Item III – Other Business:

Commissioner A.T introduces to the meeting the 4 subcommittees

1) Communication

- Tells the community what the commission is doing.
- Inform the community of Newton.
- Put info on Social Media.
- Group of people following what the mayor and city council is doing.
- Make newsletters.

2) Mental Health and wellness

- Data collection to understand teen mental health.
- Survey students to see what causes them to feel anxiety, depression, etc.
- Understand what causes mental health issues and what we can do for our city.
- Social media campaign
- Work with city council and mayor to tackle these issues (ex. decrease homework load)
- Could also include Green Newton for environmental wellness.

3) Engagement and Youth Voice

- Reach out to get more youth involved in politics
- Get youth more engaged and excited about the local gov't
- Bring your voice to more controversial issues

4) Guest speakers and staying informed

- Bring in guest speakers to speak in the commission

Commissioner E.D motioned to accept the discussed subcommittees, the motion was seconded by A.T, all in favor to accept the creation of the discussed subcommittee, approved. (8-0)

Mental Health Survey

Commissioner E.D refreshed the YC on the Mental Health Survey organized and put out by the YC back in 2019. Slides can be found here: <https://www.newtonma.gov/home/showdocument?id=26243>

- In the past, a survey was sent out to Newton Public Schools about teen mental health.
- YC members wrote all survey questions with feedback from NPS guidance and Health and Human services.
- The 2019 survey identified things that stress kids out in and outside of school.
- YC presented findings and recommendations to the school committee.
- It was proposed that this year, we can put in more questions about mental health and how the pandemic has impacted the wellness of the youth in the community.

- The mental health subcommittee will be in charge of making the survey and collecting the data if YC chooses to move forward.

Subcommittee Signup Google form

- Meghan will follow up with Google Form for YC Commissioners & Advisory Board members to sign up for Subcommittees. Once Google Form is completed, Doodle Poll will follow to determine the date and time of the first meeting.

Adult Advisor T.Y shared information about an upcoming meeting with State Representative Kay Khan scheduled for Tuesday, DEcember 14 during Lion/Tiger Blocks via Zoom.

Sign up here: <https://forms.gle/NdXproWcV3Cfs6WRA>

- An email will be sent by Meghan for a signup form for the zoom link.
- Will be organized by youth who are interested.
- No limit on the zoom meeting.

Meeting closed 7:54pm