

Newton Youth Commission

May/June Newsletter

What is and who are the Newton Youth Commission?

The Newton Youth Commission is a volunteer board of youth and adults that works on issues related to youth in the Newton community. We meet monthly and our work is determined by current events and community needs. Our goal is to implement programs, influence policies, engage in our community, challenge issues, and bring youth voices to local government.



We encourage youth from middle and high school to attend our open meetings either in person or via Zoom. Our final meeting for the 2021-2022 school year is scheduled for Monday, June 6, 6:30 p.m. at City Hall in the War Memorial. Mayor Fuller will be joining us as we celebrate our graduating seniors and accomplishments from this past year!

Follow us on Instagram: [@Newtonyouthcommission](#)
Email us at: youthcommission@newtonma.gov
[Subscribe to our newsletter](#)

Thank You to our May Meeting Speakers:

We would like to thank Ruth Hoshino, Director of School Health Services, and Dana Bennett, Physical Education, Health & Wellness Curriculum Coordinator for K-8, for joining us at our May meeting. Both speakers provided the Commission and attendees with a wealth of information about school health services, the Youth Risk Behavior Survey and answered many questions related to mental health and wellness.

Youth Commission Applications for the 2022-2023 school year!

Interested in joining the Youth Commission as an Advisory Board member?

We are looking for new Advisory Board members for the 2022-2023 school year!

To apply, one MUST

- Be a Newton Resident
- Be in 8th grade through 12th grade
- Be willing and available to attend 60% of Youth Commission meetings
- If **ALREADY** an Advisory Board Member, you can apply to become a Commissioner.

To apply, one MUST

- Be an Advisory Board member for at least one year
 - Write a statement of purpose and participate in an interview.
- Applications for either position are open NOW! Please contact Meghan, Asst. Director of Youth Services for additional information and to receive the application materials, mmurtagh@newtonma.gov.



May is Mental Health Awareness Month

Mental health is an incredibly important part of overall health. More than 51 million adults in the US face the reality of managing a mental illness every day. One in six young people (6-17) experience a mental health condition each year. Taking on the challenges of mental health conditions and erasing stigma around mental illness takes all of us!

[CLICK HERE](#) for resources on how to navigate a mental health crisis and access long-term support. Please contact the Health & Human Services Department at 617-796-1420 and ask to speak with Social Services

Mental Health Art/Poster Contest


May is Mental Health Awareness month and the Youth Commission will be hosting an Expression Through Art contest. We invite Newton youth to address one of the following topics through their work:

- Why is mental health awareness important?
- Tips for supporting a friend or peer
- What do you do for mindfulness & self-care?

Art submissions can include digital posters, spoken word, poems, or audio/visual videos. Submissions should be emailed to the Newton Youth Commission, youthcommission@newtonma.gov by Friday, May 20. Winners will be announced on Friday, May 27, and will receive a gift card!

Mental Health Event at Newton South


The Youth Commission will be hosting a morning of mindfulness to honor Mental Health Awareness month on Friday, May 20 during WIN, 10:20-11:10 a.m. at Newton South. Join us for light refreshments, resource gathering and participate in calming activities such as; mandala art, sand art or sensory water bottles. If interested in attending, students must sign up in MyFlex learning.



Feeling overwhelmed?

We understand. Hey Sam is a support line for young people, staffed by young people.
Text for any reason. 9AM - 9PM.

text: 1-877-832-0890

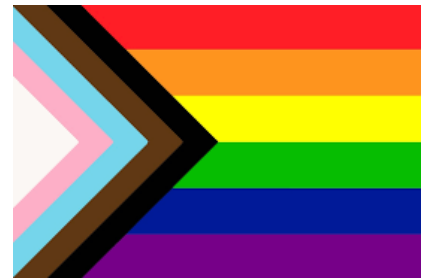


Feeling Overwhelmed?

Samaritans, Inc. has launched “**Hey Sam,**” a dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support. Volunteers ages 15-24 will be responding to the messages that come in through this line, available from 9am-9pm every day. Text 1-877-832-0890 and check them out [Hey Sam](#).

June is PRIDE Month

June marks a month to uplift LGBTQ+ voices, celebrate the work of LGBTQ+ activists, and support LGBTQ+ rights. A joyous and reflective time, Pride Month was started by bisexual activist Brenda Howard, who is also known as “The Mother of Pride”. A year after the Stonewall Riots, Howard created Gay Pride Week and the Christopher Street Liberation Day Parade which eventually morphed into the New York City Pride March. Today, Pride events occur all over the world in the form of parades, protests, drag performances, memorials, and more. Interested in joining the festivities? Check out these [pride events](#) in the Boston area and [more events](#) in Newton. Also consider donating to or getting involved in [The Trevor Project](#) or [ACLU](#).



Newton Celebrates Pride Month

Pride Flag Raising Ceremony

Honoring The Newton South High School GSA

 **Wednesday June 1, 2022**
6:00 PM - 7:00 PM

 **City Hall South Lawn**
1000 Commonwealth Ave

Show your #NewtonPride
by hanging a rainbow or
pride flag in your window!

 Join us for the Pride Flag raising ceremony and
stay to enjoy some ice cream!
www.newtonma.gov/hrc

Are you Looking for a Summer Job?

There are many summer job opportunities in Newton and surrounding communities! Many include working at summer camps, local restaurants, ice cream shops, beaches, pools, and more! Below are some examples:

- [Camp Kaleidoscope, JCC](#)
- Newton Community Education, Summer Programs
- [West Suburban YMCA](#)
- [City of Newton Parks, Recreation & Culture](#)



- Newton Community Farm

Need someone to help you get started? Take advantage of your schools' College & Career Centers:

- Newton South, College & Career Center

<https://sites.google.com/newton.k12.ma.us/nshs-college-career-center/jobsinternshipsvolunteering>

- Newton North, College & Career Center

Check your Naviance Account, "Job Postings"

For any young person between the ages of 14-18, looking to work in the state of MA, needs a work permit. For instructions on how to apply for a work permit, [CLICK HERE.](#)



Congratulations to the CLASS OF 2022!

The Newton Youth Commission would like to congratulate the class of 2022, on their hard work and dedication! We wish all Newton seniors good luck in their future endeavors and encourage them to continue involving themselves in their communities. We also would like to recognize the graduating Commissioners and Advisory Board of the Commission!

Local & State Government

Gubernatorial Races!

- On November 8, 2022, we will be electing many different government officials, including many statewide positions that have 4-year terms such as governor, lieutenant governor, attorney general, auditor, secretary of state, and more. Additionally, for the U.S. House of Representatives, all representatives have a 2-year term, and they will be up for re-election as well. To learn more about the candidates running for office, [CLICK HERE.](#)



- Do you want to get involved with a campaign, but don't know where to start? Below are some easy tips!
 - Check the campaign website for a volunteer tab and fill out the volunteer form
 - Email the campaign manager email to inquire about ways to get involved
 - Subscribe to their newsletter
 - Participate in open speaking engagements & events

Mayor Fuller's Updates

<https://www.newtonma.gov/government/mayor-fuller/updates>

Weekly updates of City COVID numbers, initiatives, upcoming events, and more!

Weekly News Update from the State House News Service

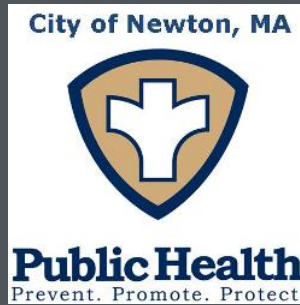
<https://www.statehousenews.com/freeroundup>

A weekly update of State House happenings, including legislation, State Reps. and Governor Baker coverage

The More You Know! Newton School Committee

Stay informed with what is happening within Newton Public Schools & The Newton School Committee by subscribing to their newsletter: Newton School Committee Newsletter, <https://www.newton.k12.ma.us/schoolcommittee> or by reading through meeting [materials for 2021-2022 school year](#).

Youth Commission
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