



# ***Town of Littleton School Committee***

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JEN GOLD, Vice Chair  
STACY DESMARAIS, Member

JUSTIN MCCARTHY, Chair

BRAD AUSTIN, Clerk  
BINAL PATEL, Member

## **SCHOOL COMMITTEE**

### **MINUTES**

**February 9, 2023**

**7:00PM**

**PRESENT:** Brad Austin  
Stacy Desmarais  
Binal Patel

**ALSO PRESENT:** Kelly Clenchy  
Steve Mark  
Bettina Corrow  
Dorothy Mulone

**NOT PRESENT:** Justin McCarthy & Jen Gold

### **CALL TO ORDER**

Brad Austin called the meeting to order at 7:01p.m.

On a motion by Stacy Desmarais and seconded by Binal Patel it was voted to approve the Jan. 26, 2023, agenda as presented. (AYE: Unanimous).

### **INTERESTED CITIZENS**

Rabbi Eve Eichenholtz, Leominster – Recognizing diversity is very important. Being able to celebrate your religion is very important and makes a student feel important. We should celebrate all majority and minority.

Littleton High School students; Aarya Wachasunder, Giselle Kiernan & Rachael Friedman – What we have heard from the majority of high school students is that these three holidays are important to them, and their families, and they would prefer them not to be taken away. If these holidays were taken away, you would not be able to celebrate with your family. It is important for the students who celebrate as well as the students who do not celebrate these holidays. It is really important to be able to celebrate without having to worry about schoolwork, sports etc.

*It is the policy of the Littleton Public Schools not to discriminate on the basis of race, gender, religion, national origin, color, homelessness, sexual orientation, gender identity, age or disability in its educational programs, services, activities or employment practices. Further information may be obtained by contacting Lyn Snow, District Equity Coordinator at 978-540-2500, [lsnow@littletonps.org](mailto:lsnow@littletonps.org) or 33 Shattuck Street, P.O. Box 1486, Littleton, MA 01460.*

*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.*

**NAME** – being able to celebrate Diwali for one year and then having it taken away is tough. It is really hard to be Jewish and not able to celebrate the holidays. It makes it hard for a student to choose. Go to school or celebrate with my family. I hope you will keep these three holidays on the calendar. Maybe consider starting before Labor Day so we would end the school year earlier even with three holidays.

Brad Austin – We do not have a vote scheduled on this issue tonight. We do want to find some more time for the community to voice their concerns and opinions. We will let the community know once we plan to vote on this topic.

Binal Patel – Thank you to everyone who has emailed us. We really appreciate all the comments we have received thus far.

### **RECOGNITION**

1. Student Representative(s) Report: Student Representative, John Feltus, gave an update of the events happening at each school.
2. Superintendent Clenchy congratulated the Athletic Director Mike Lynn, who has been awarded the MSSADA District Award of Merit for his many years of service as the Head Football Coach for Littleton.
3. Help Local Children in Need with Beds. Flyer included in the packet.
4. Rise Against Hunger – Flyer included in the packet.
5. Superintendent thanked the Rotary Club for donating \$1,000 towards the Humanitarian club towards “Children in Need with beds”, another \$1,000 for “Rise against Hunger”, and \$500 towards the “Kindness Week” at LHS and lastly \$1,000 to the robotics club as well.
6. Open House on Saturday Feb. 10<sup>th</sup> for the public to tour the old Indian Hill Building, which the Town is hoping to purchase and relocate the Central office staff and Park and Rec.

### **PRESENTATIONS**

1. **School-based wellness update (Schools and District):** Presented by Clinical Team, Wellness Committee, and APs (Academic and Behavioral Wellness)



National School Counseling week is Feb. 6-10, 2023.

#### **Presentation overview:**

- Update on Care Solace Utilization
- Establishment of CBHCs
- District Initiatives
- Wellness Committee update
- Mental Health & Wellness update
- Universal Mental Health Screener update
- Social Emotional Learning update

## Care Solace

April 2022 - January 2023	Total
inbound interactions	1039
communications saved	7005
warm handoffs	66
family-initiated cases	30
total appointments into care	42
anonymous searches	147

Brad Austin – Is Care Solace only for Littleton families?

Lyn Snow – It is for all Littleton families, students and staff as well as all school employees.

### Community Behavioral Health Centers (DBHCs)

- Services (in person and via telehealth)
- Same-Day evaluation and access to treatment with timely follow-up appointment
- Evening and weekend hours
- Behavioral health urgent care
- Evidence-based treatment for mental health conditions and substance use disorders
- 24/7 community-based locations
- Crisis stabilization beds
- These centers serve all ages and all communities across the Commonwealth.

Brad Austin – Are we reaching capacity? Is it because of the lack of beds?

Lyn Snow – Instead of people going into an ER, this gives them an alternative.

## District Initiatives

Through the offices of  
Teaching & Learning and Student Services

- Wellness Workshops
  - Mindfulness
- Family Engagement & Education
  - Parent Connections
  - Anxiety & Behavior (LPS/SEPAC)
- Staff Professional Development
  - Consultation
  - Training



**WORKSHOP**  
Practical Strategies to Alleviate Anxiety & Reduce Challenging Behavior  
DATE: January 6th, 2023  
TIME: 6:30-8:30pm  
LOCATION: Littleton Public School  
PLEASE JOIN US!



**LPS Wellness Workshop**  
February Theme: Love Yourself!  
Date: Wednesday, February 15, 2023  
Time: 5:45-4:30  
Location: Shaker Lane Room 110



**Connections**  
Evening Workshops for All LPS Parents & Guardians  
October 26, 2022 at Littleton Middle School  
5:30-6:30 Workshop 1  
6:45-7:45 Workshop 2  
Free childcare available! Register here for childcare.

### Wellness Committee Update

- Middlesex Partnership for Youth (MPY)
- Nutrition updates
- Amazing SEL events happening at all schools.
- Affordable Connectivity Program – Available for all families

## Staff Wellness

- Monthly Mindfulness workshops
- MIIA monthly sessions for staff to take part in
- Headspace library

## Mental Health & Wellness – Shaker Lane

### Tier 2

- Friendship Lunch Bunch
- Social Skills Group
- Get Ready Groups
- Exercise Group
- Targeting ADHD and Sensory Needs
- Parent and Teacher Consultations
- Collaboration with Outside Providers

### Tier 3

- Individual Counseling Services
- Direct & Related Services
- (individual & small group)
- Consultation
- Individualized Behavior Support Plans



## Mental Health & Wellness – Russell Street

### Tier 2:

- Anxiety strategies and understanding the effects it has on your body
- Emotional regulation activities and Zones of Regulation
- Individualized and group counseling focusing on positive growth mindset, resilience, stress regulation, and emotional regulation.

### Tier 3:

- Individualized and Targeted Behavior Support Plans and Mental Health Services



## Universal Mental Health Screening – Middle School

### Overview

- Mental health screenings are integrated through health curriculum
- Referrals made to Care Solace

### Grade 6

- Students participated in a 90-minute presentation about depression and suicide
- School adjustment counselor, psychologist and student resource officer helped to facilitate discussion
- 6th graders screened for depression/suicide

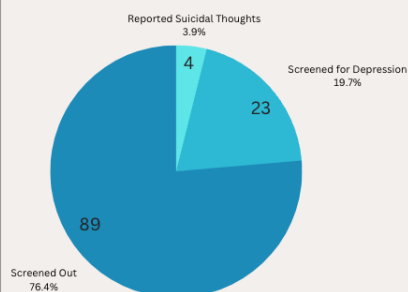
### Grade 7

- Anxiety screening being given in March
- SBIRT (substance abuse screening) in June

### Grade 8

- SOS refresher and screening for depression and suicide
- Refresher will happen in May.

Signs of Suicide Screener (SOS)  
6th Grade Results - 116 Total Respondents



## Mental Health & Wellness – Middle School

### Tier 2:

- Consultation/presentations by clinical staff to classrooms
- Universal screenings
- Collaboration between clinical staff and administration regarding discipline
- Mediation and de-escalation strategies
- Team meetings
- Student Support Team
- New student orientation/intros as well as 6th grade introductions
- Individual counseling services

### Tier 3:

- Individualized and Targeted Behavior Support Plans and Mental Health Services

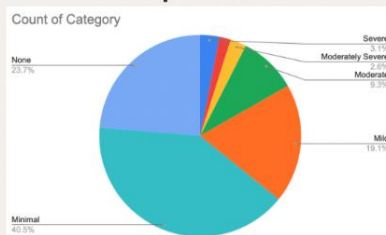


## Universal Mental Health Screening – High School

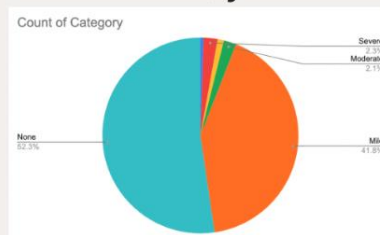
### Overview

Students in grades 9-12 were screened for depression using the Personal Health Questionnaire-9, and anxiety using the Severity Measure for Generalized Anxiety Disorder. Data for the school is as follows:

### Depression



### Anxiety



## Mental Health & Wellness – High School

	Academic	SEL	Mental Health
Tier 3 (Core + More + More)	Learning Center (IEP) PACE Program Transition program (18-22) C-grid academic offerings Co-taught classes	Bridge Program PACE Program Transition Program Direct & Related Services	Psychological Testing IEP-based individual counseling
Tier 2 (Core + More)	Home & Hospital Tutoring 504s MCAS Support Academic Support Center Peer Tutoring	Young Men's Group Transition Program Group	Care Solace (MH referral services) CBT/DBT Groups Individual counseling Re-entry Meetings MH screening for students with IEP goals
Tier 1 (Core)	Flex BlockDCAPStandards-based curriculumDirected StudyPost-grad planningGuidanceSeminarTeacher drop-ins	CASEL Advisory and assigned advisor Access to a school counselor (School Adjustment Counselor & School Psych as needed) School Nursing Administrator support Screening - Universal (anxiety/depression), SBIRT, Emerson YRBS Presentations/speakersWellness day (Spring) Parent connections evening, SEPAC workshops Teacher professional development Social media presence, weekly newsletter Therapy dogs	

Binal Patel – Comparing grade 6 to high school. Has there been a chance since before Covid?

Sarah Dorfman – I do not have an answer. I see the same number of students now as I did before Covid. I have had many conversations with students, and they all have some unique views of how they lived through Covid. Some had positive experiences, others did not.

Stacy Desmarais – How do we screen the younger students?

Lyn Snow – With our younger students, it is really teacher driven. Our teachers know their students best and can communicate through their students' behavior. If a student suddenly changes their way, we know that something might be up. The teacher will consult with our adjustment counselor as well as we have a full-time school psychologist at both schools.

Sarah Dorfman – Always important that a parent lets us know if there is a change in their child, their family life etc.

Stacy Desmarais – How do we engage the students to “if you see something, say something”?

Sarah Dorfman – We stress to the students that they need to look out for one another. We try to make sure that each student has one adult they feel they can trust and come to with any issue.

Brad Austin – The grade 6 number is a large number, but I am glad we are taking the time to screen each student and helping the students that are in need.

## **Social Emotional Learning**

### **Shaker Lane School:**

- Little Friends, Big feelings
- Greeting every morning from all staff members
- Different tools used in classrooms.
- Calm corners
- Daily positive affirmations
- “I” messages
- Feeling journals & Class check ins
- Heart jars

### **Russell Street School**

- SEL is built into the daily schedule.
- Grade Level classrooms have a scheduled SEL instructional block.
- Wednesday WIN Elective block
- Guidance counselor & School Psychologist

### **Middle School**

- Advisory
- Tech breaks
- Brain breaks
- Mindfulness
- Journaling

### **High School**

- Advisory
  - Small groups with consistent students and staff for four years
  - Periodic advisory topics

- Flex block
- Wellness day in the spring
- Therapy dogs
- Weekly drop-in times
- Guidance seminar
- Restorative justice model
- SEL Instructional strategies PD for teachers

Stacy Desmarais – SOS program. How are we transitioning the students from high school to college?

Keith Comeau – We have replaced the SOS program with the Universal screening for all students. We are teaching them to advocate for themselves.

Brad Austin – Haven't seen much about alcohol and substances abuse?

Keith Comeau – We do have presenters coming to the high school and presenting to the students. More of an educational piece to present to the students.

Kelly Clenchy – Ongoing support at the high school for substance abuse. We have several conversations throughout the year about this topic.

2. **Review of Strategic Plan Standard 4: Climate/Culture** – Schools discussed SIPs specific to goals for the 2022/2023 school year, discuss major accomplishments, challenges, and any suggested revisions or addition of Goals that should be taken into consideration as we review Standard 5 as part of the process for creating an updated Strategic Plan, 2023- 2028.

#### **Goals**

1. Review, maintain, and modify protocols and procedures that provide all students and staff with a safe and secure learning and work environment.
2. Ensure the district and school are free from discrimination and harassment and support student wellness.
3. Review and revise the District Maintenance Plan.
4. Continue to support the district's energy and environmental conservation initiatives.

#### **Shaker Lane - Accomplishments**

- School Safety Drills (2 x year)
- Door signage
  - Internal "Do not prop doors open"
  - External for visitors
- Lights off, Shades Drawn, Devices unplugged/shut down
- All staff on duty greeting students
- Second Step SEL Curriculum
- Social Thinking 6-week lessons
- Monthly Classroom Diversity Readings
- Monthly Community Meetings
- Weekly Positive Affirmations
- Spirit Days
- Family invitations for cultural celebrations
- School Vision
  - We are building a safe, caring, and ready to learn community

#### **Shaker Lane - Challenges**

- Support students and staff with continued challenges

**Shaker Lane - Revisions / Goals to Consider**

- Provide additional structures for supporting students
- Provide continued opportunities for social interactions amongst students

Brad Austin – Social interaction. Do you have coaching or structure templates?

Michelle Kane – For some students it's hard to lose a game and that is a teachable moment.

**Russell Street - Accomplishments**

Fire Drills and Safety Drills

Signage on doors

SEL classes (Anti-bullying, anxiety/stress reduction strategies, executive functioning...)

Health units in PE

Addition of a school psychologist at RSS

UDL

WIN Elective

Outdoor spaces - picnic tables, outdoor classroom, gates

**Russell Street - Challenges**

Continue to update safety protocols

Continue to support student wellness

Continue to monitor and support staff wellness

**Russell Street - Revisions / Goals to Consider**

Consider post-pandemic concerns regarding stress, anxiety, wellness for students and staff

Binal Patel – Make sure our families feel they are being seen and heard. To continue to expand that area.

Brad Austin – Really glad we had the conversation about safety earlier in the year.

**Littleton Middle School: Accomplishments**

- Building Safety
  - Fire drills, signage, etc.
  - New locks on exterior doors and offices
  - Enhanced security camera coverage
  - Scheduled lunch and hallway duties for teachers
- Creation of behavior response guidelines for all staff
- Adoption of Universal Mental Health Screening for 7th and 8th grade, SOS for 6th grade

**Littleton Middle School: Challenges**

- Responding to post-pandemic social and emotional issues

**Littleton Middle School: Revisions/Goals to Consider**

- Provide increased opportunities for student socialization
- Assess current mental health supports and recommend changes if necessary
- Continue to promote anti-racist and non-discriminatory practices, revise as needed.

Brad Austin – Teach students how to use electronics appropriately.

**Littleton High School - Accomplishments**

- Adoption of Universal Mental Health Screening
- Great Kindness Challenge and No Name-calling week
- Great Kindness Recognition Breakfast
- DEI Club
- Fun events for students: Homecoming Dance and Semi-formal
- Unified Basketball and Bowling



- Tiger Pride Awards
- New Clubs: DECA, Film, Book
- Second annual Student Wellness Day planned for May
- Additional Cameras to enhance school safety
- Flex block activities each day: for socializing, playing games, providing extra help and counseling support, convening clubs
- Strengthened Advisory connections
- Wellness Day, and College Fair
- Festive Fridays
- Spirit Weeks in October, January, March
- Two Therapy dogs

#### **Littleton High School - Challenges**

- Responding to post-pandemic social and emotional issues
- Continue to effectively balance challenging student schoolwork while monitoring and supporting student stress

#### **Littleton High School - Revisions / Goals to Consider**

- Follow up Fall 2022 meaningful connections activity for staff with a survey of students in Winter 2023
- Financial Literacy Fair in May 2023
- Career Fair in 2024
- Creation of School Culture Team made up of students and staff in Fall 2023

Stacy Desmarais – How are you trying to help our students to de-stress?

John Harrington – We do try to give the students a break. Students often have other commitments outside of the school as well. Our students are pretty good at communicating if they are overwhelmed and need some extra time to finish their workload of homework etc.

Kelly Clenchy – That was one of the concerns when we had at round table conversations a few years ago. We are trying to make sure that students do not have 3 hours of homework every night. We used to have homework-free weekends.

Brad Austin – I am glad you are pointing this out. Especially as we are trying to make a calendar decision. It is about time management systems. We have to be really clear when we are working with administration to work and protect those holidays.

John Harrington – It provides us with opportunities for a homework break for our students.

- 3. School Handbook Updates:** Ms. Lyn Snow, Director of Student Services discussed recent updates based on revised student discipline statutes as well as the need to align with our updated civil rights policies.

On a motion by Binal Patel and seconded by Stacy Desmarais it was voted to approve the revised handbook, as presented. (AYE: Unanimous).

#### **INTERESTED CITIZENS**

None

#### **SUBCOMMITTEE REPORTS**

**1. PMBC:** None

**2. Budget Subcommittee:** None

**3. SEPAC:** None

**4. Policy:** None

**ADJOURNMENT**

On a motion by Bin al Patel and seconded by Stacy Desmarais it was voted to adjourn at 9:26 PM. Roll Call  
Vote: Brad Austin, AYE; Binal Patel, AYE; and Stacy Desmarais, AYE.

**NEXT MEETING DATE**

**March 2, 2023**

**7:00PM**

**DOCUMENTS AS PART OF MEETING**

School-based wellness update

Strategic Plan Standard 4: Climate/Culture

School Handbook update