

**CITY OF BELLEVUE
YOUTH LINK BOARD
REGULAR MEETING MINUTES**

November 10, 2021
6:00-8:00 p.m.

via Zoom

BOARDMEMBERS PRESENT: Co-Chairs Devika Vyas and Natalie Sarabosing;
Boardmembers Sarah Desai, Rachel Doyle, Neo Hou, Mukthi Kahn, Lauren Lambert, Richard Li, Irfan Madhani, Priyanka Mukhara, Manish Nadendla, Melisa Shafiee, Mia Trenbeath, Candace Warner

BOARDMEMBERS ABSENT: Linda Forshaw¹, Rosy Mendoza²

STAFF PRESENT: Patrick Alina, Toni Esparza, Angela Phan

OTHERS PRESENT: Ayesha Patel (BYC), Dr. Francine Wiest

MINUTES TAKER: Michelle Cash

1. CALL TO ORDER:

The meeting was called to order by Mr. Alina at 6:03 p.m. A quorum was present. A Land Acknowledgement was read by Co-Chair Sarabosing, as well as the Zoom meeting guidelines.

Timekeeper: Sarah Desai

An Icebreaker Activity was conducted.

2. APPROVAL OF AGENDA:

The meeting agenda was approved by general consensus.

3. APPROVAL OF MINUTES:

Motion by Boardmember Desai and second by Boardmember Warner to approve the October 13, 2021 meeting minutes as presented. Motion carried unanimously (14-0).

Motion by Boardmember Khan and second by Boardmember Mukhara to approve the September 22, 2021 meeting minutes as presented.

¹ Excused absence.

² Excused absence.

Motion by Boardmember Khan and second by Boardmember Mukhara to amend the main motion and remove the duplicated name for Rachel Doyle from the attendee list. Motion carried unanimously (14-0).

At the question, motion carried unanimously (14-0) to approve the main motion as amended.

4. ORAL COMMUNICATIONS:

None.

5. REPORTS:

A. Bellevue Youth Council Report

Mr. Alina welcomed BYC Representative Ayesha Patel.

B. Staff Report

No report.

C. Council Liaison Update

No report.

D. Bellevue School Board Liaison Update

On behalf of the Bellevue School Board, Dr. Wiest provided the following report:

- Two new Bellevue School Board Members will take office on December 2, 2021. Then, a new liaison representative will be determined for the Youth Link Board.
- There was a recent Superintendent's Advisory Council meeting. The current superintendent has been offered an additional one year contract.

E. Eastside Pathways Update

No report.

6. TEAM BUILDING:

A team building activity was conducted by Boardmembers Mukhara and Warner.

7. STUDY SESSION ITEMS:

A. Youth Mental Health

Boardmember Doyle discussed the difference between self-soothing and self-care and how to apply these to daily life to help maintain positive mental health.

Boardmember Doyle responded to various questions from Boardmembers.

8. UNFINISHED AND NEW BUSINESS:

A. Youth Link Board 2021-2022 Work Plan

Boardmember Vyas explained that the task for the 2021-22 Work Plan is to complete the 2021-2022 subcommittee goals. Subcommittee members include:

- Youth Mental Health Subcommittee:
 - Candace Warner
 - Devika Vyas
 - Manish Nadendla
 - Melisa Shafiee
 - Mia Trenbeath
 - Natalie Sarabosing
 - Neo Hou
 - Rachel Doyle
 - Richard Li

- Diversity, Equity, and Inclusion Subcommittee:
 - Lauren Lambert
 - Mukthi Khan
 - Priyanka Mukhara
 - Sarah Desai

9. ACTION ITEMS:

Subcommittee breakouts were conducted.

Youth Mental Health Subcommittee Report:

- Goal:
 - The main goal of the Mental Health Subcommittee is to improve student mental health/wellbeing.
 - Working on implementing mental health passes in school.
 - Mandate teacher communication to balance homework and test load to decrease stress put on students.

These minutes are in DRAFT form until approved by the Youth Link Board.

- Making test-taking accommodations more accessible for those in need.
- Grading policy reform.
- Important to students because school is a major, common stressor identified by peers and Committee Members.
- What's the planned result by January? June?
 - Hope to talk with the Bellevue School District and School Board about implementing district-wide policies and communicating flexibility on assignments for students.
 - Hoping to modify Bellevue School District grading policies to benefit student mental health by June, 2022.
- How will success be defined?
 - Improving flexibility in schools due to mental health obstacles (i.e., allowing late assignments sometimes via mental health passes, assigning homework on only some days, etc.).
- Starting point:
 - Meeting Plans: continue brainstorming what reforms to pursue this year.
 - Communication methods (with Board and group).
 - Action items by next meeting.
 - Improve teacher communication to loosen up workload (i.e., having eight assignments on a Tuesday and one the next day; all tests on Friday, etc.).

Diversity, Equity, and Inclusion Subcommittee Report:

- Committee Members will prepare and send letters to local businesses and doctor's offices to set up donation boxes or ask them to pledge some items to donate.

10. ADJOURNMENT:

Motion by Boardmember Doyle and second by Boardmember Desai to adjourn the meeting at 8:00 p.m. Motion carried unanimously (14-0).