

March 10, 2021
Item 4

**TITLE: YOUTH COMMISSION SELECTION OF HEALTH AND WELLNESS
SUBCOMMITTEE**

SUMMARY

Each year, the Youth Commission discusses a variety of opportunities to participate on subcommittees and in meetings and selects Youth Commission representatives. Due to COVID-19, the commission postponed selection of subcommittee assignments.

During the January 9, 2021 commission meeting, commissioners requested a process to select subcommittee representation for health and wellness. Commissioners see a need in helping to address the physical and mental health issues affecting youth due to the pandemic.

RECOMMENDATION

Youth Commission selection of Health and Wellness Subcommittee.

FINANCIAL STATEMENT

There is no financial impact for this item.

BACKGROUND

To reinforce Goal 3: Contributing Youth from the Youth Master Plan, the Health and Wellness Subcommittee is seeking youth representatives. Participation on subcommittees and in meetings allows youth to have a voice in the various projects and events taking place in Pleasanton. Subcommittee representatives provide monthly updates to the Youth Commission.

DISCUSSION

Health and Wellness Subcommittee

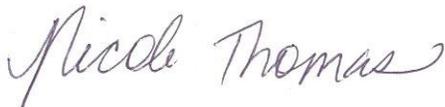
The work of the subcommittee will be to understand and address current health and wellness issues facing youth and families in our community. Under the supervision of the Youth Commission the subcommittee will work to create resources and activities to support youth and their families.

A regular meeting schedule will be set to coincide with the school year (August through May) and members will determine the frequency of meetings. Four representatives from the Youth Commission are needed. The Health and Wellness Subcommittee aligns with the following Youth Master Plan Goals and Strategies: Goal 2: Healthy and Safe Youth (2.3) and Goal 3: Contributing Youth (3.1, 3.2, 3.4).

ALTERNATIVE ACTION

Any other action as determined by the Youth Commission.

Submitted by:

A handwritten signature in cursive script that reads "Nicole Thomas".

Nicole Thomas
Recreation Supervisor