

Central Parent Council Minutes

Thursday, 01/15/2026

1. Pledge of Allegiance

Call to Order, Chair Report

Chair, Cristen Blundell

Meeting called to order at 9:10. Dori O'Brien made a motion to start.

2. Approval of Minutes from 10/16/25 CPC Meeting

CPC Secretary, Nicole Prizzi

Dori O'Brien moved to approve the 11/20/25 minutes, and Sandra Reilly seconded.

3. Status & Resolution Report

CPC Vice Chair, Erin Rechler

- Ongoing issue regarding Nutrition Concern. Mr. Montastero will review the results from survey with Geri Tiger, will then review at the Nutrition Committee meeting and then present findings at CPC.
- Alex Whelehan and Kate DelliCarpini are the BOE members on the Nutrition Committee.

4. Treasury Report

Treasurer, Megan Halsey

The current bank account has been reconciled through January 15, 2026. The current bank balance is \$2,422.84.

5. Parent Group Updates

- Each school organization gave an update on past and upcoming events.
 - Goosehill Primary School (GHPTG)
 - Lloyd Harbor School (LHSPTG)
 - West Side School (WSSPTG)
 - CSH Junior/Senior High School (CSHPTG)
 - Special Education Parent Teacher Organization (SEPTO)
 - Families of the Community United with Schools (FOCUS)
 - Cultural Arts Committee (CAC)
 - Arts Booster Club (ABC)
 - Seahawks Booster

6. Special Topics;

- Ms. Anne Van Der Veer from Northwell Health presented to parents about how to talk to their kids about difficult and sensitive topics such as puberty, mental, social, and sexual health.
- Reviewed communication strategies on how to start a conversation with your child, using the H. E. A. R method.
 - **Halt:** Stop internal dialogue and other tasks to focus entirely on the speaker.
 - **Engage:** Focus on the speaker, using nonverbal cues like nodding or eye contact to show you are listening.
 - **Anticipate:** Look forward to the information being shared, maintaining an open mind.
 - **Replay:** Think about, summarize, or paraphrase what was said to ensure comprehension.
- Discussed the importance of mental health and creating environments that allow your children to open up.

7. Parent Questions/New Business – N/A

8. **Important Dates to Remember:**

- Next Board of Education Meetings is Tuesday 2/10/26 @ 8:00 PM.
- Next CPC Meeting is Thursday 2/26/26 @ 9:00 AM.

9. **Meeting Adjournment**

- Cristen made a motion to adjourn. Meeting adjourned at 11:40 AM.