

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.