

Central Parent Council Agenda

Thursday, 01/19/2023

- 1. Pledge of Allegiance**
- 2. Call to Order, Chair Report** — CPC Chair, Jennifer Kornreich
Cahn - Meeting called to order at 9:08am
- 3. Approval of Minutes from 11/17/22 CPC Meeting**
— CPC Secretary, Joann Kuncewitch
Michele Gulitti motioned to approve the October 2022 minutes, and Lisa Smith seconded.
- 4. Status & Resolution Report** — CPC Vice Chair, Michele Gulitti
- 5. Treasury Report** — CPC Treasurer, Bernadette Flynn
- 6. School and Organization Reports:**
Goosehill Primary School (GHPTG)
Lloyd Harbor School (LHSPTG)
West Side School (WSSPTG)
CSH Junior/Senior High School (CSHPTG)
Arts Booster Club (ABC)
Cultural Arts Committee (CAC)
Families of the Community United with Schools (FOCUS)
Special Education Parent Teacher Organization (SEPTO)
CSH Educational Foundation
- 7. Presentation: Fostering Resilience in Children** — Dr. Suzanne Main, CSHHS school psychologist

We welcomed Dr. Suzanne Main to speak about fostering resilience in children. Dr. Main began by stating the definition of resilience: Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

She explained that there are four key factors to focus on: 1. Empathy and Validation 2. Model coping skills for your children (i.e., verbal mediation, verbalizing your own failures to your children) 3. See failures as an opportunity for personal growth (i.e., Step back and allow kids to fail) 4. Actively work on executive function skills and learning to shift from task to task.

Dr. Main explained that with resilience, children will have a true understanding that things will be difficult at times. Accepting that there is hardship is a major step of resiliency.

In our district, specifically at the Jr./ Sr. High School, Dr. Main explained that we want to make sure each student had an adult whom they can trust & speak to about any difficulties. Students may choose any adult no matter what department they specialize in.

A parent asked how to handle a situation when there is sudden, unexpected change. For example, when the internet is suddenly becomes disconnected in the middle of usage. Dr. Main responded by explaining that the more we verbalize our own feelings, the more children will understand how to handle their own situations. She suggested verbal mediation, using the example, “I understand your feeling surprised and frustrated *and* it’s time to move on.” She stated that using the word, “and” sets a more positive tone compared to using the word, “but”.

Dr. Main reminded everyone that if the basic necessities haven’t been met, (such as, sleeping, eating) it can cause an emotionally charged reaction in many cases.

8. Parent Questions / New Business

A parent asked a question regarding the amount of students dropping advanced 8th grade math as well as asking for the reason students are dropping this course. Ms. Gierasch explained that are recommended to take certain courses, yet their families may decide to enroll in the more advanced courses anyway. In these cases, some students decide to drop the course during the session. In other cases, some students drop a course after discussing it with their counselor. Ms. Gierasch added that if there’s a certain teacher who has several students dropping the course, the district will look into how they are teaching the course (i.e., what their grade books look like and their pacing guide). Ms Gierasch stated that if two teachers are teaching the same course, the district is looking to adjust their practices to be similar. **Additionally**, Ms. Gierasch stated that teachers have the opportunity to reevaluate and make recommendations for students to move on to a higher level.

A parent commented that some students are dropping courses after learning who the teacher is in August. Ms. Gierasch responded that the administration is looking into

creating equality in rigor between teachers of the same course in order to avoid students dropping because they got assigned to “the tougher teacher”.

Ms. Gierasch stated that parents should also make sure they pay attention to how their kids are working through the challenges and if their scores are improving, rather than focusing on what their grade is for the course.

A parent asked if the district offers any information about gun safety. On the same topic, another parent added that some students bring up in conversations with other students that they go hunting with their family members. Ms. Gierasch explained that she is aware that these conversations can segue into more serious conversations between the students. She stated that it is important for parents to discuss everything that goes into being a responsible owner of a firearm.

A parent asked about how administration deals with frequent absences by a teacher. Ms. Gierasch stated that teachers have 13 sick-days per school year. The district cannot question why they are absent. She added that it will be looked in to if absences become a pattern.

- 9.** After parent comments and questions were complete, Ms. Gierasch made the following announcements:
- The flooring has been installed in the new fitness center
 - STEAM night is March 7th, it is an event for parents to engage in STEAM activities with their children
 - Sports night is being organized to support Corey’s Promise. Corey’s Promise is a charity that helps families offset the financial burdens they endure during their child's cancer diagnosis.
 - Parent University: Last day to sign up is today
 - Bond Meeting 1/31

10. Important Dates to Remember

Next Board of Education work meeting—Tuesday, 1/31/23, 7:30 PM
Next Board of Education general meeting —Wednesday, 2/15/23, 8PM
Next CPC meeting — Thursday, 2/16/23, 9 AM

- 11. Meeting Adjournment** — CPC Chair, Jennifer Kornreich Cahn
Dori O’Brian motioned to adjourn, and Michele Gulitti seconded at 10:50am.