

# **Central Parent Council Minutes**

## **Thursday, 03/16/2023**

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 02/16/23 CPC Meeting**  
— CPC Secretary, Joann Kuncewitch – Monica Wells motioned to approve the February 2023 minutes, and Erin Rechler 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: Helping Our Kids (and Ourselves!) Handle Peer Pressure** Dr. Beth Chase, school psychologist at CSHHS

Dr. Beth Chase began her presentation with a question to think about: *As parents, how do we define boundaries and how do we display them and teach them to our children?* Dr. Chase expressed that she can relate as she is a parent of young children as well. She stated that many parents feel pressure due to a fear of missing out, often wondering:

- Am I doing enough?
- Is my child doing enough activities?
- Does my child have enough friends/ socialization?

- Does my child “fit in”? Do I/we “fit in”?
- Am I setting up my child for success?

Dr. Chase recommends that while we, as parents, catch ourselves in anxiety inducing situations, we should ask, *Am I doing the best I can?* She recommended parents to also think about *need vs. want*. Regarding socialization, think about quality vs. quantity, asking yourself and your children, *Which friends charge my batteries vs. who drains my batteries?* When you feel overscheduled, take a step back and re-evaluate.

A parent stated, now that the pandemic is over, there is a feeling that the kids need to begin activities and that if they don't, they'll stay home with potentially too much screen time. Dr. Chase responded that it's possible that each day can become its own struggle, for example, Monday has its own struggle, Tuesday routinely has a different struggle, and so on. She advised parents in this situation to take a step back and choose the activities which are the most valuable.

A parent stated that popular sports within the community can pressure parents and children to sign up for a particular sport even though the child has no genuine interest. Dr. Chase responded that the fear of missing out can, indeed, include everything that comes with the sport such as the parties and the bonds that come with the sport.

Dr. Chase discussed setting boundaries. One example she gave to think about is: *If my child doesn't like the activity on the first day, what is the time limit to make a decision on whether the activity will continue?* You have to decide what is worth trying to push through.

A parent stated that her child feels like she is the last person in her grade without the app, Snapchat. Dr. Chase responded that, as parents, we can set boundaries. For example, you can say to the child, *“You can have snapchat and I'm going to follow you.”*, or *“You can have a phone, and it's just for emergency use.”* Limits or consequences in this scenario may include removing the app or phone if you see a change in their behavior.

Ms. Mona Hecht, Assistant Superintendent, added that Yale University has an online course available for teenagers called, The Science of Well Being,

and stated that the counselors at the high school are all taking the course.

Regarding social peer pressure, Dr. Chase advised parents to role play and prepare your children for certain scenarios. Ms. Genevieve Lagattuta, Assistant superintendent, stated that role playing is used in health class in the Jr. High School and in 10<sup>th</sup> grade health classes.

**8. Parent Questions/New Business**

No questions were asked during this time.

**9. Important Dates to Remember:**

Jr High School Musical—Friday, 3/24-Saturday, 3/25, 7 PM; Sunday, 3/26 2 PM

BOE Candidate Petition Deadline — Monday, 4/17, 5 PM (District Office)

Next Board of Education meeting —Tuesday, 4/18, 8 PM (Budget Adoption)

Next CPC meeting — Thursday, 4/20, 9 AM

Next Board of Education work session — Tuesday, 4/25, 7:30 PM

Deadline to apply for CPC Board Membership—Thursday, 5/18, 11 AM

**10. Meeting Adjournment** — CPC Chair, Jennifer Kornreich Cahn

-Bernadette Flynn motioned to adjourn, and Lisa Smith seconded at 10:43am.