

## Around Manhasset Schools

# Manhasset Celebrates Health and Fitness Week: March 19-23

From March 19 through the 23, Manhasset will be holding its annual Health and Fitness Week. This exciting event, co-sponsored by the Manhasset Public Schools' Physical Education Department, Manhasset SCA and Manhasset CASA, offers kids the opportunity to try new fitness activities, as well as keep track of their own physical activity and healthy eating.

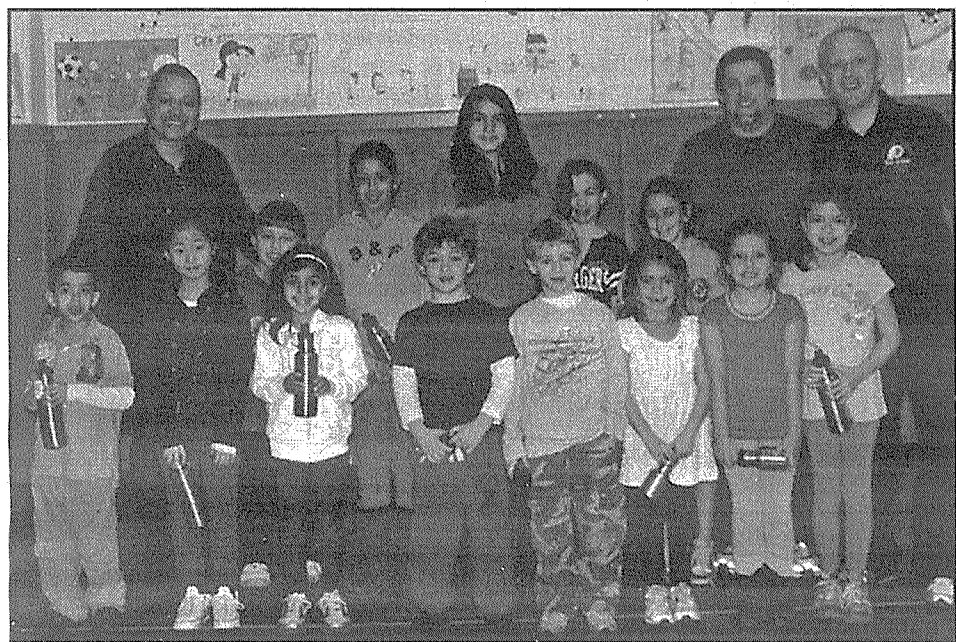
To help kick off Health and Fitness Week, students in grades K-6 at Munsey Park and Shelter Rock participated in a poster contest showing how they "Get Fit." Winners were awarded a Planet Manhasset water bottle to help them remain hydrated while staying active and eating right.

During a joint Munsey Park/Shelter Rock SCA Meeting on Thursday, March 15, parents will learn about an innovative new fitness-training tool called SQAIR. Physical Education staffers from both schools will be demonstrating this effective and fun training tool, as well as explaining how the Fitness Gram is used to evaluate students' fitness levels. Elementary students will be provided with the "Get Fit" activity/nutrition log to be filled out during the week.

On Friday, March 16, the secondary school's SCA meeting will also offer information to parents about the upcoming week's happenings, which include fitness



To kick off Manhasset's Health and Fitness Week, poster-contest winners from Munsey Park Elementary School were each awarded a Planet Manhasset water bottle ...



... as were their Shelter Rock counterparts. The theme of this year's contest focused on kids demonstrating how to "Get Fit."

activities in physical education classes designed to educate kids on target heart ranges; a "You Are What you Drink" contest that will help students determine which drinks contain the least added sugar; Kick Butts Day (Wednesday, March 21), an event sponsored by the Manhasset Middle School's SADD educational outreach to show the dangers of tobacco; and an interactive health fair on Friday, March 23, which will be run by Molloy College of Nursing and the Long Island Tobacco Action Coalition. High school students will also be on hand to discuss a wellness conference they attended. In addition, on

Thursday, March 22, the community is invited to a family movie night at the high school for a viewing of *What's on Your Plate?*, a provocative documentary appropriate for all ages that follows two 11-year-olds who find their place in the food chain. This event will be hosted by the high school's Nutrition Club and Green Club.

For more information, both the public library and elementary school libraries will have health and fitness books on display; health coach and holistic nutritionist Maryann Jones will also have a nutrition blog on the Manhasset SCA website, [www.manhassetzca.org](http://www.manhassetzca.org).

## March 21 Is Kick Butts Day

Young people from the Manhasset Middle School SADD Club (Students Against Destructive Decisions) are joining thousands of kids across the country who are taking part in Kick Butts Day, a nationwide initiative that makes kids leaders in the effort to stop youth tobacco use. As part of the Kick Butts Day celebration, Manhasset SADD students are providing a morning Health Awareness Fair with outreach to fellow students about how the tobacco industry markets its products to kids and education about the health and safety risks of tobacco addiction.

Tobacco use is the leading preventable cause of death in the United States, killing more than 400,000 people every year. Every day, more than 4,000 kids try their first cigarettes; another 1,000 kids become addicted smokers, one-third of whom will die prematurely as a result.

Kick Butts Day, Wednesday, March 21, is a national day of activism that empowers youth to speak up and take action against Big Tobacco.

For more information, contact Cathy Samuels at Manhasset CASA at (516) 267-7548 or [www.manhassetcasa.org](http://www.manhassetcasa.org).

## Videoconference With Thailand

Such a special event. On Feb. 8, in the Black Box Theatre at the high school, Dr. Andrew Jacono and his ninth-grade son, AJ, were in Thailand on a mission as part of a team to help repair facial deformities. The event was a live videoconference between them and the 180 enthusiastic students present for the videoconference. Students were able to view and to listen to Dr. Jacono, see

taped footage, and have the opportunity to ask questions.

Ninth-grader Andrew has created a sub-charity organization called Thai Children where he raises money and gives it all to the Heal the Children organization. Andrew presented the executive director of Heal the Children with a check in the amount of \$4,500.

—Pat Grace

