

## Around Manhasset Schools

# Manhasset Public School's Health And Fitness Week 2012

Manhasset Public School's Health and Fitness Week—which was held March 19-23—was a huge success! This exciting event was co-sponsored by the Manhasset Public Schools' Physical Education Department, Manhasset SCA and Manhasset CASA.

As a kick-off to 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." Throughout the week, children had the opportunity to try new fitness activities, reach their target heart rates and keep track of their own physical activity and healthy eating.

During a joint Munsey Park/Shelter Rock SCA meeting on March 15, parents learned about an innovative new fitness-training tool, SQ AIR. The schools' physical education staff demonstrated this effective and fun training tool, as well as explained how the fitness program is used to evaluate students' levels of fitness. The launch of the SQ AIR during physical ed-

ucation class was a big hit. At the secondary school SCA meeting on March 16, the nutrition club students discussed their participation in the Nassau County School Wellness Coalition conference at Adelphi University. They plan to work with the elementary school students on nutrition-related issues.

Other events that took place at the secondary school included Kick Butts Day on March 21, sponsored by the SADD Club; and a health fair on March 23, sponsored by the Molloy College Nursing Program and L.I. Tobacco Action Coalition. Nutrition and hydration information and contests were displayed throughout the week outside the locker rooms, and Whole Foods Markets of Manhasset generously donated water bottles for the physical education classes. In addition, the community was invited to a family movie night on Thursday, March 22, at the high school for a viewing of *What's on Your Plate?* hosted by the high school's nutrition club and green club.

