

COLD SPRING HARBOR ATHLETICS



The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

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IMPORTANT DATES AND INFORMATION

December 22nd & 23rd

- ♦ Hoops on the Harbor Boys Basketball Tournament

Dec. 26th to Dec. 31st

- ♦ Girls Basketball Team Tournament in Orlando, Florida

January 17th

- ♦ Battle at the Harbor

January 20th

- ♦ JH Winter II Sports Begin

March 2nd

- ♦ High School Spring Sports Begin

FALL 2014 HIGHLIGHTS

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FALL TEAMS HELP THE COMMUNITY

This year, the CSH Girls Varsity Soccer Team volunteered at Tri CYA. The Tri Community and Youth Agency is a private, not-for-profit community-based agency dedicated to supporting the growth and development of youth and their families in the communities of Huntington, South Huntington, and Cold Spring Harbor. This is a place where kids can go after school to hang out, do their homework, and get help with things they need. The soccer team organized into different groups that included baking, arts and crafts, and gathering/making Halloween decorations. They got on a bus at 2:45 pm and headed down to Tri CYA. A table was set up with all baked goods for the children. A craft station was set up where the kids made masks and decorated bags for trick or treating. The girls also made and

put up decorations around the room in the spirit of Halloween. The team helped them make their bags and masks. They really enjoyed all the kids and had a great time. They were all so thankful and had so much fun. They did not want us to leave, nor did we. The children ranged from about 6 to 17 years old. They were really great and for sure put a smile on every single one of our faces. The team even got to perform their homecoming dance for them, which they really enjoyed. Even better, some

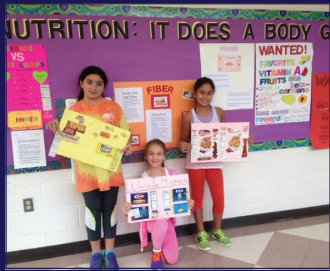
of the girls taught the team a dance they knew. It was really an amazing day. It was a great feeling helping and giving back to the community. It was a wonderful experience and they hope to do it again soon. All teams in Cold Spring Harbor think about others before themselves. Our Girls Swimming and Diving Team, and Field Hockey Team participated in a Breast Cancer Walk. Our Girls Tennis Team with the leadership of Victoria Vallone was able to get "Gold Shoelaces" for all our teams this fall to wear during games. This showed support for the *Christopher Renna Foundation* and awareness for pediatric cancer. Our teams are talented, skillful, achieve high in the classroom, show compassion for others and give back to the community. We have a lot to be proud of and thankful for our athletic teams.



PROUD TO BE A CSH ATHLETE

On Sunday, November 2, 2014 the Girls Varsity Volleyball Team participated in the 'Out of the Darkness Suicide Prevention Walk' at Old Westbury Gardens. The girls walked with 2,582 other participants to help raise money for mental health research. They walked to promote awareness, break the stigma that goes along with mental health issues, and support those suffering from mental illness and those families and friends who have lost loved ones. Donations are still being collected. As of today, \$245,564.14 has been raised. To donate please visit the *Out of the Darkness Community Walks* website.





Students display their work.

New Elementary Health Program

HEALTHY HAPPENINGS AT LHS & WSS

Students at both LH and WS are learning that we have to make many decisions throughout our lives. The choices we make affect our Health... our Social Health, Mental/Emotional Health and our Physical Health. Special consideration and practice help us to become responsible decision makers. We are also learning about good nutrition! Fourth graders have learned that foods are grouped by their nutrient values. Eating a variety of foods insure that we get the nutrients we need to grow and learn! We have also learned about how the digestive system works to transport all of the nutrients throughout the body.

Fifth graders have learned all about the benefits of each nutrient and have started thinking about various health tips they'd like to work on. They've begun to consider the

different kinds of influences (family, friends, advertising...) that affect the choices we make about the foods we select to eat. Reading and comparing nutrition labels have provided yet another piece of information to help us make wise choices regarding nutrition. In the sixth grade, students have been involved in discussions about nutrients and dietary guidelines. Our studies in nutrition allowed each student to work on various projects that required research about a specific topic related to nutrition. The presentation to the class of that important nutritional information took many forms. Some students debated nutrition opinions or interviewed a nutrient, while others wrote and performed in a one act play or sang with friends about the importance of eating well. Nutrient "Wanted" posters,

Healthy Menus, Food Label Winners and even the creation of Nutrition Board Games afforded our students many fun opportunities to learn about Health!

"To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

~William Londen

Junior & Senior High School - SAPP



The use of drugs by teens across Long Island has been a growing concern over the past few years. In November, all eighth and ninth grade students received instruction as part of our Cold Spring Harbor Substance Abuse Prevention Program (SAPP). This program, now in its sixth year at our school, was developed by our Physical Education and

Health Teachers, Guidance Counselors, School Social Worker and Psychologists. Training for our staff was also provided by the Long Island Council on Alcohol and Drug Dependence. Talking to our children about drugs in our society and the decisions they face on a daily basis are not always easy, but it is an extremely important conversa-

tion. The teachers provide students with update information, latest research and provide strategies for our students to handle these very real-life situations. Our teachers are passionate about this program and the essential information that is provided for our students.

TURKEY TROT AT LLOYD HARBOR



This November, Lloyd Harbor School Physical Education Teachers introduced The Turkey Trot to students in grades four through six. It was a tradition that had been started at West Side over ten years ago. The purpose of this event was to promote awareness about exercise and living a healthy lifestyle, while bringing together our community. On the first day of the event, a 'track' was designed out on the field. During scheduled physical education periods, children and their invited guests did as many laps as possible. Teachers, Aides, Mrs. Massimo & Mr. Gray were outside walking and cheering on the crowds, despite the cold temperatures. At the end of the Trot, the total number of laps completed was 6,615! Mrs. Baratta's students did the most laps of any class, with a total of 816! Thank you Mr. Toscano and Mr. Lynch for taking a 'traditional' activity and making it their own. We are looking forward to The Turkey Trot becoming an annual event at Lloyd Harbor School.

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."

~Wilhelm von Humboldt

JUMP-A-THON AT WEST SIDE

Throughout the week students in the 4th, 5th, and 6th grades participated in a heart-healthy jump rope challenge. To pump it up we called it the "Jump Rope Championship of the World". The students participated in qualifying rounds, based on longest continuous jumping, that eventually boiled down to a class champion for the day. Although we all agreed winning is great, we also stressed that you stand to gain even more by pushing yourself beyond your personal comfort zone. Once we learn to push beyond, we can challenge the limits of our own potential. By the end of the week each class

had two or three representatives. During the jumping we had class discussions on the health benefits as well as the social vibe of jumping rope. Attached is a jump rope fun fact sheet from the American Heart Association we covered during the unit. After receiving such positive feedback during class time we decided to evolve the challenge into the Championship of the Universe, and use it as a way to kick off a healthy holiday season. The overall Champion of the Universe was fifth grader Christian Insigna, followed closely by second

place finisher, fourth grader Hailey Schulsinger, both jumping for a little over six minutes. Annie Kraft was the top sixth grader.



PHYSICAL EDUCATION NASSAU ZONE AWARD

"If you can dream it, you can do it."

~Walt Disney

The Nassau Zone Physical Education Award goes to a male and female student who demonstrate an active lifestyle in and outside of school. These students demonstrate responsible personal and social behavior. They also exhibit good sportsmanship, character, civility and citizenship. They act as leaders by being a positive influence on their peers. Each of these youngsters has exceptional achievement in Physical Education class. This year's Cold Spring Harbor recipients are seniors Kirsten Morgan and Philip Stiger.



Football Team Shows Support For Young Boy

Will Schulper is a 10 year old boy diagnosed with Cortical Dysplasia. Essentially his brain does not function normally. Will has the cognitive level of an 18 month old child. A personable, caring young man, he is non-communicable for the most part and suffers from uncontrolled, potentially dangerous, seizures.

Team member Devin Burdo is a family friend, who organized a day of recognition for Will on Homecoming. In a small pregame ceremony, surrounded by the football team, Will was given a jersey and heightened community awareness was attained. With these efforts at the forefront, Will's summer camp, Camp Loyaltown, was able to raise \$36,000, almost doubling previous donations for a year, for Will and others like him.

Will's parents, who, along with Will, experienced the game from the sidelines, were so appreciative of the day and quite sure that Will could indeed sense the warm feelings of caring and togetherness the afternoon brought. After he received his jersey, with Will at the open end of a team circle, each team member walked by and gently shook his hand or touched his shoulder on their way to the sideline for the opening kickoff.



Cold Spring Harbor Athletic Department

Fall Team & Individual Highlights



Boys Varsity Soccer - #1 New York State Scholar-Athlete Team
Overall Team GPA 97.25

Team Highlights

Girls Varsity Field Hockey - Nassau County Finalist

Girls Varsity Soccer - Nassau County Finalist

Boys Cross Country Team - State Qualifier Meet

Varsity Football - #7 Seed Nassau County Playoffs

Varsity Football - Fred Smith Long Island Football Officials Sportsmanship Award

Boys Varsity Soccer - #1 New York State Scholar-Athlete Team

Individual Highlights - Wall of Fame

All-County

Kirsten Morgan - Diving
Shannon Logan - Field Hockey
Lauren Paolano - Field Hockey
Daniela LoCastro - Cross Country
Lauren Spinnato - Girls Soccer

All-Long Island

Lauren Paolano - Field Hockey

All-State

Daniela LoCastro - Cross Country



The next issue of THE SEAHAWK will be coming to you in the Spring of 2015!