



SACHEM CENTRAL SCHOOL DISTRICT
We Are Sachem

Our Story

#WeAreSachem



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Students Build a Foundation for Fitness

The incorporation of a balanced physical education program designed to enrich students' essential fitness fundamentals is stressed throughout the district's educational program.

Beginning at the elementary level, kindergarten students participate in physical education class multiple times a week based on block scheduling. During this time students are introduced to fitness concepts and exercise activities that promote physical, cognitive and emotional development. The physical education curriculum follows a sequential program, which advances in difficulty as students' progress through each grade level. Each program enables students to become familiar with popular sports and physical activities that are revisited in future classes.

Exercise to Elevate Heart Rate and Health

Students entering middle school physical education class expand upon the fundamental skills obtained during the elementary years to create an understanding that the incorporation of daily movement and exercise will lead

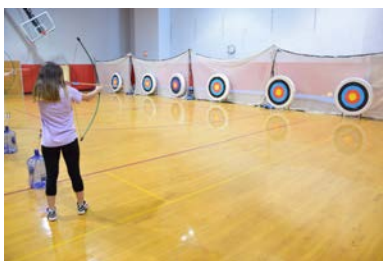
to a healthy lifestyle. Throughout instruction, physical education teachers revisit various exercise concepts to teach effective ways to improve cardiovascular health through increased heart rate.

Middle school students attend physical education class every other day according to their schedule. As part of the curriculum students are taught a number of traditional sports, including softball, football, soccer, basketball, volleyball, floor hockey and lacrosse. To diversify physical education instruction, middle school students also explore multiple nontraditional units such as badminton, pickle ball, ultimate Frisbee, weight training, track and field, and cooperative games, such as Project Adventure.

Similar to middle school instruction, high school students attend physical education class on an alternating-day schedule. Students entering ninth grade are required to fulfill two units of credit in physical education to be eligible for graduation. To satisfy the requirement, after completion of general physical education class in ninth and tenth grades, junior and senior students are offered various physical education electives worth one-quarter unit of credit for each course. The electives include Project Adventure, team passing and net activities, lifeguarding and first aid, and CrossFit. Each elective course provides a unique physical education experience with the goal of introducing students to healthy activities they can continue throughout life.

Learning to Manage Mindfulness

As part of our district's progressive approach to health and physical education, yoga and meditation practices have been instituted as a healthy resource for stress management. The inclusion of yoga and meditation is a powerful tool that holds a vast variety of benefits for student wellness, from increased core strength and flexibility to the development of mindfulness and healthy coping strategies.



Jump Rope for Heart Invigorates and Educates

Jump Rope for Heart is a community service initiative sponsored by the American Heart Association and SHAPE America – Society of Health and Physical Educators that raises funds and awareness for prevalent heart conditions. In each of the district's elementary schools, students participate in a number of jump rope activities, which improve coordination, cognitive function and teach new motor patterns that enhance nervous system communication. Emphasized throughout the program is the importance of developing heart-healthy habits through nutritional education and the implementation of regular heart-rate elevating exercise.



In seventh grade students are required to complete a half-credit of general

health education. Through this course, the topics covered on the elementary level are reinforced and health educators expand on topics such as decision making, stress management, creating safe environments and the management of personal and community resources.

Additionally, as part of a districtwide initiative now in its 30th year at Sachem, seventh-grade students, faculty and staff are instructed on how to preform CPR and how to administer an AED in case of an emergency situation. At the conclusion of CPR instruction students and staff earn an official certification from the American Heart Association.

At the high school level, tenth-grade students are also required to fulfill a half-credit through a comprehensive general health education class. As part of general health instruction, educators further reinforce important topics like disease prevention and how to improve and maintain personal health and fitness.

High school students looking to pursue additional health instruction have the opportunity to participate in three elective health classes offered at both district high schools. The Teens as Teachers Substance Abuse Education and Prevention program turns high school students into educators who revisit middle schools throughout the district to raise awareness about the dangers of drugs and alcohol. Exercise Physiology is offered to students interested in the health sciences. This program provides students with insight on how to improve the athletic performance of themselves and others, prevent and care for injuries and learn from accomplished athletic trainers. Before graduation students can enroll in the Contemporary Issues in Health Education for the Graduating Senior, which provides students information about life after graduation, tips for living a healthy lifestyle in college and other basic health care advice.

“The Sachem health education program serves as a model for health educators across the state,” said Chairperson for Secondary Health Education Lori Hewlett. “Our health educators are dedicated, hardworking professionals who advocate for the health and wellness of the entire Sachem community.”

Featured News



Sachem Students Meet at Spelling Showdown

Sachem's super spellers showed off their skills at the annual fifth-grade districtwide spelling bee on Feb.7 at Chippewa Elementary School.

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2018 National Merit Scholarship Finalists Announced

Sachem High School East senior Tharini Prakash and High School North senior Paige Mennici have been named finalists in the National Merit Scholarship Program.

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Sachem Student-Engineers Are No Strangers to Success

The Sachem Aftershock Robotics team is poised for another successful competition season following two consecutive first-place finishes, captured during the FIRST Robotics Regional Long Island Competition sponsored by the School Business Partnerships of Long Island.

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Virtual Enterprise Students Receive Stanford Scholarship

Sachem High School North senior Isabella Martinalbert and Sachem High School East senior Andrew Scavo have been chosen to receive the full-tuition Stanford scholarship from Long Island University Post for their outstanding academic achievements and participation in the Virtual Enterprise International class.

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Board Recognizes Special Students at February Meeting

At their February meeting, the Sachem Board of Education recognized several talented student-musicians from across the district and three student groups for their volunteer efforts.

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2018-2019 Budget Information

[Budget Presentation #1 – Non-Instructional Areas](#)

[Budget Preparation Community Newsletter](#)

[Tax Cap – An Initial Overview](#)



Board of Education

The Board of Education is composed of nine community members elected by district residents to serve overlapping three-year terms of office. The Board has the responsibility to ensure that all students receive the best education possible, as well as to express and represent the views of the community in matters affecting education.



Upcoming Meetings

Feb 28, 2018

BOE Regular Meeting 7:30 PM

Samoset MS- Board Room

March 7, 2018

BOE Regular Meeting 7:30 PM

Samoset MS- Board Room

March 21, 2018

BOE Regular Meeting 7:30 PM

Samoset MS- Board Room

[Click Here to View All Agendas and Minutes](#)

Recent Presentations

Seventh Grade World Language Proposal - February 7, 2018

[See the Presentation Here](#)

Student Accident Insurance - December 6, 2017

[See the Presentation Here](#)

Summer Enrichment Program - December 6, 2017

[See the Presentation Here](#)

2017-18 Board of Education Goals

[Read more about it here](#)

Important Announcements

Parent Presentation - K-8th Grade
The Real Facts on Vaping and E-Cigarettes - March 7
[Click Here to View the Flyer](#)

Parent Presentation - 9th-12th Grade
E-Cigarettes and Vapors - March 15
[Click Here to View the Flyer](#)

Community Notice: Universal Pre-Kindergarten Application
[Click Here to View the Information](#)

Private and Parochial School Transportation Registration
[Click Here to Visit the Transportation Page](#)

Upcoming Events

Click on the calendar below to view the calendar on the website.

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Mission Statement

The Sachem Family (students, parents, employees and residents) works interdependently to develop leaders of great character who are highly competent, confident and caring. Most importantly we are motivating our students to become the best possible version of themselves.

WE ARE SACHEM!

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Sachem Central School District
51 School Street
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