



Wellness Newsletter

October 2023 Issue

Our Mission: The Southampton UFSD District Health and Wellness Committee is committed to promoting health and wellness where we live, learn, work and play.

The Southampton district wellness committee is committed to promoting physical activity, nutrition and overall wellness for the students, staff, parents and community members.

One of the goals of the wellness committee is to promote wellness events that are happening in SES, SIS and SHS as well as district wide and community events that are happening throughout the year. This past September was Pediatric Cancer Awareness month with several of our sports teams wearing gold shoe laces. They raised money to donate to the Daniela Conte Foundation. Many of us know October is breast cancer awareness month when many of our athletic teams do a pink game to raise money to fight breast cancer. If you are planning any wellness activities or if you are aware of any wellness events going on, send an email to Darren Phillips at dphillips@southamptonschools.org

Keep your child physically active this fall. According to the CDC approximate 1 in 5 children(20%) ages 2 to 19 years are obese in the US. While obesity is complex and there are many factors that contribute to obesity, physical activity guidelines recommend that children aged 3 through 5 years should be physically active throughout the day. Children aged 6 – 17 years need at least 60 minutes of moderate to vigorous physical activity every day. Aside from the athletic programs offered at SIS and SHS, there are many before and after school clubs at SES and SIS. In addition, there are many after school programs offered by community organizations for children to be physically active. Southampton Youth Association(SYA) www.syainc.org , Southampton Youth Services(SYS) www.sysinc.org Southampton Soccer Club <https://www.southamptonsoccerclub.com/> and in the spring Southampton Little League <http://www.southamptonlittleleague.com/>

Other options for physical activity can include taking a family walk after dinner or on the weekend, check out a new workout class, or get a trial membership to a gym or fitness facility that interests you. Also take advantage of the Ed & Phyllis Davis Wellness Institute with classes at Stony Brook Southampton Hospital and in Hampton Bays. Here is the link to their schedule https://southampton.stonybrookmedicine.edu/sites/default/files/SB%20Wellness%20Class%20Schedule_6_28_2023.pdf Another great resource is the Town of Southampton Parks & Recreation offering physical activities for children, adults and seniors Go to <https://southamptonrecreation.net/> to register and get information on programs being offered.

Take advantage of the programs for children and adults in the schools and community, after all exercise is proven to help with weight maintenance and improve mood and self- esteem.

Be Well,

Darren Phillips

