



SCHOOL & COMMUNITY

SMITHTOWN CENTRAL SCHOOL DISTRICT

# DIGEST

## FIT AND Focused

Physical education is an integral part of the total education of every student. Not only does it keep them physically active, it helps to teach skill development, teambuilding and decision-making, and builds self-confidence and motivation. It also assists students in developing a love of physical activity at a young age, enabling them to make educated decisions regarding their overall health. Principles learned through active participation in athletics guide future decisions and personal roles as active members of society.

According to the district's athletic director, Pat Smith, the interscholastic athletics in Smithtown are an outgrowth of its physical education and health program and therefore an integral part of the district's total educational program.

"The interscholastic competitive environment provides an opportunity for our participants to learn positive life skills, values and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, a positive work ethic and respect for others," he said. "This program provides students an opportunity to share common interests, respect differences and appreciate physical competition as a lifelong process."

The district offers a comprehensive and progressive athletic program in both team and individual sports. Students involved in the program must demonstrate a personal commitment to the goals of the team and make the personal sacrifices necessary to achieve success.

The district's physical education program also offers a progressive approach to teaching students to become active. Starting in the 2018-19 school year, additional physical education classes have been added for grades 3-5, which are offered as a combined physical/health education class.

"In elementary school, physical education classes have shifted from 'game play' to physical activity depending on the grade level," Mr. Smith said. "In the middle school and high school, students are learning about fitness [and] lifetime activities, so they can carry those lessons with them as they grow." Students learn about endurance and muscular strength, which gives them a basis for physical health and lifetime goals to help lead a healthy lifestyle.

At the elementary level, the district offers clubs and before- and after-school activities that focus on movement as well as social-emotional well-being. For example, many of the

elementary students have a choice of clubs to keep active, such as hockey, baseball and yoga. There are also some seasonal schoolwide activities, such as a Halloween-themed obstacle course and Winter Wonderland competition between the different grade levels.

Since studies have shown that students who are physically active tend to have better grades, school attendance, cognitive performance and classroom behavior, the focus at the middle school and high school level is to get students moving. Clubs are offered to allow students to engage in activity while working together, such as middle level hockey, indoor soccer, and ultimate frisbee.

High school students have "selectives" when it comes to physical education classes to help meet individual needs and preferences. The movement and exploration class uses creative dance, hatha yoga, karate, self-defense, and aerobic and anaerobic conditioning exercises to provide students with lifelong lessons in fitness and nutrition. Twelfth-grade students have the opportunity to participate in the Adventure Education course, which features lessons in trust-building, group initiatives and problem-solving activities.

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There are 181 teams in total throughout the district. Last year, more than 90 percent made the playoffs.

More than 50 percent of secondary students in Smithtown play at least one sport.

Between both high schools, 26 students signed national letters of intent to continue to play their sport on the college level last year. The national average per high school is 3. The national letter of intent is an official NCAA athletic scholarship.

Giving back to the local community is a big part of the athletic community in Smithtown. Teams throughout the district spend many hours performing community service. Teams work together to raise money for local families in need, collect food and clothing throughout the year and work to support cancer research. The Athletes Helping Athletes program allows high school student-athletes to work within the community and schools to address social issues.



At St. James Elementary, students can participate in a 100-mile walking club. Students come in before school and walk designated areas. Their mileage is calculated throughout the school year to see how far they have walked across the United States.



Every spring, Great Hollow Middle School helps out with Miller's Moments. During this event, the physical education department runs several activities, such as volleyball, Zumba, relay races and yoga.

More than 1,500 students participated in the fall sports season alone.

Smithtown HSE has been recognized by the NYSPHSAA as a Scholar-Athlete School of Distinction for having 100 percent of its varsity teams maintain an average of 90 or above. Smithtown HSW was named a Scholar-Athlete School of Excellence for having 75 percent of its varsity teams maintain an average of 90 or above. Only 32 schools out of more than 700 in New York State have earned these distinctions. East and West both earn School of Distinction almost every year.

There are 236 coaching positions throughout the school district.

Fit Club: A select group of fourth- and fifth-grade girls and boys compete in an interscholastic event at an elementary school in Sayville. The students have the opportunity to compete against their peers in various events. The events are fitness-based and touch on all aspects, including flexibility, upper and lower body strength, core strength and endurance.





# Community Spotlight: Booster Club



The Smithtown Booster Club works as a community organization to help support and recognize student-athletes in Smithtown schools. The organization was formed in 1951 and is one of the oldest booster clubs on Long Island.

While many districts have multiple booster clubs to support their various teams, Smithtown's club is unique in that it supports every athlete on every team. Community members, parents, teachers and coaches work together with one common goal.

Each year, the Booster Club holds a varsity awards ceremony each season. Three times a year, the student-athletes are brought together at award ceremonies, sponsored by the Booster Club, recognizing both All-League and All-County recipients and individual accomplishments

through the MVP and White Letter Awards. All senior athletes are recognized at the June dinner, which also recognizes the rich history and current contributions of the Smithtown student-athletes.

The Booster Club also has a Hall of Fame ceremony each year, honoring and inducting individual athletes, families and teams of the past. This year, the Hall of Fame celebrated its 25th anniversary with a reunion in October.

The club also runs summer camps that feature 27 different programs for athletes of all ages. All funds for the awards ceremonies, award plaques, scholarships, and seminars for the college-bound athletes and their parents are raised through an annual raffle, annual golf outing, membership dues, and the summer sports camps.

The Booster Club also maintains free access to a database called the CoreCourse GPA. This is an online form that allows counselors, coaches, students and parents to track an athlete's progress during high school to verify that they are working toward NCAA compliancy if they are looking to continue to play their sports in college.

The Booster Club also gives out annual scholarships, approximately 20 per year ranging from \$20,000 to \$22,000, for student-athletes. Since 2006, the club has donated more than \$650,000 in scholarships and equipment. For more information on how to get involved with the Smithtown Booster Club, visit [www.smithtownboosterclub.com](http://www.smithtownboosterclub.com).

## Asbestos UPDATE

The district's ongoing asbestos program complies with the Federal Asbestos Hazard Emergency Response Act (AHERA) and has resulted in the following asbestos abatement projects since our last report:

- Districtwide operation and maintenance floor tile replacement.
- Accomsett Elementary – Room 32 and nurse's office floor tiles.
- Mills Pond Elementary – Rooms 1-6 floor tiles.
- Smithtown Elementary – Rooms 31, 32 and multipurpose room floor tiles.
- St. James Elementary – Rooms 7, 8, 12, 13 and copy room floor tiles.
- Barton Administration – Storage room floor tiles.
- Accomsett Middle School – Faculty and chorus room floor tiles.
- Great Hollow Middle School – Entrance to auxiliary gyms/boys and girls locker rooms and coach's office floor tiles.
- Nesaquake Middle School – Guidance suite and auditorium stage floor tiles.
- High School West – Rooms A109 and A215 floor tiles.

The district has completed its triannual survey of all the buildings and continues its semiannual surveillance requirements under the regulations of AHERA. This, combined with the district's ongoing maintenance program, has produced a list of operation and maintenance repairs on a districtwide basis. A summary of these repairs is included in each building's management plan.

Any individual may review a building's management plan by going to the school's main office and requesting it. Copies of all the schools' management plans are available for review at the district's central offices at 26 New York Avenue, Smithtown.



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SMITHTOWN CENTRAL SCHOOL DISTRICT

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Smithtown Central School District does not discriminate on the basis of handicaps or on the basis of sex, race, or ethnic background in the educational programs or activities which it operates.