



# West Islip School District's Health and Wellness Alliance

This newsletter is funded through a health and wellness grant sponsored by Compass, which strives to inspire the West Islip community to mobilize, unify and coordinate its resources to ensure the health and well-being of its children, reduce substance abuse, create a strong collaboration and cultivate healthy attitudes and behaviors.

## Eating Disorders

By Denise Radesky, Health Teacher

According to the 2007 US Youth Risk Behavior Surveillance Survey, 60% of girls and 30% of boys grades 9th through 12th, are trying to lose weight. However, only 16% of these teens really were overweight. Puberty causes the body to change, especially in weight. Many factors influence weight and body

“Actually, I felt pretty good about my body until about sixth grade. But then everyone else hated theirs, so I thought I should, too.”

– 22-year-old  
Victim of Bulimia

size and some of these are not under individual control. You may or may not believe your child has disordered eating, but it does happen. It is essential to learn about disordered eating to ensure that you know how to prevent it from happening to someone you know.

Signs of an eating disorder can include: obsession with weight of food, frequently referring to calories and fat grams,

excessive exercising, avoiding sitting with family/friends during meals, wearing big/baggy clothes, cutting food into tiny pieces or moving food around on the plate instead of eating it, hoarding food, and/or talking about how fat he/she is.

Treating an eating disorder includes a team of professionals including psychotherapy, behavior modification, nutrition counseling, and/or self-help groups. For further information contact: [www.eatingdisorders.org](http://www.eatingdisorders.org), John T. Mather Eating Disorder Partial Hospitalization Program at (631) 473-3877 extension 27, or Schneiders Children’s Hospital at L.I.J. at (718) 470-4747.

## Food Allergy Awareness Night

Monday, March 9th at 7pm

at Oquenock Elementary School

Cristina Stainkamp and Alisha Coupe from Protect Allergic Kids (PAK), a non-profit organization that promotes awareness about food allergies, anaphylaxis and other diseases related to allergies, and Allergy Specialist Dr. Daniel Mayer will be the guest speakers at a Food Allergy Awareness Night.



## Elementary School Fun Run Participation Competition

Officials at the 5K Fun Run will present first, second and third place awards to the West Islip elementary schools with the highest percentage of students and staff participating. First place winner - the elementary school with the highest participation - will be awarded \$150 to be used for school wishes. Second place win-

## Internet Safety Awareness Night

On Thursday, February 12th COMPASS hosted an Internet Safety Awareness Night at Paul J. Bellew Elementary School. Detective Michael Connelly of the Suffolk County Police Department’s Cyber Crimes Unit presented a program on the dangers of the internet, as well as made parents aware of questionable websites easily accessible to children.



## DAYTOP Parent Presentation

Friday, March 6th at 7:15p.m.

at Udall Road Middle School

The DPEP program (Daytop Parents Educating Parents) educates parents to recognize the warning signs of substance abuse in children. DPEP speakers stress the importance of early detection of behavioral changes which could signal drug experimentation and use. The information given at a DPEP presentation prepares parents to intervene in the early stages of substance use. Denial is the major stumbling block in prevention.

## PTA Awareness Campaign

In conjunction with the National PTA’s Health and Wellness Week, West Islip PTA will be using brown paper shopping bags donated by King Kullen and Stop ‘n Shop of West Islip to draw or write a slogan illustrating West Islip is Drug Free and Proud.



This idea originated with the Los Angeles chapter of SADD (Students Against Drunk Driving), and has been adopted on Long Island. The PTA Council will be coordinating with the Elementary School Principals in creating these brown paper shopping bags. They will be displayed proudly in King Kullen and Stop ‘n Shop during the week of February 23, 2009.

ner - for the elementary school with the next highest participation - will receive \$100 towards school wishes and the third place award will be \$50 towards school wishes. For more information about Elementary School Team Participation, contact Captree Elementary School Principal John Mullins at 893-3390.

West Islip School District  
Freyer Administration Bldg.  
100 Sherman Avenue  
West Islip, NY 11795

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## 5K Fun Run, Walk, Jogathon

Come one, come all, to West Islip's Fun Run  
on Sunday, March 8, 2009, 11 a.m. rain or shine.

All proceeds support Substance Abuse Education Programs in the school district.

If submitted before Feb. 27: \$5 per person or \$15 for families of four or more.  
As of Feb. 28th and, including the day of race: \$7 per person or \$18 for families of four or more.



**Free T-Shirt:** The first 750 participants to pre-register will receive a souvenir T-shirt, which can be picked up between 9-11 a.m. on the day of the race at West Islip High School cafeteria A&B.

### \*WIDE Fun Run, Walk, Jogathon Registration Form

Participant #1 \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

Family member #2 \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

Family member #3 \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

Family member #4 \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

Total participants \_\_\_\_\_ @ \$5 or \$7 each = \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_

Family of four or more @ \$15 or \$18= \_\_\_\_\_

Address \_\_\_\_\_

Signature: \_\_\_\_\_

I waive and release any and all claims for damages I may have against sponsors, race directors, supporters and volunteers for any and all injuries suffered by me in the Substance Abuse Awareness 5K Family Fun Run, Walk, Jogathon on Sunday, March 8, 2009.

Note: Parental permission is required for all entrants under the age of 18.

Parent/Guardian Signature: \_\_\_\_\_

\* WIDE (West Islip Drug Education)

NO SKATEBOARDS, BICYCLES OR ROLLERBLADES

Make check or money order payable to: WIDE. Please mail before Feb. 27, 2009 to:  
WIDE Run, The West Islip School District, 100 Sherman Avenue, West Islip, NY 11795.

Please send correspondence to: Editor Sarah Anker, West Islip School District, 100 Sherman Avenue, New York 11795,  
email at: [s.anker@wi.k12.ny.us](mailto:s.anker@wi.k12.ny.us) or call 893-3200, ext. 1580.