



HEALTH AND WELLNESS FAIR

**Our Lady of the Hamptons
Regional Catholic School**

February 13, 2026

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Co-ordinators

Eileen Shimkus

Elyse Curro

**FEBRUARY
13, 2026**

GOALS

- Teach basic skills for healthy living
- Engage the community
- Share resources
- Provide a day of active participation (students-faculty-providers)



- HOMEROOM DISPLAYS**
- K-ALLERGIES**
 - 1-TRAFFIC SAFETY**
 - 2-FIRE SAFETY**
 - 3-DENTAL HEALTH**
 - 4-STRENGTHENING/CONDITIONING**
 - 5-POISON CONTROL**
 - 6-MANAGING STRESS**
 - 7- FIRST AID**
 - 8-DIET AND NUTRITION**

THANK YOU, HOMEROOM TEACHERS, FOR LEADING THIS SECTION

4 KEYNOTE MOTIVATIONAL SPEAKER



- **Basketball in Motion**

Derek “The Whizz” Murphy, formerly with the Harlem Globetrotters, mastered his skills from such superstars as Meadowlark Lemon, Geese Ausbie and Curly Neal. During the program, he taught such things as values, goals, life lessons and respect, through the magic of Basketball.

Several children were called out to interact during the talk.



DEREK MURPHY

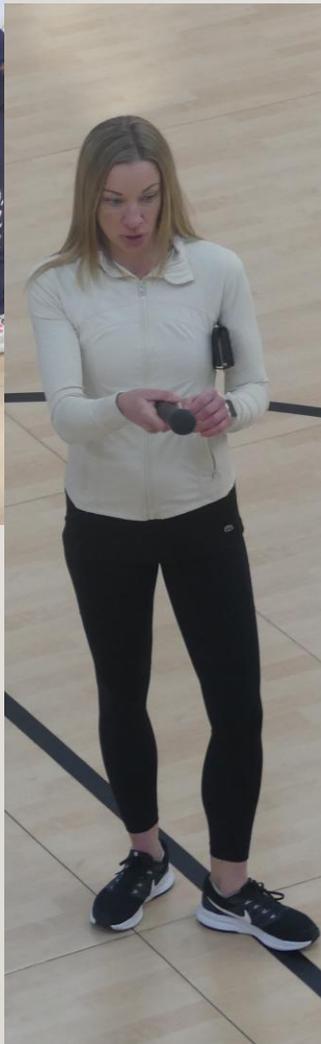
LOCAL COMMUNITY PARTICIPANTS

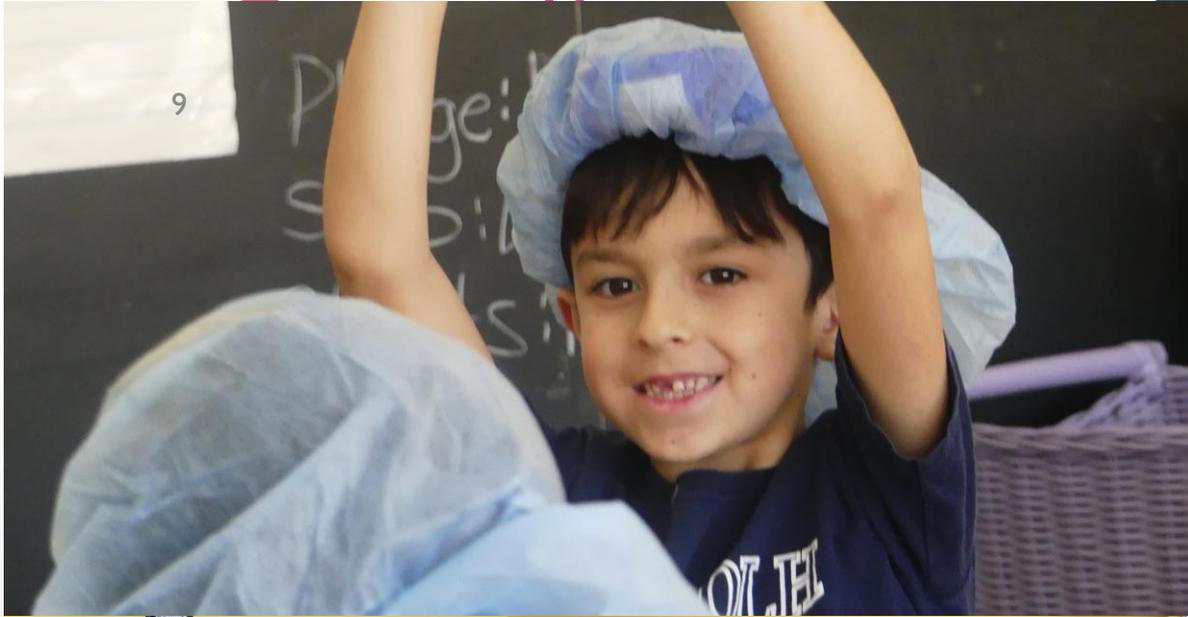
- SOUTHAMPTON VILLAGE FIRE DEPARTMENT
- SOUTHAMPTON POLICE DEPARTMENT
- SOUTHAMPTON VOLUNTEER AMBULANCE
- THE RETREAT
- HEART OF THE HAMPTONS
- NORTH FORK PHYSICAL THERAPY
- SOUTHAMPTON HOSPITAL
- HILL STREET BOXING
- SOUTHAMPTON DENTAL ARTS
- FOWLER'S GARDEN CENTER
- HILL STREET BOXING
- BEUROPATHUCA HOLISTIC HEALTH
- HAIR BY AMANDA

SCENES FROM A BUSY DAY



ZUMBA CLASS AND CONDITIONING



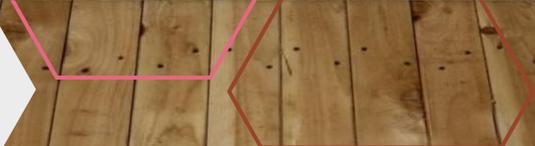
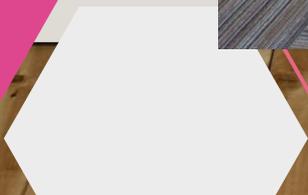


CPR AND FIRST AID TRAINING





KICK BOXING AND CONDITIONING

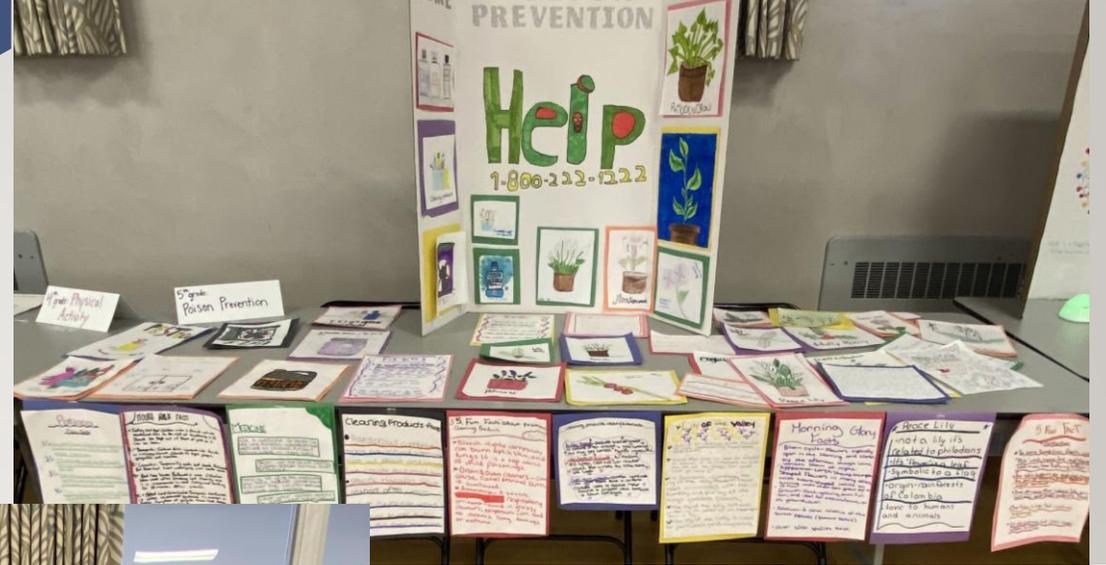


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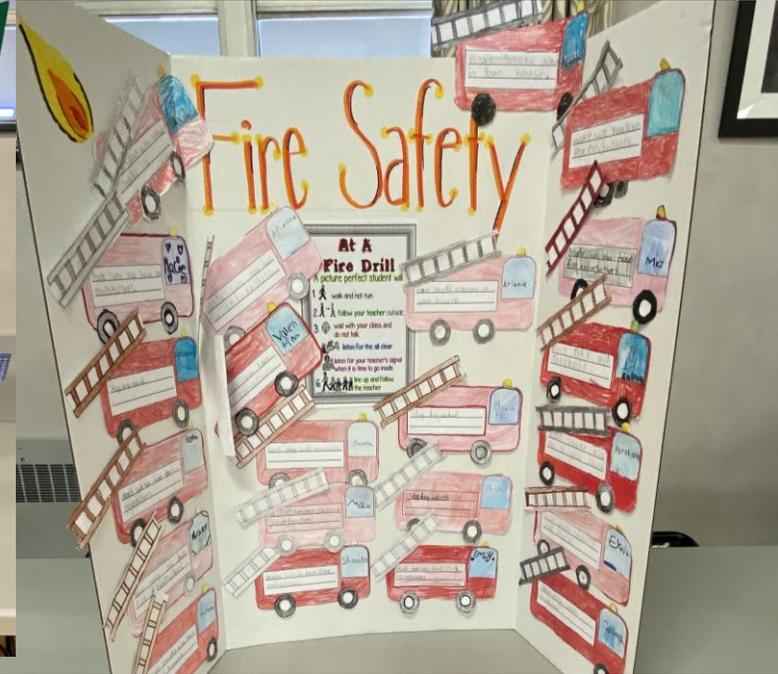
The class displays



7th Grade: First Aid



1st Grade: Bike & Traffic Safety





I. STEPS ALONG THE WAY TO WELLNESS

MIDDLE STATES ACCREDITATION

(MAJOR FOCUS ON WELLNESS NEEDS) 2002, 2012, 2023)

**BUILDING OF THE WELLNESS
CENTER- GYMNASIUM 2009-
2010**

HEALTH FAIRS 2014 AND 2026