

**April 2022
Spring into
Wellness!**

**BRENTWOOD UNION FREE SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER**



BUFSD Science National Honor Society students created this poster with the quote, "Everything is created twice. First in the mind, then in reality".



BUFSD making history! Please welcome the new varsity Badminton team!



BUFSD celebrated Project Semicolon in the month of March with an after school event to bring awareness to mental health that included yoga, drums alive, and open mic!



STRESSED OUT? WALK IT OFF.

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating "left, right" as you walk.



DeStressMonday.org

#DeStressMonday

You're invited to join the Air 1000 Challenge! Do 1000 minutes of outdoor exercise this month!

[Click here to join!](#)



BURRITO BOWL



Ingredients

- 1 pouch of cooked rice (brown, cauliflower)
- 1 can black beans
- 1 container guacamole
- 1 bag roasted corn kernels
- 1 bag seasoned tofu or jackfruit
- salsa



Source: Monday Campaigns

Directions

1. Add warmed rice to a bowl.
2. Top with seasoned black beans (sprinkle beans with a bit of taco seasoning, optional), 2 scoops of guacamole, 1/2 cup of thawed roasted corn, desired amount of tofu or jackfruit, and salsa.
3. Enjoy!

Every Kid Healthy Week

- 4/25 Mindful Monday
- 4/26 Tasty Tuesday
- 4/27 Wellness Wednesday
- 4/28 Thoughtful Thursday
- 4/29 Fitness Friday

Contact:

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Upcoming Events:

Learn to Swim Program!

Elementary: grades K-5 every Saturday

Middle: grades 6-8 every Monday

Adult: parents/guardians of students grades 9-12 every Monday

Family Swim Night: Brentwood Ross High School
every Thursday

Session 1: 6-7pm & Session 2: 7:15-8:15pm

Step into Spring!

April Fitness Challenge

National Minority Health Month
 Spring Recess 4/15/22-4/22/22
 Every Kid Healthy Week 4/25/22-4/29/22

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| | <p>Follow us and share your daily exercise/activities with us! Facebook: https://www.facebook.com/HSNYWSBOCES/ Instagram: @chsc_longisland</p> | | | | <p>Start the month off right! Spring cleaning! Declutter and organize your space.</p> | <p>Lotus Pose Sit crisscross with your hands on your knees. Breathe deeply</p>  |
| <p>3 Eat 3 different vegetables today in breakfast, lunch and dinner.</p> | <p>4 World Health Day! Make a list of steps you can take to protect the planet and your health. Visit the World Health Organization website for ideas!</p> | <p>5 Circuit Set -20 mountain climbers -15 squats -10 sit ups -5 push ups</p> | <p>6 Seated Forward Bend Pose Hold for 1-3 minutes breathing deeply & going deeper into the pose.</p>  | <p>7 Move to the beat! Pick your three favorite songs and dance to them all in a row.</p> | <p>8 Try not to consume any beverages with added sugars (coffee, juice, soda).</p> | <p>9 5 Minute Meditation Try this quick guided meditation video when you wake up in the morning or before you go to bed.</p> |
| <p>10 Make a list of healthy meals or snacks you want to try this week. See how many you can cross off by the end of the week.</p> | <p>11 Go on a walk outside today. If it is rainy, do an indoor activity and spend extra time outside when the sun comes out!</p> | <p>12 Include a different fruit during breakfast, lunch and dinner today!</p> | <p>13 Make up your own fitness circuit set! Include your favorite activities or yoga poses. Remember to stretch!</p> | <p>14 Peaceful Warrior Pose The front arm reaches up & back while the back arm rests on the back leg.</p>  | <p>15 Stay Hydrated Keep track of how much water you drink today. Feeling hungry can be a sign of dehydration!</p> | <p>16 Circuit Set -20 jump squats -15 sit ups -10 high knees -5 push ups</p> |
| <p>17 Read the food labels on the items you eat today. Could you have made a healthier choice?</p> | <p>18 Circuit Set -20 jumping jacks -15 jump squats -10 high knees -5 push ups</p> | <p>19 Downward Dog Push up with your hands & feet into the yoga pose below.</p>  | <p>20 Take A Deep Breath Take 5 deep breaths. Slowly inhale for at least 5 seconds & exhale for 10 seconds each time.</p> | <p>21 Eat veggies as a snack (carrots, celery, peppers)</p> | <p>22 Do as many squats as you can while you brush your teeth. Incorporate this into your daily routine!</p> | <p>23 Recipe Bank! Visit SNAPEDNY and find a new recipe to try & share with family & friends!</p> |
| <p>24 Go Outside Spend time outside with family or friends today. Extra points for the person who stays off their phone the longest!</p> | <p>25 Use this video to make your own Fiesta Rice Salad recipe with a friend or family!</p> | <p>26 Choose only healthy snacks for the day. Stay away from chips, candy and cookies.</p> | <p>27 Mindful Minute Clear your mind & only focus on your breathing. Inhale 3 seconds and exhale 4 seconds.</p> | <p>28 Share your favorite fitness activity or healthy food with a friend or family member today.</p> | <p>29 Take 40 minutes to practice yoga while watching this video. Includes all the yoga poses practiced this month!</p> | <p>30 Circuit Set -20 lunges -1 minute plank -1 minute wall sit -5 push ups</p> |