

May 2022
Move into May!

BRENTWOOD UNION FREE SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER



BUFSD's Lifeguard Club created this poster with the quote, "a drop of kindness will make ripples throughout an entire pond".

MAKE TIME FOR SELF CARE

How much time do you have?

5 minutes

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song.

Change position: stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.

15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.

Call a friend or family member to catch up and check in.

Take a bath or shower.

30 minutes

Download a mindfulness app. There are many free apps available online.

Play a game, work on a puzzle, or try a new online game.

Join a parent support group on parentsanonymous.org.

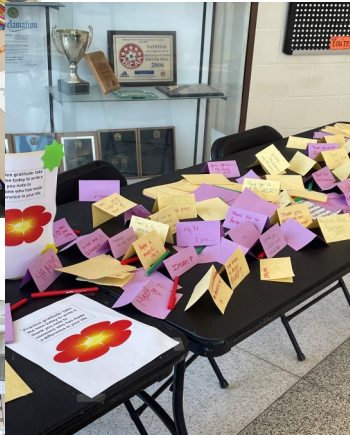
Go for a jog, do tai chi, or any physical activity that makes you happy.

Looking back on....
Every Kid Healthy Week

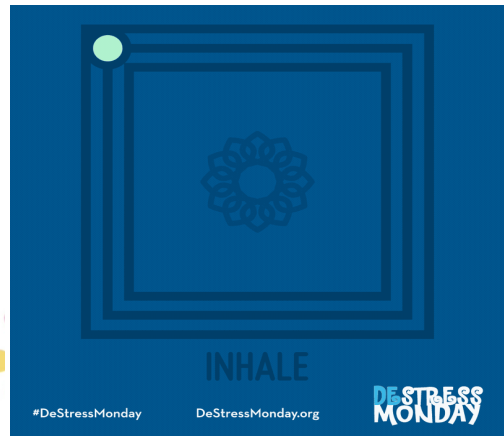
Last month, BUFSD Sonderling building participated in Every Kid Healthy Week!



Coloring on Mindfulness Monday!



Gratitude Thursday!



Click the blue square above to practice mindfulness breathing!

Bell Pepper Nachos

Ingredients:

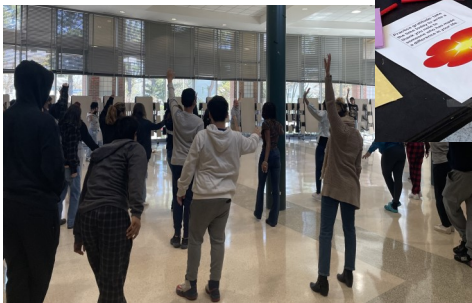
- 4 bell peppers
- 1 cup salsa
- 2 cups seasoning (try chili powder, garlic powder, ground cumin)
- 2 cups chopped meat (or shredded)
- *meatless options- tofu, beans
- ½ cup shredded cheese



Source: SNAPEINY

Directions:

1. Preheat oven to 350 degrees.
2. Wash bell peppers, remove seeds, cut into bite size pieces.
3. Arrange pieces close together in a single layer on a lined baking sheet.
4. Spoon the mixture evenly over pepper pieces then top with cheese.
5. Bake for 15 minutes.



Qi Gong with instructor Chris Jurak!

Check out the newest addition to the School Lunch/Food Service section on the BUFSD's website! [Click here](#) to check out the new Healthy Recipe Corner!





Contact Suzy Gomba—sgomba@bufsd.org with questions or for your favorite healthy recipe to be featured in the next Wellness Newsletter!

Upcoming Events:
 May 13th: Health Fair @ Russ High School
 June 5th: Health Fair @ St. Lukes Church
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

Move into May!

May Fitness Challenge

Women's Health Month
School Closed on Memorial Day: May 26-29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Celebrate the first day of May by finding an activity to do outside. (gardening, walking, exploring)	2 Make a list of healthy meals you want to try. Set a goal of how many you can make this month.	3 Sit crisscross with your hands on your knees. Breathe deeply. 	4 Celebrate Teachers Appreciation Week by sharing your favorite physical activity with your favorite teacher.	5 Circuit Set -20 sit ups -15 jump squats -10 push ups -Rest and repeat!	6 Set a goal to eat a red, yellow, green and orange fruit or vegetable today!	7 National Fitness Day Be active for at least 60 minutes throughout the day.
8 Mothers Day Celebrate Mothers Day and National Women's Health Week by sharing how physical activity improves women's health.	9 Try not to consume any beverages with added sugars (coffee, juice, soda).	10 Move to the beat Dance to your favorite songs for a total of 30 minutes throughout the day.	11 Seated Forward Bend Pose Hold for 1-3 minutes breathing deeply & going deeper into the pose. 	12 Plan an outdoor activity to engage in exercise over the weekend. Include friends and family!	13 Try this quick guided meditation video when you wake up in the morning or before you go to bed.	14 Include a different fruit during breakfast, lunch and dinner today!
15 Do one thing today to help prepare you for the week. -Meal plan/prep -Set out a healthy breakfast	16 Go on a walk outside today. If it is rainy, do an indoor activity and spend extra time outside when the sun comes out!	17 Avoid using technology two hours before bed. Did you sleep better?	18 Stay Hydrated Keep track of how much water you drink today. Feeling hungry can be a sign of dehydration!	19 Peaceful Warrior Pose The front arm reaches up & back while the back arm rests on the back leg. 	20 Call a friend and share a wellness goal. Hold each other accountable!	21 Make up your own fitness circuit! Include your favorite activities or yoga poses. Remember to stretch!
22 Read the food labels on the items you eat today. Could you have made a healthier choice?	23 Circuit Set -20 jumping jacks -15 jump squats -10 high knees -5 push ups	24 Downward Dog Push up with your hands & feet into the yoga pose below. 	25 Take A Deep Breath Take 5 deep breaths. Slowly inhale for at least 5 seconds & exhale for 10 seconds each time.	26 Eat veggies as a snack (carrots, celery, peppers)	27 Visit this website for safety tips on outdoor physical activity in the sun.	28 Take a picture of a healthy balanced meal & upload to social media OR choose a circuit set to repeat.
29 Mindful Minute Clear your mind & only focus on your breathing. Inhale 3 seconds and exhale 4 seconds.	30 Did you accomplish your healthy meal goals this month? Check out this site for healthy recipes!	31 Take 40 minutes to practice yoga while watching this video . Includes all the yoga poses practiced this month!	<p>Follow us and share your daily exercise/activities with us!</p> <p>Facebook: https://www.facebook.com/HSNYWSBOCES/</p> <p>Instagram: @chsc_longisland</p>			

