

June 2022
Jump into June!

BRENTWOOD UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER



Click on the visual below for a Mindfulness presentation! The Health and Wellness Club and it's President, Alex Ehrlich designed June's inspirational quote: "the longest journey begins with a single step". -

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.

<p>GO FOR A WALK Feel the air or the warmth of the sun.</p>	<p>TAKE A BREATH Take a pause with some deep breaths.</p>	<p>YOGA MOMENT At your desk or in your living room, do some relaxing moves.</p>
<p>TAKE A WARM BATH This is also a way to take a digital break from your phone and/or computer.</p>	<p>CALL A FRIEND Catch up and share the latest. This will boost your happiness and it's a natural way to destress.</p>	<p>SLEEP Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!</p>



Take steps towards a stress-free day.

Mindful walking helps you stay both active and relaxed.



Click here to view Mrs Goumba's Project Adventure class working as a team to conquer the Tarzan element!!

<p>WEAR A PROPERLY FITTED HELMET</p>	<p>LEFT TURN</p>	<p>RIGHT TURN</p>	<p>GO WITH TRAFFIC AND STOP AT STOP LIGHTS & SIGNS</p>	<p>WATCH FOR TURNING CARS</p>
<p>BE PREDICTABLE. BE VISIBLE.</p>				

Tropical Smoothie

Ingredients:

- ¾ cup of plain yogurt
- 1 large overripe banana, sliced
- 1 orange, peeled
- ¾ cup fresh, frozen or canned pineapple chunks
- 2 ice cubes (if using non-frozen fruit)
- 1 tablespoon almond or peanut butter



Directions:

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.
3. Divide the smoothie equally between 2 glasses & serve right away, or cover & refrigerate up to 4 hours.

Walking trails near BUFSD

[CLICK HERE!](#)

- Brentwood State Park—**
9 minute drive or
13 minute bike ride from BHS
- Blydenburgh Park—**
17 minute drive from BHS
- Timberline Park —**
9 minute drive or
15 minute bike ride from BHS

Think you can walk the walk?

Proper form can improve your pace and reduce your risk of injury.



#MoveItMonday

MoveItMonday.org



SUMMER OPPORTUNITIES!

- *Future Stars Summer Camp
- *Lifeguard Scholarship program
- Town of Islip Water Safety Instructor Scholarship course June 28th through July 1st
- *Health Fairs –Sunday, June 5th
St. Luke's Church 9am-4pm
- *Teachers Association Self Care
- *Family Swim Night
- *Adult Swim Night

SUMMER SAFETY

Jessica Price (School Counselor) and Michael Rodriguez (School Safety) identified a need for students to learn more about water safety and safety at home over the summer months. They created a presentation designed to engage the elementary students for an hour of fun focused on providing them with positive messages that will stick with them in order to stay safe.

[CLICK HERE](#) for an important message!

Contact

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