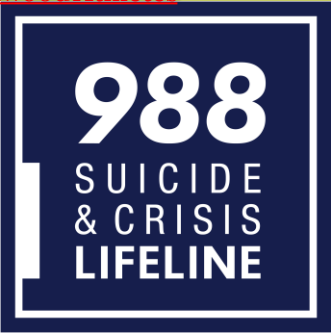




New Beginning's



District Calendar - Check out all the Events
 HS/MS Sport Schedules - Support
 Brentwood Athletes






September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 Helpful Links: Parent Square- English Parent Square- Spanish Top 5 District Laptop Issues (Eng) Top 5 District Laptop Issues (Sp)	02	03
04	05	06	07 The First Six Weeks of School	08 Ice Breaker Activities	09 Getting to Know Your Students	10 Go see your Brentwood Indians Play Football @ BHS
11 Parents- Do you have Parent Square? (Check Helpful Links" above.)	12 8 Ideas on New Beginnings	13 How to Start a New Beginning	14 All About Me (Poster Activity)	15 All About Me (Puzzle Activity)	16  Pep Talk From Kid President (Video)	17 Healthy Sleep
18 Having Laptop Issues? (Check Helpful Links" above.)	19 Fall Forward	20 Activities to Start the New Year	21 How Much Sleep Do I Need?	22 Random Acts of Kindness	23 September Themes, Holiday Activities, and Events for the Classroom	24 Check E-School with Your Child
25 Create a Colorful Rock Garden	26 Rosh Hashanah	27 Rosh Hashanah	28 Back to School Activities for New Friends to do Together.	29 How to Get Your Kids to Talk About School	30 Never Give Up	
<p>“The first step towards getting somewhere is to decide you’re not going to stay where you are.” JP Morgan</p>						



[HS/MS Sport Schedules - Support Brentwood Athletes](#)

October
2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National Bullying Prevention Month						01 31 Activities to Teach Children Kindness	
 BE THE CHANGE							
02 Set a goal! How many days will you be active this month?	03 What Kids Can Do to Stop Bullying	04 Become more accepting! Learn 3 facts about another culture.	05 World Teacher's Day Tell your teacher your favorite thing about the class.	06 Strike a Pose! Superman Pose for Confidence	07 World Smile Day! Take a Selfie with a friend! Say Cheese!	08 Benefits of Disconnecting from Technology	
09 Disconnect from technology for 60 minutes today! Mindful Walk	10 Elementary Classroom Activity Book: Stop Bullying	11 If you see something... say something!	12 Practice Self-Control Stop and think before you act.	13 23 Must Read Anti-Bullying Books for Kids	14 Wear Pink for Breast Cancer Awareness 	15 Disconnect from technology for 60 minutes today! Read a Book!	
16 Sunday Prep! Do one thing that will help prepare you for the week ahead. Be Prepared!	17 Write down 3 things that you love about yourself.	18 Share 3 things that you admire about a classmate.	19 Wear Orange  World Unity Day	20 It's Cool to be Kind Coloring Activities for All	21 Create a Kindness Rock Garden	22 Disconnect from technology for 60 minutes today! Make a snack for your family or friends!	
23 Disconnect from technology for 60 minutes today! Go to your local park and enjoy the fresh air! Suffolk County Parks	24 Inclusion Based Activities for Students	25 Which quote inspires you? Why?	26 Take a Walk in Someone Else's Shoes	27 Cross the Line Activity	28 Create a Compliment Board in Your Class or Home	29 Disconnect From technology for 60 minutes today!	
30 Disconnect from technology for 60 minutes Today! Take a walk and activate your Spidey Senses .	31 Walk 10,000 steps today!	"It's nice to be important, but it's more important to be nice." -Author Unknown					



[HS/MS Sport Schedules - Support Brentwood Athletes](#)

November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Let's Harvest Gratitude</p>		<p>01 Make a gratitude jar/cup and everyday write down what you are grateful for.</p>	<p>02 13 Gratitude Activities</p>	<p>03 Write a thank you note to the cafeteria staff!</p>	<p>04 Read a book about giving/Gratitude. Read with Me</p>	<p>05 Get out and play! Break away from technology for 60 minutes! 12</p>
	<p>06 Take a walk with your family.</p>	<p>07 Create a gratitude tree w/your family or class. Gratitude Tree</p>	<p>08 What are 2 words that define what you are grateful for?</p>	<p>09 Write a thank you note to the custodians.</p>	<p>10 Wear Brentwood Green </p>	<p>11 Veteran's Day 8 Ways to Thank a Veteran</p>
<p>13 Show someone how to play your favorite game!</p>	<p>14 Share your favorite song with a friend.</p>	<p>15 Think of a happy memory and how it made you smile.</p>	<p>16 Simple Mindful Gratitude Exercise</p>	<p>17 Write a thank you note to the secretaries!</p>	<p>18 Name two things you enjoy about school.</p>	<p>19 Have a family soccer or football game.</p>
<p>20 Dance it out! Be silly and dance around the house!</p>	<p>21 Share a family recipe with the class!</p>	<p>22 What are things in your life that you are grateful for? Why?</p>	<p>23 Let your teacher know what you have learned from them this year.</p>	<p>24 Happy Thanksgiving Help set the table and thank the cook!</p>	<p>25 Walk and Talk! Share your favorite memory while enjoying the fresh air!</p>	<p>26 Try a new food!</p>
<p>27 Watch a Family movie together!</p>	<p>28 Tell your friend what you think is special about them.</p>	<p>29 Give someone a compliment.</p>	<p>30 Open up your Gratitude Jar!</p>			
<p>"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou</p>						



[World AIDS Day](#) 

[International Persons with Disabilities Day](#)

[Human Rights Day](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		29 Kindness Posters	30 Kindness Certificate	01 Tips for a Successful Indoor Recess	02 Kindness Coloring Contest	03 Say: Good Morning/Good Night
04 Take out the Trash	05 Write a letter to a soldier	06 Give a Compliment	07 Incorporate Active Learning Opportunities	08 Set Goals for Yourself	09 District Unity Day – Wear your B- Wood Gear 	10 Learn a New Skill
11 Take a Walk Outside	12 Happy Note	13 Kindness Bingo	14 50 Ways to be Kind	15 Mindful Breathing Techniques	16 Create Kindness Bookmarks	17 12 Days of Fitness
18 Fun with Family	19 Feelings Faces	20 Make a snowflake	21 Ideas for Family Events	22 Ideas for a Healthy Holiday	23 High fives in P.E. Class	24 Holiday Gardening Idea
25 District Calendar - Check out all the Events	26 Family Activities	27 Backyard Family Fun	28 Stay Active During Break	29 Make a comic book with your family	30 Winter Garden	31 Mindful moment - Reflect on your past year
01 "TO KINDNESS AND LOVE, THE THINGS WE NEED MOST!" <small>Grinch</small>	02	03	04	05	06	07

"Kind words and actions can seem so small, but their effects are truly endless." (Author Unknown)

December

KINDNESS MONTH

2022

[Global Family Day](#)

[Human Trafficking Awareness Day](#)

[Update Beach Pass for Summer](#)

[District Calendar - Check out all the Events](#)



[HS/MS Sport Schedules - Support Brentwood Athletes](#)



January

BE POSITIVE MONTH

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Self Esteem Growth	02 Healthy, Happy Kids	03 Benefits of Yoga	04 Create a classroom Art Project	05 Ideas to Boost Self Worth	06 Mediation Minute	07 Yoga Mindfulness
08 Ideas for School Community Health	09 Clean off your Desk Day	10 Self Care Ideas	11 Learn your name in Morse Code How to Morse Code	12 Yoga Freeze Dance	13 District Unity Day - Wear your B- Wood Gear 	14 Walking Programs
15 Parent Invovlement	16 Crazy Hat Day	17 Mindful Garden Project	18 Ideas for Student Wellness Team	19 Support Creative Expressions	20 Mediation Minute	21 Music and Sounds for Mindfulness
22 Mindfulness Belly Breathing	23 Sharing your Talent	24 Mindfulness Videos	25 Kid Puzzles	26 Ideas for Sensory Play	27 Self Control & Body Calm Techniques	28 Being Mindful Video
29 Ideas for Healthy Cooking	30 Check in with your Favorite Animals	31 Mindful Smartphone Apps	01 	02 03		04 Create a winter playlist
<i>"When life gets you down, you know what you gotta do? Just keep swimming."</i> Dory, Finding Nemo						



[Black History Month](#)

[Reflections on Black History Month](#)

[100 Days of School Activity Ideas](#)






[District Calendar - Check out all the Events](#)

[HS/MS Sport Schedules - Support Brentwood Athletes](#)

February

HEART HEALTHY MONTH

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Gardening Heart Activity	30 Classroom Activity Tracker	31 Find Activity Videos for Classroom	01 Heart Healthy Month 	02 Plan a Heart Healthy School Event	03 Ideas to be more Active	04 Sleep Better
05 Winter Olympics Theme Activity Ideas	06 Hands Only CPR	07 Tabata Tuesday	08 Tips to a Healthy Diet	09 Heart Healthy Mile Walk (inside)	10  District Unity Day Wear Purple - P.S. I Love You Day	11 Valentines Day Recipes
12 Superbowl Challenge	13 Love your Heart Reminders	14 Tabata on Valentines Day	15 Go RED for Women Video	16 Happy Mile Indoor Walk	17 Go RED For Women - Brentwood Edition	18 Yoga for Heart Health
19 Winter Break Activities	20 Fill in Family Activity Calendar	21 Family Disney Tabata	22 Recess At Home with Family	23 Family Activities	24 Get the Family Moving	25 Ideas for Healthy Breakfast
26 Take Time	27 Test Breath Reminder	28 Tabata with Avengers				04
<i>“Take care of your body. It’s the only place you have to live.” — Jim Rohn</i>						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	01	02	03	04
Tolerance and Acceptance Month						
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08

26

Tolerance and Acceptance Month

01

Discuss: Turn and Talk or Quick Write: What is a compliment? How does it make you feel after you receive it?

02

Give to someone you feel needs it.
[Give A Compliment Ideas](#)

03

Give a compliment to a friend use a post-it or turn and talk.
[Operation Warm Friend Compliment Ideas](#)

04

Tell someone at home why you love them.



05

Help a family member with a chore.

06

Brainstorm a list of powerful women. Why do you think they are most known for and why?

07

Write or draw about a woman who was influential in your life.

08

International Women's Day- Wear purple to show your support.
[PBS IWD Video](#)

09

What would our world look like if where everyone was equal? Draw a picture or write down your ideas.
[#breakthebias](#)

10

District Unity Day
Wear your Brentwood Gear.



11

Take a power walk. As you are walking think of all of the reasons why you are strong.

12

Talk face to face with a powerful woman in your family. Ask them if they have any words of advice to share with you.

13

What do you know about Down Syndrome? Turn and Talk
[Early Childhood- My Friend Has Down Syndrome](#)
[What is Down Syndrome?](#)

14

List 3 facts you learned about Down Syndrome
[What is Down Syndrome? \(Older Students\)](#)

15

Share 1 Take Away from the video
[Just Like You- Down Syndrome](#)

16

#GenerationG is a worldwide movement that goes beyond Down syndrome and sends a global message of acceptance for ALL!
[Take the Pledge](#)

17

Superintendent's Conference Day
No School for Students
Get outside and move!

18

World Sleep Day
Get a full night's sleep.
[Get Enough Sleep](#)



19

Make a healthy snack with your family. Don't have one? Try this:
[Healthy Cookie Dough Hummus](#)

20

International Day of Happiness
Set 1 goal for a happy future.

21



Rock Your Socks Day
Wear your craziest pair of socks to support Down Syndrome Awareness Day

22

March is National Nutrition Month. Write or draw what you ate yesterday. Did you make healthy choices?
[Healthy Eating Plate](#)

23

[celebratemyplate](#)
Challenge yourself to make one healthy eating change for the rest of this month.

24

Drink Water!
[Why we should choose water for healthy hydration.](#)

25

Grounding with Nature
Go outside, sit down in a comfortable place, close your eyes. What do you see, hear, smell, and touch. This calming technique centers your body.

26

Mindful Eating
[Mindful Eating Ideas](#)

27

Walk A Mile in My Shoes
Share something about yourself others might not know. (Can write or draw as well.)

28

Discussion: What groups of students and people do you find at your school? Do you think cliques are good or bad?

29

Discussion: When was a time you felt left out? When was a time someone went out of their way to include you. How did you feel each time?

30

Make a new friend at lunch. How does speaking to someone new help you understand our uniqueness?

31

Share your expertise with a peer. We are all great at something. Share with your class or peer.

02

03

04

05

06

07

08

"We rise by lifting others." Robert Ingersoll



[Teaching for Change- Building Tolerance](#)
[Learning for Justice and Inclusivity](#)
[Women's History Month](#)

[District Calendar- Check Out all the Events](#)
[HS/ MS Sports Schedules- Support Brentwood Athletics](#)

March
2023

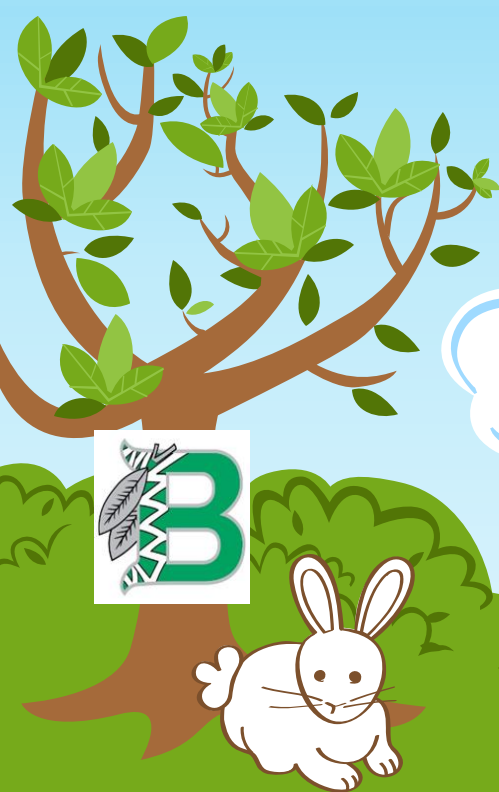
“Show up in every single moment like you're meant to be there.”



District Calendar - Check out all the Events

April
2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01 April Fools Day. Tell a joke to someone
Self-Awareness Month						
02 Autism Awareness Day	03 Elementary video on autism	04 Secondary video on autism	05 Draw a picture of yourself and write some of your traits around the picture	06 Start a positive affirmations jar	07 Name 5 things that make you happy.	08 Physical activities improve self-esteem...
09 What songs make you feel good and why?	10	11 Give a compliment to everyone in the room	12 Who do you look up to and why?	13 Self-esteem books for children	14 Which descriptive words describe you?	15 List 5 good things that happened this week
16 Helping others makes us feel good about ourselves.....	17 What are your favorite “feel good” songs?	18 Upper elementary self-esteem video	19 Encourage children to reflect on their day	20 Self-esteem worksheets Part 2	21 District Unity Day – Wear your B- Woc Gear 	22 Earth Day- Go on a nature walk
23 Start an accomplishment journal	24 Make a collage with pictures of your goals	25 Art activity: Self-esteem pizza	26 Talk about a time you were proud of yourself.	27 Self-esteem activities	28 National Superhero Day-What is your super power?	29 National Dance Day. Put some music on and dance!
30 Positive affirmations	01	02	03	04	05	06 April 1st-National Love Our Children Day! 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Draw, write, or discuss: What does mental health mean to you? We All Have Mental Health	02 Anxiety: Checklist and Worksheet	03 What is on your mind today? Write or draw your thoughts.	04 National Star Wars Day! Watch a fun movie.	05 Cinco de Mayo	06 National Fitness Day-Go outside and have some fun!
07 Connect with people: Reach out to family or a friend	08 Activities to reduce anxiety in children	09 Home made fidget toys	10 National clean your room day- a clean room improves our mood!	11 Wellness worksheets for teens	12  District Unity Day- Wear your B-Wood Gear	13 Set up a calming space at home.
14 Sit outside and count how many birds you can find	15 Elementary Mindful focusing video	16 5 minute meditation video for teens	17 Grounding Techniques for Children	18 Go Zen! What's your #1 Calm Down Technique? 50 Calm Down Ideas	19 Take a brain break and try: fitBoost	20 Start a Garden
21 stress reducing apps for children	22 Try a wordsearch, crossword puzzle, color by numbers or other activity	23 Meditation Video for Autism	24 Talk about a time you were brave	25 Free Worksheets for Anxiety and Behavior	26 Take a brain break with yoga: fitFlow	27 Free apps for relaxing sounds
28 Watch the night sky. Do you see stars or clouds? What designs do they make?	29 Easy Yoga for Young Children Video	30 Chair Yoga for Teens	31 Give your child a hug!	01	02	03

[National Alliance for Mental Health Awareness \(NAMI\)](#)

[988 National Crisis Intervention Hotline](#)

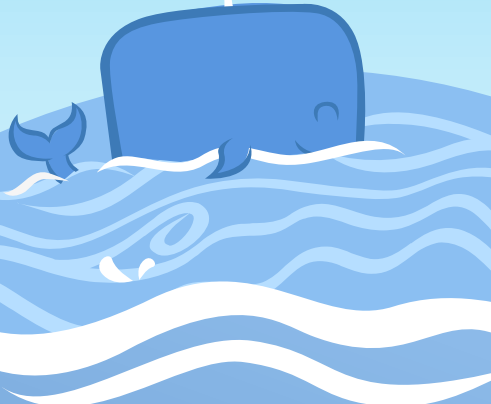
District Calendar - Check out all the Events

May 2023

Mental Health and Wellness Month

"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think." — Christopher Robin from Winnie the Pooh





Celebrating Pride Month

Fun Summer Family Activities




Water Safety Reminders

Ideas to Jump into Summer

June

GEARING UP FOR SUMMER

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Create a summer play list	30 Town of Islip Summer Programs	31 Summer Activities at the Library	01 Summer YES Programs	02 Create a summer bucket list	03 Healthy Sleep routine for Summer
04 Family Gardening	05 Mindfulness in the Garden	06 Plant a Salad	07 	08 Tell a friend why you think they are amazing	09 District Unity Day Wear your Brentwood Gear. 	10 Water the plants
11 Take a walk with family	12 Keeping your cool this summer	13 Enjoy a Free Summer Concert	14 How to Fly a Kite	15 Plan a visit to the Fish Hatchery	16 Outdoor activities to relieve stress	17 Maintain the garden you planted. (weed and water)
18 Stock up on bubbles & chalk	19 Ask your teacher if she needs help cleaning the classroom	20 Find an Outdoor Family Movie night	21 Welcome summer meditation	22 Plan a trip to a Ducks game	23 Start reading a book	24 Limit your screen time
25 Plant a Flower Clock	26 Backyard fitness circuit	27 Create a lemonade stand	28 Fun activity with water	29 "Love Yourself."	30 	01
<p>"To plant a garden is to believe in tomorrow." - Audrey Hepburn</p>						