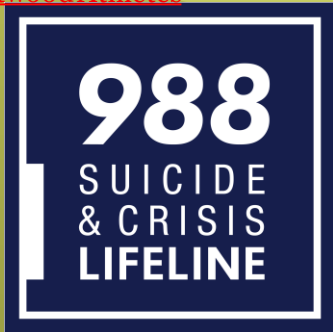




A colorful illustration featuring a red brick barn with a yellow bell hanging from a small roof. In front of the barn is a yellow school bus. To the right of the barn is a large green letter 'B' with a leaf design. The background is a light blue sky with stylized orange and yellow bushes. The entire illustration is set against a white background.



[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 Kid 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.”</p> <p>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 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				



[World AIDS Day](#)





[International Persons with Disabilities Day](#)

[Human Rights Day](#)

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

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

December
KINDNESS MONTH
2022

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

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

District Calendar - Check out all the Events

January

BE POSITIVE MONTH

2023

"When life gets you down, you know what you gotta do? Just keep swimming."
Dory, Finding Nemo

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
<p><i>“Take care of your body. It’s the only place you have to live.”</i></p> <p><i>— Jim Rohn</i></p>						



[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


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	01	02	03	04
Tolerance and Acceptance Month			Discuss: Turn and Talk or Quick Write: What is a compliment? How does it make you feel after you receive it?	Give to someone you feel needs it. Give A Compliment Ideas	Give a compliment to a friend use a post-it or turn and talk. Operation Warm Friend Compliment Ideas	Tell someone at home why you love them. 
05	06	07	08	09	10	11
Help a family member with a chore.	Brainstorm a list of powerful women. Why do you think they are most known for and why?	Write or draw about a woman who was influential in your life.	International Women's Day- Wear purple to show your support. PBS IWD Video	What would our world look like if where everyone was equal? Draw a picture or write down your ideas. #breakthebias	District Unity Day Wear your Brentwood Gear. 	Take a power walk. As you are walking think of all of the reasons why you are strong.
12	13	14	15	16	17	18
Talk face to face with a powerful woman in your family. Ask them if they have any words of advice to share with you.	What do you know about Down Syndrome? Turn and Talk Early Childhood- My Friend Has Down Syndrome What is Down Syndrome?	List 3 facts you learned about Down Syndrome What is Down Syndrome? (Older Students)	Share 1 Take Away from the video Just Like You- Down Syndrome	#GenerationG is a worldwide movement that goes beyond Down syndrome and sends a global message of acceptance for ALL! Take the Pledge	Superintendent's Conference Day No School for Students Get outside and move!	World Sleep Day Get a full night's sleep. Get Enough Sleep
19	20	21	22	23	24	25
Make a healthy snack with your family. Don't have one? Try this: Healthy Cookie Dough Hummus	International Day of Happiness Set 1 goal for a happy future.	 Rock Your Socks Day Wear your craziest pair of socks to support Down Syndrome Awareness Day	March is National Nutrition Month. Write or draw what you ate yesterday. Did you make healthy choices? Healthy Eating Plate	celebratemyplate Challenge yourself to make one healthy eating change for the rest of this month.	Drink Water! Why we should choose water for healthy hydration.	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	27	28	29	30	31	01
Mindful Eating Mindful Eating Ideas	Walk A Mile in My Shoes Share something about yourself others might not know. (Can write or draw as well.)	Discussion: What groups of students and people do you find at your school? Do you think cliques are good or bad?	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?	Make a new friend at lunch. How does speaking to someone new help you understand our uniqueness?	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						

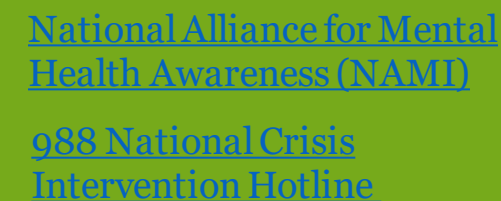
“Show up in every single moment like you're meant to be there.”



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

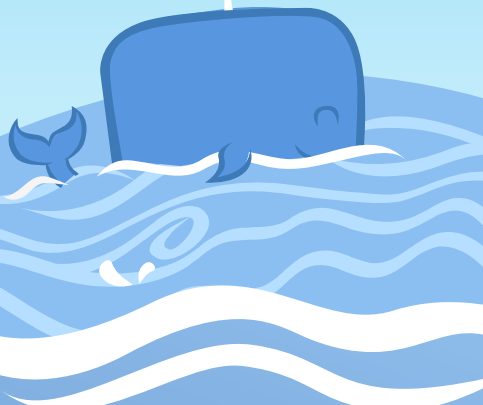
**April
2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Self-Awareness Month	27	28	29	30	31	01 April Fools Day. Tell a joke to someone
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 April 1st-National Love Our Children Day!	02	03	04	05	06 



May 2023

A graphic with a green banner at the top that reads "We Support Mental Health Awareness". Below the banner, a group of diverse cartoon people of various ages and ethnicities are holding hands in a line. There are two green ribbons on the banner.



[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>						