New Beginning's



SUICIDE & CRISIS LIFELINE

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Parent Squ Parent Squ Top 5 Distr	02 pful Links are- English are- Spanish ict Laptop Iss ict Laptop Iss	sues (Eng)
04	05	06	O7 The First Six Weeks of School	08 <u>Ice Breaker</u> <u>Activities</u>	Getting to Know Your Students	Go see your Brentwood Indians Play Football @ BHS
Parents-Do you have Parent Square? (Check Helpful' Links' above.)	8 Ideas on New Beginnings	How to Start a New Beginning	14 All About Me (Poster Activity)	All About Me (Puzzle Activity)	Pep Talk From Kid President (Video)	17 <u>Healthy</u> <u>Sleep</u>
Having Laptop Issues? (Check Helpful" Links" abov e.)	Fall Forward	Activities to Start the New Year	How Much Sleep Do I Need?	Random Acts of Kindness	September Themes, Holiday Activities, and Events for the Classroom	24 Check E-School with Your Child
25 Create a Colorful Rock Garden	Rosh Hashanah	Rosh Hashanah	Back to School Activities for New Friends to do Together.	How to Get Your Kids to Talk About School	30 Never Give Up	
u	The firsts	tep towa	rds getting	somewh	ere is to	

"The first step towards getting somewhere is to decide you're not going to stay where you are."

JP Morgan



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

Disconnect from technology for 60 minutes Today! Take a walk and activate your Spidey Senses

steps today!

more important to be nice." -Author Unknown

District Calendar - Check out all the Events



HS/MS Sport Schedules - Support Brentwood Athletes

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Let's Harvest Gratitude		O1 Make a gratitude jar/cup and everyday write down what you are grateful for.	02 13 Gratitude Activities	O3 Write a thankyou note to the cafeteria staff!	O4 Read a book about giving/ Gratitude. Read with Me	Get out and play! Break away from technology for 60			
06	07	08	09	10	11	minutes!			
Take a walk with your family.	Create a gratitude tree w/your family or class. Gratitude Tree	What are 2 words that define what you are grateful for?	Write a thankyou note to the custodians.	Wear Brentwood Green	Veteran's Day 8 Waysto Thanka Veteran	Show a family member your grades on Eschool!			
13	14	15	16	17	18	19			
Show someone how to play your favorite game!	Share your favorite song with a friend.	Think of a happy memory and how it made you smile.	Simple Mindful Gratitude Exercise	Write a thank you note to the secretaries!	Name two things you enjoy about school.	Have a family soccer or football game.			
20	21	22	23	24	25	26			
Dance it out! Be silly and dance around the house!	Share a family recipe with the class!	What are things in your life that you are grateful for? Why?	Let your teacher know what you have learned from them this year.	Happy Thanksgiving Help set the table and thank the cook!	Walk and Talk! Share y our favorite memory while enjoying the fresh air!	Try a new food!			
27	28	29	30						
Watch a Family movie together!	Tellyour friend what you think is special about them.	Give someone a compliment.	Open up your Gratitude Jar!						
"I've learned that need a will forget what you said need a will									

"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





 $\underline{\textbf{International Persons with Disablities}} \, \underline{\textbf{Day}}$

Human Rights Day

District Calendar - Check out all the Events 25

<u>HS/MS Sport Schedules - Support Brentwood Athletes</u>

December KINDNESS MONTH

2022

	JIXK.						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 <u>Kindness</u> <u>Posters</u>	30 Kindness Certificate	O1 Tips for a Successful Indoor Recess	Kindness Coloring Contest	O3 Say: Good Morning/Go od Night
	04 Take out the Trash	Write a letter to a solider	06 Give a Compliment	O7 Incorporate Active Learning Opportuniti es	08 Set Goals for Yourself	09 District Unity Day – Wear y our B- Wood Gear	Learn a New Skill
<u>ties</u>	11 Take a Walk Outside	12 Happy Note	13 <u>Kindness</u> <u>Bingo</u>	14 50 Ways to be Kind	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
<u>ven</u> t	"TO KINDNESS AND LOVE, THE THINGS WE NEED MOST!" Grinch	26 Family Activities	27 <u>Backyard</u> <u>Family Fun</u>	28 Stay Active During Break	Make a comic book with your family	30 Winter Garden	31 Mindful moment - Reflect on your past year
			og actions ca ruly endle				07

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Global Family Day	01	02	03	04	05	06	07
Human Trafficking Awarness Day	Self Esteem Growth	<u>Healthy,</u> Happy Kids	Benefits of Yoga	<u>Create a</u> classroom	<u>Ideas to</u> Boost Self	Mediation Minute	<u>Yoga</u> Mindfulness
<u>Update Beach Pass for Summer</u>	Growth	парру Кіцѕ	Τυζα	Art Project	Worth	<u>winute</u>	<u>Infinitions</u>
District Calendar - Check out all the Event	s 08	09	10	11	12	13	14
HS/MS Sport Schedules - Support Brentwood Athletes	Ideas for School Community Health	Clean off your Desk Day	Self Care Ideas	Learn your name in Morse Code How to Morse Code	Yoga Freeze Dance	District Unity Day – Wear your B- Wood Gear	Walking Programs
	15	16	17	18	19	20	21
SY PO	Parent Invovlement	Crazy Hat Day	Mindful Garden Project	Ideas for Student Wellness Team	Support Creative Expressions	Mediation Minute	Music and Sounds for Mindfulness
	22	23	24	25	26	27	28
	Mindfulness Belly Breathing	Sharing your Talent	Mindfulness Videos	Kid Puzzles	Ideas for Sensory Play	Self Control & Body Calm Techniques	Being Mindful Video
0							
	29	30	31	01			04
January	Ideas for Healthy Cooking	Check in with your Favorite Animals	Mindful Smartphone Apps				Create a winter playlist
BE POSITIVE MONTH	"When l	ife gets y	ou down,	you kno	w what y	ou gotta	do? Just
2023	-	imming. [*] inding N					



District Calendar - Check out all the Ever

HS/MS Sport Schedules - Support Brentwood Athletes

February HEART HEALTHY MONTH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	31	01	02	03	04
•	Gardening Heart Activity	Classroom Activity Tracker	Find Activity Videos for Classroom	Heart Healthy Month	Plan a Heart Healthy School Event	Ideas to be more Active	Sleep Better
	05	06	07	08	09	10	11
•	Winter Olympics Theme Activity Ideas	Hands Only CPR	<u>Tabata</u> <u>Tuesday</u>	Tips to a Healthy Diet	Heart Healthy Mile Walk (inside)	District Unity Day Wear Purple - P.S. I Love You Day	Valentines Day Recipes
	12	13	14	15	16	17	18
	Superbowl Challenge	Loveyour Heart Reminders	Tabata on Valentines Day	Go RED for Women Video	Happy Mile Indoor Walk	Go RED For Women - Brentwood Edition	Yoga for Heart Health
	19	20	21	22	23	24	25
<u>.</u>	Winter Break Activities	Fill in Family Activity Calendar	Family Disney Tabata	Recess At Home with Family	Family Activities	Get the Family Moving	Ideas for Healthy Breakfast
ent	_S 26 <u>TakeTime</u>	27 Test Breath Reminder	28 Tabata with Avengers		. ~~	9	04
	"Take	care of yo	ur body. I	t's the onl	ly place yo	u have to	live."

— Jim Rohn



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

	Sund	ay	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26		27	28	01	02	03	04
	1		lerance a ptance M	_	Discuss: Turnand Talk or Quick Write: What is a compliment? How does it make you feel after you receive it?	Give to some one 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 som eon e at hom e why y ou love them.
	05		06	07	08	09	10	11
i de la constitución de la const	Help a fa member a chore.	r with	Brainstorm a list of powerful women. Why do y ou think they are most known for and why?	Write or draw a bout a woman w ho was in fluential in y our life.	In ternational Wom en's Day- Wear purple to show your su pport. PBS IWD Video	What would our world look like if where everyone was equal? Drawa picture or write down y our 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.
ity	Talk faces with a pow wom an in family. A them if th have any of a dvice share with	werful your sk	13 What do you know about Down Syn drome? Turn and Talk Early Childhood-My Friend Has Down Syndrome What is Down Syndrome?	List 3 facts you learned about Downs 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!	Superintendent's Conference Day No School for Students Get outside and move!	World Sleep Day Get a ful night's sleep. Get Enough Sleep
ents	Makeahe snackwith family.Do have one this: Healthy C Dough Hi	hyour on t Try	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 A wareness Day	March is National Nutrition Month. Write or draw what you ate yesterday. Didy ou 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.	25 Grounding with Nature Go outside, sit down in a comfortable place, close your eyes. What do you see, hear snell, and touch. This calming technique centers your body.
	26 Mindful Eating Mindful Eating I	l <u>l</u> 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 fin dat you' 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 y our expertise with a peer. We are all great at, som ething, Share with y our class or peer.	01
	02		03	04	05	06	07	08
							1/4	AU -

"We rise by lifting others." Robert Ingersoll



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



April

District Calendar - Check out all the Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
Self-	Awaren	ess Mon	th			April Fools Day. Tell a joke to someone
02	03	04	05	06	07	08
Autism Awareness Day	Elementary video on autism	Secondary video on autism	Drawa picture of yourselfand write some of your traits around the picture	Starta positive affirmations jar	Name 5 things that make you happy.	Physical activities improve self-esteem
09 What songs make you feel good and why?	10	Give a compliment to everyone in the room	Who do you look up to and why?	13 Self-esteem books for children	14 Which descriptive words describe you?	List 5 good things that happened this week
Helping others makes us feel good about ourselves	What are your favorite "feel good" songs?	Upper elementary self-esteem video	Encourage children to reflect on their day	20 Self-esteem worksheets Part 2	District Unity Day – Wear your B- Woo Gear	22 Earth Day- Go on a nature walk
23 Start an accomplish- ment journal	24 Make a collage with pictures of your goals	25 Artactivity: Self-esteem pizza	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 musicon and dance!
30 Positive affirmations	oı April 1^{st,}	02 -Nationa	o3 al Love (⁰⁴ Our Chil	dren	06

Day!



National Alliance for Mental Health Awareness (NAMI)

988 National Crisis
Intervention Hotline

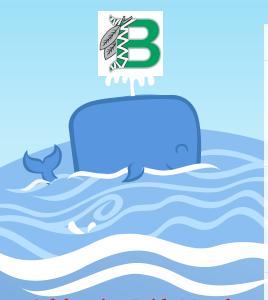
District Calendar - Check out all the Even

May 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		O1 Draw, write, or discuss: What does mental health mean to you? We All Have Mental Health	Anxiety: Checklist and Worksheet	O3 What is on your mind today? Write or drawyour thoughts.	O4 National Star Wars Day! Watch a fun movie.	O5 Cinco de Mayo	National Fitness Day-Go outside and have some fun!
	O7 Connect with people: Reach out to family or a friend	Activities to reduce anxiety in children	09 <u>Home made</u> <u>fidget toys</u>	National clean your room day-a clean room improves our mood!	Wellness worksheets for teens	District Unity Day- Wear your B- Wood Gear	Set up a calming space at home.
	14 Sit outside and count how many birds you can find	Elementary Mindful focusing video	5 minute meditation video for teens	17 Grounding Techniques for Children	Go Zen! What's your #1 Calm Down Technique? 50 Calm Down Ideas	Take a brain break and try: fitBoost	20 Start a Garden
•	stress reducing apps for children	Try a wordsearch, crossword puzzle, color by numbers or other activity	23 Meditation Video for Autism	24 Talk about a time you were brave	Free Worksheets for Anxiety and Behavior	26 Take a brain break with yoga: fitFlow	Free apps for relaxing sounds
nts	Watch the nightsky. Do you see stars or clouds? What designs do they make?	Easy Yoga for Young Children Video	30 Chair Yoga for Teens	31 Give your child a hug!	01	02 We	O3 Support
	w <i>a</i> . 1	TT 1.1	1 TA	, 11	n	Mental He	alth Awareness

Mental Health and Wellness Month

"Promise meyou'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

<u>Water Safety Reminders</u>

<u>Ideas to Jump into Summer</u>

June GEARING UP FOR SUMMER

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	Create a summer play list	Town of Islip Summer Programs	Summer Activities at the Library	Summer YES Programs	O2 Create a summer bucket list	O3 Healthy Sleep routine for Summer
O4 Family Gardening	05 Mindfulness in the Garden	06 Plant a Salad	07	O8 Tell a friend why you think they are amazing	O9 District Unity Day Wear your Brentwood Gear.	10 Water the plants
11 Take a walk with family	Keeping your cool this summer	13 Enjoy a Free Summer Concert	14 How to Fly a Kite	Plan a visit to the Fish Hatchery	Outdoor activites to relieve stress	Maintain the garden you planted. (weed and water)
18 Stock up on bubbles & chalk	Askyour teacher if she needs help cleaning the classroom	Find an Outdoor Family Movie night	Welcome summer meditation	Plan a trip to a Ducks game	23 Start reading a book	24 Limit your screen time
25 <u>Plant a</u> <u>Flower Clock</u>	26 Backyard fitness circuit	27 Create a lemonade stand	Fun activity with water	29 "Love Yourself."	30	01
	tagarden 1 Hepburn	ís to belíeve	in tomorr	ow." -	A	