



WELCOME BACK!

“Coming together is a beginning. Keeping together is progress. Working together is success.”

-Henry Ford



Brentwood Girls Volleyball team presenting the September quote!

STEPtember!

The wellness theme for this month is September!

Take a step in the right direction and be the best you can be for this new school year.

Walking is a mood improver, increases energy levels and improves mental and physical health.

WALK A MILE MONDAY: Happening at your school every Monday at 6am! Ask Ms. Gumba for more information.

Try this 30 day Walking Challenge! Click below!



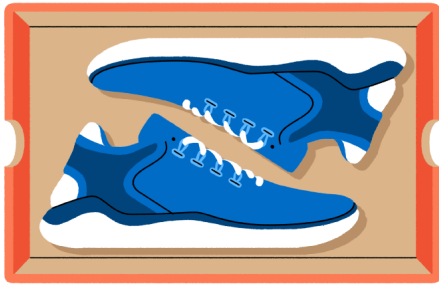
Get to steppin!!

MONDAY CAMPAIGNS

Click on “Monday Campaigns” to view video

On your mark, get set, walk!

All you need to start is a reachable goal and a good pair of walking shoes.



#MoveItMonday

MoveItMonday.org



STRESSED OUT? WALK IT OFF.

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating “left, right” as you walk.



DeStressMonday.org

#DeStressMonday

IT'S ALWAYS WALKING WEATHER SOMEWHERE

And if it's not outside, take it inside this Monday.



#MoveItMonday

MoveItMonday.org

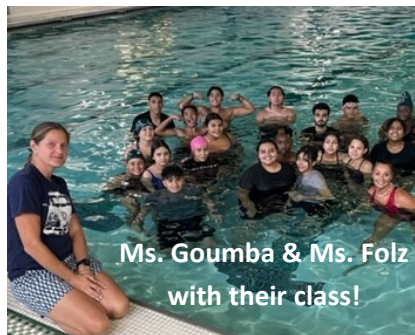


Recipe Corner

Click on the picture to access ingredients and recipe



Introduction to Aquatics and Safety Training Class



Ms. Goumba & Ms. Folz with their class!

Contact Information

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Creating Healthy Schools and Communities

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