

NOVEMBER
2022

BRENTWOOD UNION FREE
SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER



Quote of the Month

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other." – Randy Pausch

The interact club lead by Mrs. Longo

Thankfulness and Gratitude

November is the perfect time of the year to be thankful and practice gratitude. Do you have a moment to write a quick thank you note or email to a fellow colleague or school community member? A simple thank you can change someone's day! [Click here!](#) Thank you to Mrs. Calvo's class for their beautiful artwork to bring awareness to breast cancer last month!



Last Month

Ms. Benjamin's Junior Cosmetology class raising money for **breast cancer** awareness by selling pink hair extensions!



Mindfulness

Mindfulness improves our ability to pay attention, emotional regulation, increased compassion for others and it also reduces stress and anxiety! Practice mindfulness today! [Click here!](#)



MOVEMBER

is all about being thankful for your ability to move. Celebrate MOVEMBER by moving your body more to show gratitude for your health
Walk a Mile Monday! Raise your happy factor by walking to start your week on the right foot.

[See Ms. Goumba or click here for more information!](#)

Teacher Wellness Section!!!!

Indoor walking trails linked here!

This month we are featuring Ms. Rotella and Ms. McDermott who walk the hallways on their break to stay healthy!



Click to see video! ^^



Teachers raising their happy factor before school.

Recipe Corner

Fall Harvest Salad

[Click here!](#)



Feature

Athletes Helping Athletes, led by Keith Greene and Amy Greene, attending the Leadership Conference at Bay Shore HS.



Upcoming Events

Every Monday @ 6:15am:

walk before school: meet in Sonderling gym

Every Thursday: Family Swim Night! Sign up through parent square on the Tuesday before.

Dec 1st: **25 days of Fitness!**

Contact Information

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Creating Healthy Schools and Communities

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November



MOVEMBER! Move more to show how thankful you are for your health!

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Set your goals for the month. 	2 Butternut squash apple burger 	3 Skip the screen time! 	4 3 sets of 10 slow squats 	5 Go for a long walk
6 Get a good nights sleep 	7 Mindful Monday. Click here! 	8 Try a detox drink Ginger tea or lemon water. 	9 Wellness Wednesday! Click Below 	10 3 sets of 25 sit ups 	11 Fun Friday! Learn about the benefits of laughter here!	12 3 sets of ten pushups when you wake up
13 Display a random act of kindness in your community	14 Do a youtube workout of your choice! 	15 Tasty Tuesday! Make a fall salad! Click here! 	16 Try box breathing 	17 Get at least 8 hours of sleep tonight! 	18 Its Friday! Dance!! 	19 Go for a sensory walk!
20 Get a favorite water bottle that makes you excited to drink water	21 Mindful Monday. Click here! 	22 Tasty Tuesday! Make a yummy fall soup! Click here! 	23 Wellness Wednesday! Skip the screen time! 	24 Hydrate! Drink 16 oz. of water as soon as you wake up 	25 Fun Friday! Learn about the benefits of laughter here!	26 Try a detox drink Ginger tea or lemon water.
27 Cut out negativity, replace with positive self talk!	28 Celebrate a small win from this month	29 Review your change and growth	30 Set goals for next month		 Creating Healthy Schools and Communities	Go follow us at... www.facebook.com/HSNYWSBOCES @chsc_LongIsland