

October
2022

BRENTWOOD UNION FREE SCHOOL DISTRICT



Quote of the Month

Emotional Wellness

Lifeguard Club

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

-Tom Stoppard



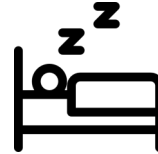
Interested in supporting your schools wellness? Contact Ms. Goumba if you would like to know more about lifeguarding or health and wellness.

An awareness, understanding and acceptance of your emotions and your ability to manage them effectively through

Each month a different club can present the schools wellness quote. If your club is interested, please contact Ms. Goumba!

Tips to Improve Your Immune System

Click here for benefits of laughing



Click [HERE](#) for more information

Click here!

WALKtober!

October is the kickoff month to Walk a Mile Monday! Raise your happy factor by walking to start your week on the right foot.

Upcoming Events

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

10/7: Brentwood Girls swim team hosts swimathon

10/15: Homecoming Parade and Football game 1:30pm

10/15: Learn to Swim program starts. Sign up through parent square

10/17: Raise your Happy Factor, Walk a Mile Mondays

Walking trails near **BUFSD**

[Click here!](#)

Brentwood State Park—

9 minute drive or

13 minute bike ride from BHS

Blydenburgh Park—

17 minute drive from BHS

Timberline Park —

9 minute drive or

15 minute bike ride from BHS

Contact Information

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Creating Healthy Schools
and Communities

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