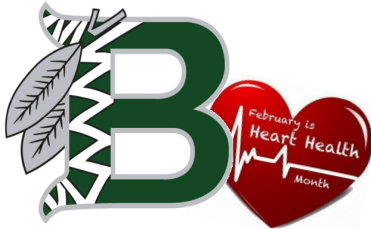


**FEBRUARY  
2023**

**BRENTWOOD UNION FREE  
SCHOOL DISTRICT  
WELLNESS WARRIORS NEWSLETTER**



**Quote of the Month**  
The heart truth means taking care of myself inside and out.

Kayla Valerioti

**This Heart Month, Commit to Better Health**  
As teachers, parents and friends, we tend to put others ahead of ourselves. But if we don't take care of ourselves, we can't take care of anyone else. If you don't make your health a priority, who will? Making a commitment to your health isn't something you have to do alone, invite your family and friends to achieve better health goals with you and make a **GO RED HEALTHY COMMITMENT TODAY!**  
View the following video and consider sharing it with your classes  
**Click here!—>Featuring our own Brentwood Teachers**

**Love yourself : Take care of your heart**  
There are many different activities that can help you keep your heart healthy. Physical activity like Drums alive is just one way to work out that very important muscle. Another way to keep your heart happy and healthy is to participate in acts of kindness both for yourself and others. Our Grit and Resilience, SEL class, lead by Jessica Sanchez, focuses on this and much more. Click on the picture for a video of the class working out their hearts!

Click on the hearts below!

# HEALTHY HEART MONTH

[Heart Healthy Eating](#)

[Heart Healthy Exercise Guide](#)

[Deep Breathing EXERCISE](#)

[Go Red for Women!](#)

[Amazing Heart Facts](#)

**FEATURES!**  
Elementary: Students at Oak Park Elementary school are learning how to grow and harvest crops from their indoor tower gardens which were built by Rebecca Grella, Jake Mulderig and their students at Brentwood High School. What a great way for the school community to work and GROW together!



Click on picture above!

The story boards that were created at this wonderful family literacy night!



**Recipe Corner**  
**Greek Yogurt Dipped Strawberries**

- Upcoming Events**
- February 3rd: **Go Red for Women-wear Red!**
  - February 9th: Family Swim Night (must sign up on Parent Square)
  - February 10th: **PS I love You event**
  - February 16th: Family Swim Night
  - February 17th: **Love Your Heart Cardio- thon Event!**
  - February TBD: Family Support Workshop
  - Every kid healthy week: April 24th-April 28th

**Contact Information**

Ms. Goumba: [sgoumba@bufsd.org](mailto:sgoumba@bufsd.org)  
Mr. Herrera: [fherrera@bufsd.org](mailto:fherrera@bufsd.org)

**Creating Healthy Schools and Communities**

Go follow us at...

[www.facebook.com/HSNYWSBOCES](https://www.facebook.com/HSNYWSBOCES)  
Instagram @chsc\_LongIsland