

**MARCH 2023**

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

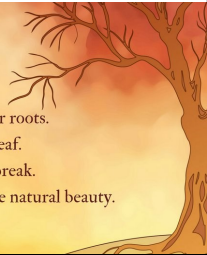


**Quote of the Month**

Sharon Litman and Jackie Kelly's, Medical Society Club, picked this month's quote in honor of Mental Health Awareness.

**BE LIKE A TREE.**

Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing.



**Feature**

Senator Monica R. Martinez, congratulates Capt. Keysha Jean-Baptiste on being selected as one of the honorees for our 2023 Fourth Senatorial District Black History Month Celebration . A Wonderful nomination by SMSRGT Hanna! Keysha has also worked hard to become a water safety instructor recently.



**Last Month...**

Brentwood HS celebrated Heart Health month throughout the month of February with Wear red for Women, PS, I Love You and Cardio-a-thon day!



**In HS Physical Education...**

Check out the cool things Mr. Arvanitakis & Mrs. Green's class and Mrs. Folz & Mrs. Harrison's classes are up to! Click on each.



**Mental Health Awareness Month**

This month we will focus on fostering our positive thoughts and well-being to work on our Mental Health. Click on the pictures or words below for engaging information and videos. Our mental health is just as important as our physical health!

Stay tuned for **Triumph Tuesday** each week of this month.



[De-Stress Monday in your classroom](#)



[Mental Health Facts](#)



[Mental Health in Kids](#)



[Mental Health in adults](#)



[Urgent Self Care Kit](#)

**March is also...NUTRITION MONTH!**

March is National Nutrition Month, dedicated to providing people with the knowledge needed to develop healthy eating habits and increase their physical activity. These habits are necessary to live a long life and reduce the risk of chronic disease. Check out the links below and other resources in the newsletter for health tips!



**Healthy Shamrock Shake**

R  
E  
C  
I  
P  
E



Kim and Kalee

**Wellness Calendar**

Click below to access this month's calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drink only water, no coffee Dance to your favorite song!	Drink only water, no coffee 30 squats	Drink only water, no coffee 30 squats	Drink only water, no coffee 30 squats	Drink only water, no coffee 30 squats	Drink only water, no coffee 30 squats	Drink only water, no coffee 30 squats

**Upcoming Events**

- March TBD: Kind words from a Stranger Event
- March TBD: Open Mic
- March 29th: Gary Mintz Run- [Click here!](#)
- April 24-28: Every Kid Healthy Week
- April 29th: Breast Cancer Awareness event
- Thursdays: Family Swim Night



Congratulations to the Boys Basketball Team on being the Large School Champions and good luck in the LI Championship!

**Contact Info**

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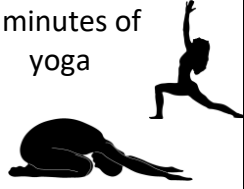






















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# March Nutrition Month Challenge

Celebrate nutrition month by taking on nutrition and fitness challenges!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Only fruits &amp; veggies as snacks</p> 	<p>2 10 arm curls with canned food</p> 	<p>3 Dance to your favorite songs!</p> 	<p>4 Balance on each foot for 1 minute</p> 
<p>5 Drink only water, no soda</p> 	<p>6 Jog or March in place for 2 minutes</p> 	<p>7 5 minutes of yoga</p> 	<p>8 15 squats</p> 	<p>9 Try a new fruit or vegetable</p> 	<p>10 Read a book while wall sitting</p> 	<p>11 15 sit ups</p> 
<p>12 Dance to your favorite songs!</p> 	<p>13 Only fruits &amp; veggies as snacks</p> 	<p>14 20 arm curls with canned food</p> 	<p>15 Drink only water, no soda</p> 	<p>16 Balance on each foot for 2 minutes</p> 	<p>17 25 Jumping Jacks</p> 	<p>18 10 minutes of yoga</p> 
<p>19 Jog or March in place for 5 minutes</p> 	<p>20 30 squats</p> 	<p>21 Drink only water, no soda</p> 	<p>22 Try a new fruit or vegetable</p> 	<p>23 Read a book while wall sitting</p> 	<p>24 30 sit ups</p> 	<p>25 Dance to your favorite songs!</p> 
<p>26 Only fruits &amp; veggies as snacks</p> 	<p>27 Balance on each foot for 2 minutes</p> 	<p>28 Jog or March in place for 10 minutes</p> 	<p>29 15 minutes of yoga</p> 	<p>30 30 arm curls with canned food</p> 	<p>31 Drink only water, no soda</p> 	 <p><a href="https://www.facebook.com/HSNYWSBOCES">https://www.facebook.com/HSNYWSBOCES</a></p>  <p>@CHSC_LongIsland</p>