

April
2023

BRENTWOOD UNION FREE
SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER



Quote of the Month



“You are not lucky to be here. The world needs your perspective. They are lucky to have you.”

“No tienes suerte de estar aquí. El mundo necesita de tú perspectiva. El mundo tiene suerte de tenerte a ti”.

Last Month...

Brentwood HS started a Wellness Workshop series for staff to take part in on their off periods. They had a great turnout and bonded over fun activities.



Mindful Moment

The gift of silence: In a demanding world with busy work schedules, constant emails, social media updates and much more, we rarely give our minds time to rest without distraction. Dedicate 10 minutes to sitting in a quiet place in complete silence. By putting distractions aside, we recharge our minds and allow room for

Spring into Action

Spring into wellness this season! The weather is improving and outdoor recreation spaces are opening. Try getting outside and moving your body to improve your mood and experience the many benefits of physical activity! You can also Spring clean your body by eating healthy and nutritious foods. **Click on icons for at home activities.**



Click for Wellness Calendar!

Every Kid Healthy Week

April 24th-28th

EKHW is a National movement that celebrates a schools effort to focus on health and wellness. Brentwood schools continue to participate year after year.

MINDFUL MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FAMILY FRIDAY
Social Emotional Health	Nutrition and Food Access	Physical Activity and Active play	Equity Awareness	Family-School Partnerships

CHILD HEALTH FOCUS

Feature

Ms. Cifelli and her colleagues organized a very successful health fair last month at West Middle School. Students and Staff visited the engaging fair throughout the entire day where they received important health and wellness information and participated in fun activities!



Recipe Corner

Lemon Zucchini Bread

Click the picture below for the recipe



This Spring...



Upcoming Events

- April 24-28: Every Kid Healthy Week
- April 29th: Breast Cancer Awareness event
- Thursdays: Family Swim Night@ the HS
- May 23rd: Wellness Fair at Northeast Elementary

Contact Info

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Creating Healthy Schools and Communities

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Instagram @chsc_LongIsland

April Fitness Challenge




Spring into physical activity by following the fitness challenge calendar! Can you be active every day this month?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 20 minutes of yoga 		  @CHSC_LongIsland	 Creating Healthy Schools and Communities			1 Dance to your favorite songs! 
2 10 arm curls with canned food 	3 Balance on each foot for 1 minute 	4 5 minutes of yoga 	5 10 squats 	6 5 sit ups 	7 Read a book while wall sitting 	8 Jog or March in place for 5 minutes 
9 15 squats 	10 10 sit ups 	11 Jog or March in place for 10 minutes 	12 Dance to your favorite songs! 	13 Balance on each foot for 2 minutes 	14 10 minutes of yoga 	15 15 arm curls with canned food 
16 Read a book while wall sitting 	17 Balance on each foot for 3 minutes 	18 20 arm curls with canned food 	19 15 sit ups 	20 Jog or March in place for 15 minutes 	21 20 squats 	22 Dance to your favorite songs! 
23 Jog or March in place for 20 minutes 	24 15 minutes of yoga 	25 25 squats 	26 Read a book while wall sitting 	27 Dance to your favorite songs! 	28 Balance on each foot for 5 minutes 	29 20 sit ups 

Desafío de ejercicio de abril



Salta a la actividad física siguiendo el calendario de desafíos de acondicionamiento físico. ¿Puedes estar activo todos los días de este mes?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>20 minutos de yoga</p> 		<p>   @HSNYWSBOCES @CHSC_LongIsland </p>	<p>  Creating Healthy Schools and Communities </p>			<p>1</p> <p>Baila con tus canciones favoritas!</p> 
<p>2</p> <p>10 flexiones de brazos con comida enlatada</p> 	<p>3</p> <p>Equilibrio en cada pie durante 1 minuto</p> 	<p>4</p> <p>5 minutos de yoga</p> 	<p>5</p> <p>10 sentadillas</p> 	<p>6</p> <p>5 abdominales</p> 	<p>7</p> <p>Leer un libro sentado en la pared</p> 	<p>8</p> <p>Trotar o marchar en el lugar durante 5 minutos</p> 
<p>9</p> <p>15 sentadillas</p> 	<p>10</p> <p>10 abdominales</p> 	<p>11</p> <p>Trotar o marchar en el lugar durante 5 minutos</p> 	<p>12</p> <p>Baila con tus canciones favoritas!</p> 	<p>13</p> <p>Equilibrio en cada pie durante 2 minutos</p> 	<p>14</p> <p>10 minutos de yoga</p> 	<p>15</p> <p>15 flexiones de brazos con comida enlatada</p> 
<p>16</p> <p>Leer un libro sentado en la pared</p> 	<p>17</p> <p>Equilibrio en cada pie durante 3 minutos</p> 	<p>18</p> <p>20 flexiones de brazos con comida enlatada</p> 	<p>19</p> <p>15 abdominales</p> 	<p>20</p> <p>Trotar o marchar en el lugar durante 15 minutos</p> 	<p>21</p> <p>20 sentadillas</p> 	<p>22</p> <p>Baila con tus canciones favoritas!</p> 
<p>23</p> <p>Trotar o marchar en el lugar durante 20 minutos</p> 	<p>24</p> <p>15 minutos de yoga</p> 	<p>25</p> <p>25 sentadillas</p> 	<p>26</p> <p>Leer un libro sentado en la pared</p> 	<p>27</p> <p>Baila con tus canciones favoritas!</p> 	<p>28</p> <p>Equilibrio en cada pie durante 5 minutos</p> 	<p>29</p> <p>20 abdominales</p> 