

May
2023

BRENTWOOD UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER



Quote of the Month

Water is inspiring, while soft and humble, cutting through tough rock, not because it is powerful, but because of patience and perseverance.



Feature

A victory lap walk took place in Sonderling this past weekend for the Brentwood Women Fight Back Against Breast Cancer Walk. They raised awareness and showed support for breast cancer fighters. Great job!



Mindful Moment

When eating your next meal, put all distractions aside and just eat. Pay attention to the colors and shapes that dress your plate. Take time to enjoy your food and notice all the textures and flavors. Click below!



Last Month Every Kid Healthy Week

Students and staff at Brentwood High School celebrated Every Kid Healthy Week by trying healthy snacks. The Brentwood food service team, Cornell Cooperative Extension and CHSC came together to provide delicious hummus with veggies and edamame to try.



Brentwood's pool just provided a fantastic opportunity for its students over the Spring break to become Red Cross certified Water Safety Instructors. Eight enthusiastic students were scholar-shipped into this Water Safety Instructor course. This Red Cross course certifies individuals to teach Parent and Child swimming, Preschool, Adult and Elementary through High School students Learn to Swim classes

Water Safety Month

May is National Water Safety Month and the American Red Cross wants to ensure that every member of your family becomes water competent. This means being water smart, having swimming skills and knowing how to help others. Children and adults should learn to swim so they at least achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. Click on each icon below for water safety information!



[Drowning prevention](#)



[Tips](#)



[Find swim lessons!](#)



[Whales Tale Resources](#)



[At your schools!](#)

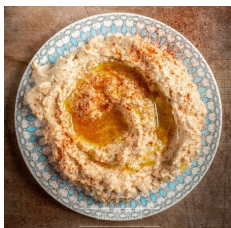
Recipe Corner

No Blender Humus

Only 3 must have ingredients!

-1 can cooked chickpeas - garlic -olive oil

Click below!



Upcoming Events

- Thursdays:** Family Swim Night@ the HS
- May 23rd 5-7pm:** Wellness Fair at North-east Elementary
- May 8th & 25th:** Tim Shoemaker- Protecting children from drugs and Social Media-Ross auditorium-BHS
- August 24th:** 2nd Annual Back to School Kick Off—Central Administration Building

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WELLNESS CALENDAR

| | | | | | | |
|---|---|--|---|---|--|--|
| <p>1 Limit sugar today</p>  | <p>2 10 arm curls x 3</p>  | <p>3 10 min. walk or jog</p>  | <p>4 Tree pose for 1 minute each side</p>  | <p>5 Drink only water today, no sugary drinks</p>  | <p>6 10 minutes of yoga</p>  | <p>7 30 sec. wall sit x 3</p>  |
| <p>8 20 second plank x 3</p>  | <p>9 20 sit ups x 3</p>  | <p>10 Drink only water</p>  | <p>11 10 squats x 3</p>  | <p>12 10 min of yoga</p>  | <p>13 20 second plank x 3</p>  | <p>14 25 jumping jacks x 3</p>  |
| <p>15 5 min of yoga</p>  | <p>16 20 minute walk</p>  | <p>17 10 clamshells x 3</p>  | <p>18 Only fruits/veggies for snack</p>  | <p>19 10 bicycles x 3</p>  | <p>20 10 arm curls x 3</p>  | <p>21 10 min of yoga</p>  |
| <p>22 Limit sugary drinks</p>  | <p>23 Eat healthy snacks</p>  | <p>24 25 jumping jacks x 3</p>  | <p>25 10 arm curls x 3</p>  | <p>26 10 squats x 3</p>  | <p>27 Tree pose 1 minute</p>  | <p>28 20 minute walk</p>  |
| <p>29 10 minutes of yoga</p>  | <p>30 20 second plank x 3</p>  | <p>31 10 minute walk</p>  | |  @CHSC_LongIsland |  https://www.facebook.com/HSNYWSBOCES |  Creating Healthy Schools and Communities |