

JUNE  
2023

# BRENTWOOD UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER



## Quote of the Month

This months quote by GSA Club  
-Advisor: Bryce Ziskin  
"We have to be visible. We should not be ashamed of who we are."  
- Marsha P. Johnson



## School/Community Collaboration

Brentwood Public Library is working with the High School My Brothers Keeper students to plant seeds and seedlings at the Pronto garden to feed the community. On earth day, MBK students cleaned up the garden and prepared the beds for planting. They also worked together to create a video about the seed garden featuring a recipe for a Spinach Salad created by Louis Penaranda, MBK and Liz Cordero from Pronto discussed healthy eating and the services provided by Pronto. All will gather again this month to paint a library and MBK raised garden bed, then begin planting after Mother's Day. They are growing plants in the Teen Services Department of the library.



## Senior Field Day!

Brentwood HS PE teachers organized a very fun day for the Seniors. Click below for videos!



[Click here for more videos!](#)

## High School Health Fair

The High School held a very successful health and wellness fair last month which included interactive activities and a wonderful guest speaker, Channell Smiley.



## Northeast Health Fair

A wonderful health fair took place last month at Northeast Elementary school. Students, staff and family members visited multiple interactive tables with health and wellness information and got to participate in live Zumba classes and Math&Movement activities.



## Summer safety



[Water Safety Tips](#)



[Pedestrian Safety Tips](#)



[Sun Safety Tips](#)



[Bike Safety Tips](#)

## Take steps towards a stress-free day.

Mindful walking helps you stay both active and relaxed.



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## 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**

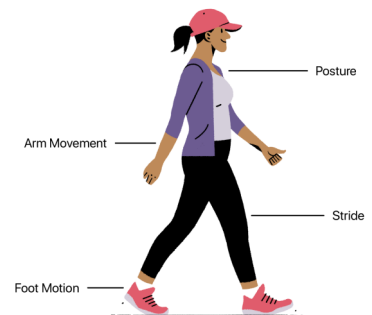
**Timberline Park —**

**9 minute drive or**

**15 minute bike ride from BHS**

## Think you can walk the walk?

Proper form can improve your pace and reduce your risk of injury.



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## Recipe Corner

### Tropical Smoothie

**Ingredients:** Mango, pineapple, banana, coconut milk  
click below for recipe!



## Upcoming Events

**August 24th:** 2nd Annual Back to School Kick

Off—Central Administration Building

**Gardeners of all levels welcome!**—Pick up seeds from your local seed library at the **Brentwood Public Library**. [Click here!](#)

**Strawberry Season @ Thera Farms! Click here!**

**Swim lessons click here @ Roberto Clemente**

**Aqua Yoga/Water Fitness, Chair Yoga, Beach**

**Pilates and Zumba!**—[click here for more info!](#)

## Contact Info

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