

September 2022
Welcome Back!

BRENTWOOD UNION FREE SCHOOL DISTRICT FALL WELLNESS NEWSLETTER



WELCOME BACK!

“Coming together is a beginning. Keeping together is progress.

Working together is success.”

-Henry Ford

The Back to School season can be a fresh start. Here are some tips to get started on the right foot!

1. Create a schedule at the beginning of each week.
2. Think ahead! Visit the doctor, practice good hygiene and nutrition and manage allergies and sickness early.
3. Set aside time to be active and practice mental health
4. Avoid putting harmful things in your body and limit sugary drinks.
5. Find time to connect with others—community, family, and friends and get good sleep!!!

Wellness Year Round

Throughout the school year, each season will bring a themed Wellness newsletter that highlights wellness champions throughout the Brentwood School District and community. It will also include different ways to stay physically and mentally healthy.

Please contact Ms. Grodski or Ms. Goumba if you are interested in being a part of the wellness Committee or want to feature something in the wellness newsletter .



FALL into FITNESS!

Click above for a Fall Fitness Circuit or click on each monthly theme for a guided fitness calendar

STEPtember

WALKtober

MOVEmber

TAKE A WALK ON THE CALM SIDE.



#DeStressMonday

DeStressMonday.org



STRESSED OUT? WALK IT OFF.

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating “left, right” as you walk.



DeStressMonday.org

#DeStressMonday

MASSAGE AWAY STRESS

This Monday, try simple, self-massage exercises to relax tight muscles and release tension from stress.



DeStressMonday.org

#DeStressMonday

Recipe Corner

Click on the picture to access ingredients and recipe



HELLO

Brentwood schools will be participating in “Start with Hello” a program designed to teach students to be more socially inclusive and connected to each other. Students are empowered to end social isolation and help their peers form friendly relationships.

Contact Information

Ms. Goumba: sgoumba@bufsd.org

Ms. Grodski: carol.grodski@bufsd.org



Creating Healthy Schools and Communities



Go follow us at...

www.facebook.com/HSNYWSBOCES

Instagram @chsc_LongIsland