

**WINTER
2023
Merry Fitmas!**

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



Quote of the Month

“We can bring positive energy into our daily lives by smiling more, talking to strangers in line, replacing handshakes with hugs and calling our friends just to tell them we love them.”
-Brandon Jenner
 Social interactions and connectivity can improve our mental health and help us with hard times, stress, anxiety and depression. Talk to someone today!

Feature: Planksgiving at Northeast Elementary

The Physical Education Staff at Northeast Elementary School extended an invitation to students this year: take part in the Planksgiving challenge by holding a flawless 2-minute plank. Planks effectively bolster core muscles, and perfecting your plank holds adds a fun and energizing dimension to your fitness regimen. The overwhelming participation and success of numerous students called for a second turkey bulletin board to accommodate everyone's names.
Great job Northeast!



Staff Wellness at Northeast
 Northeast Elementary is not only committed to student wellness. They also focus on staff well-being by providing wellness tools one Wednesday every month. Last month, they highlighted the benefits of journaling, provided journals and pens with wellness messages on them.



12 Gifts of Fitmas!
[Click here to access the 12 Gifts of Fitmas activity.](#)
[Get a friend or family member to participate with you!](#)

Destress for the Holiday
 Click on the pictures below for stress management!



The Importance of Physical Activity (PA)

Tis the Season for Indoor Workouts!
 It may be harder to engage in PA during the colder months but there are fun ways to fit it into your every day life. Try a kitchen workout with family and friends while cooking or look up a yoga or bodyweight class on Youtube.
 Click on the pictures to the right for more ideas!



Recipe Corner
Chicken Pot Pie Recipe
 Click for Recipe!



Be Mindful!
 According to noted therapist and author, Dr. John Gottman, anger is rarely about being angry, it's more like an iceberg. What's going on below the surface, concealed by the anger? It could be covering up harder to recognize raw feelings like sadness, embarrassment, or shame. Learn to recognize the true causes of feelings of anger with the help of The Gottman Institute's

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Upcoming Wellness Opportunities
 Dec. 13: Holiday card making @ HS
 March 5th: West Middle Health Fair
 Every Thursday: Family Swim Night!

December

25 Days to Fitmas

Give your body the gift of wellness!



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fitness Friday! 	2 Display a random act of kindness in your community
3 3 sets of squats 	4 Mindful Monday! 	5 Spin like a Dreidel! 	6 Wellness Wednesday! 	7 Happy Hanukkah! 	8 Funny Friday! 	9 Try some lemon water
10 Skip the screen time 	11 Mindful Monday! 	12 Hanukkah Fun 	13 Wellness Wednesday! 	14 Spin the Dreidel 	15 Fitness Friday! 	16 Go for a long walk
17 Get a good night sleep 	18 Mindful Monday! 	19 Grinch Workout 	20 Wellness Wednesday! 	21 Buddy the Elf Workout 	22 Fun Friday! 	23 3 sets of 10 pushups
24 Go for a sensory walk 	25 Walk outside! Click for healthy recipe	26 Walk outside! Click for healthy recipe	27 Walk outside! Click for healthy recipe	28 Walk outside! Click for healthy recipe	29 Walk outside! Click for healthy recipe	30 Happy Kwanza workout
31 Set 3 goals for the new year						Go follow us at... www.facebook.com/HSNYWSBOCES @chsc_LongIsland