

BELLMORE ELEMENTARY PTA

WINTHROP AVENUE SCHOOL

CALLING ALL...



HEALTHY HEROES

HEALTH & SAFETY WEEK

OCTOBER 26-30

Students will have activities each day promoting many aspects of Health & Safety.



Monday, October 26
FIRE SAFETY

Presented by: Bellmore Fire Department

Tuesday, October 27
MIND & BODY WELLNESS EXERCISES



Wednesday, October 28
BIKE SAFETY PRESENTATION
Presented by: NY Coalition for Transportation Safety

Thursday, October 29
UNDERSTANDING & MANAGING ANXIETY
Presented by: Mrs. Davison, School Social Worker



Friday, October 30
BOX OUT BULLYING ASSEMBLY



On Friday...
Wear a school
appropriate
costume!

Turn in your
Passport and
receive a prize
on Friday!



PTA Super Heroes of the Week!
Thank you to our Health & Safety Committee
Teresa Palumbo and Genesis Cammock!

**HEALTHY HEROES**

WINTHROP AVENUE
HEALTH & SAFETY WEEK
PASSPORT
Complete 5 activities from the choices and you'll get a prize!
Parents please check each activity completed.

**HEALTHY KIDS**
BRIGHTER
TOMORROW

Go over a fire safety plan with your family. 	Ride your bicycle or scooter with your helmet on. 	Go on a family walk. 	Eat some veggies. 	Practice relaxation breathing. 	Get 8-10 hours of sleep. 
Take a technology break for an evening. 	Eat some fruit. 	Try a new healthy food option. 	Play with a new friend at recess. 	Give 3 compliments to different people throughout the day. 	

**BE SAFE**
BE KIND

Name: _____
TURN IN YOUR PASSPORT BY FRIDAY, OCTOBER 30TH!

**BE HEALTHY**
BE YOUR BEST!