

BELLMORE ELEMENTARY PTA

Shore Road School



HEALTH & SAFETY WEEK

October 20-24

We are finding new ways to be the greatest version of ourselves every single day!

MINDFULNESS MONDAY

Monday, October 20

Calming meditation activities done throughout the day
Wear something *calm and cozy*

.....

TWO-WHEEL TUESDAY

Tuesday, October 21

We will refresh the rules of the road before you ride!
Wear something *NEON*

.....

MIDWEEK MIND, BODY & HEART

Wednesday, October 22

Enjoy a yoga session with *Little Lotus Yoga*
Wear your best *athleisure attire*

.....

INTERNET SAFETY

Thursday, October 23

Presented by: Northwell Health
Wear something with an 😊 😞 (emoji)

.....

BE THE GOAT

Friday, October 24

GOAT USA will be helping us do extraordinary things!
Wear something *that makes you feel GREAT*

Thank you for supporting the Bellmore Elementary PTA.

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