

Pegasus/GT

Thursday Thoughts 1-11-2024:

**Success to Significance:
*Possibly significant the rest of this week...***

***“Reading gives us someplace to go
When we have to stay where we are.
~Mason Cooley***

Be safe!

LINKS and INFORMATION:

- Pegasus/GT Family Game Night for all Pegasus/GT Families K-12. Please join us for some fun and challenging games from 6:00-7:00pm on Monday, January 22, 2024 in the Riverview Library. All K-12 Pegasus families are invited to join in on the fun!
- Planning has begun...PHS National Honor Society and PJSJ Pegasus will be leading the charge to collect as many boxes of cereal as possible for the Do Good Wisconsin's Cereal Box Domino Challenge to benefit the Plymouth Food Pantry (donations will start February 1st)! This will be the second annual participation for PJSJ in the Cereal Box Domino Challenge. We hope to make it bigger and better this year and will invite all the schools, groups, and clubs to get cereal box donations. Last year, we were able to donate over 800 boxes of cereal to the Plymouth Food Pantry...We are hoping to go well beyond that number this year!
- **From American Players Theatre-APT ACT Camp** held at Bethel Horizons Camp near Dodgeville, WI from July 14 - 19, 2024. ACT Camp is open teens who will be entering 9th through 12th grades in the fall. APT will accept up to 35 participants If you have any Questions: email ACT Camp at actcamp@americanplayers.org . ACT Camp applications are due on or before Monday, March 25, 2024.
- **From Zooniverse: [Burst Chaser](#)** Help astronomers sort out the most powerful explosions in the universe! These mysterious and energetic events are called gamma-ray bursts. In Burst Chaser, you will see pictures of gamma-ray bursts detected by NASA's Neil Gehrels Swift Observatory. We need your help to classify these shapes and produce the first pulse-shape catalog. This will help astronomers understand the true nature of these mysterious bursts!
- **From We Are Teachers:**
 - **National Milk Day is today!** In honor of National Milk Day, here is [an easy and fun magic milk experiment](#) to help celebrate Wisconsin's deep rooted dairy industry. All you need is milk, dish soap, food coloring, and cotton swabs. Plus, a free worksheet for students to record their predictions for the experiment. Also, [a free virtual field trip to a dairy farm.](#)
 - **11 Tips for Pairing Fiction With Nonfiction in Grades K-5....**[Make both genres come alive for your readers!](#)
 - **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- **From Seth Perler, 2E Guru:** [How Disruption of Routine STRESSES Kids, and how to HELP? Executive Function, ADHD, 2e](#) (4 min. video)
- **From Bright and Quirky:** [How to Motivate an Unmotivated Child, with Michael Delman](#) (7 min. video)
- **Byrdseed Puzzlements for 1-11-2024**
 - Treb Heining has been [throwing confetti on New Years Eve at Times Square](#) for 30 years. This is a *long* one, so skip to Treb coaching at 8:50 and, of course, the real deal at 11:00.

- How does fire behave in space? [These Chinese astronauts will show you!](#)
- This is [an unbelievable cake-serving Rube Goldberg machine](#) from Joseph's Machines.
- Yuji Hamada creates photos of mountains that are [really folded up foil](#).
- I adore this [machine that trims bushes into spheres!](#)
- **From UW-Madison Badger Precollege:** Applications for Badger Precollege summer programs are officially open! Badger Precollege offers a suite of residential and commuter programs designed to inspire learners in grades 2-12. In addition to an engaging academic challenge, our summer programs invite students to develop their growth mindset, prepare for college success and meet new friends — all at the top-ranked UW–Madison.

[Badger Precollege Senior, grades 9-12](#)

[Badger Precollege Junior, grades 2-8](#)

Mindful Minute:



Drive...Strive...Thrive at 65!

After turning 65 this past week, I reiterate ...age is just a number!

I'm so blessed to be able to do the same running knee slide on stage at 65 that I did performing on stage 45 years ago!

I still love skiing...especially now sharing the slopes with my grandson! (As long as it's not too cold....Next week...maybe not 😊!)

And, I still love working with the amazing students, staff, families, and community of PJSD!

Find and live your passions and love life!

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Mindful Minute:

[New Years Meditation to Invoke Positive Change](#) from Mindful Minutes

[Setting an Intention for the New Year" meditation](#)

[Cultivate Compassion Meditation](#)

ALWAYS...Be inclusive...ALWAYS...Be kind!

[Kindness Meditation](#)

- **Get some air and exercise** in our parks, on our trails, or in some upcoming Walks/Runs/Races:
 - **[Enjoy our many State Parks, Forests, and Trails!](#)**

- [Enjoy our many National Parks, Forests, and Trails!](#)
- **Mental Health America resource links:**
 - [School Resources and Toolkit](#)
 - [Community Mental Health Resource Card](#)
 - [MHA Lakeshore Mindfulness Resources](#)
 - [Youth Mental Health Crisis Card](#)
- **From ByrdseedTV: [Videos about anxiety, the brain, and calming down.](#)**

:-)

Roy

Roy Schwab, Med

Plymouth School District Elementary and High School G.T./Pegasus Coordinator

Plymouth School District Health and Wellness Coordinator

SLÁN AGUS BEANNACHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt

Share Positivity!

:-)

Roy

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Jessica

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"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." ~*Albert Einstein*

Education is the key to unlocking a world of knowledge, possibilities, and opportunities.

Turn the key!

Just be sure to turn that key with kindness, love, and gratitude to all that you bestow! ~*RS*