

Pegasus/GT

Thursday Thoughts 1-18-2024:

**Success to Significance:
*Your heart significant...listen to it!***

***You will never be able to escape from your heart.
So it is better to listen to what it has to say!***

~Paulo Coelho

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!
- Reflections of Gifted Children <https://watg.org/blog/id/586>
- Planning has begun...PHS National Honor Society and PJSD 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 PJSD 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 The Gifted Guru: [Free teaching resources from The Gifted Guru.](#)
- SENIORS...Scholarships: Make sure you check out the "FREE MONEY" that may be available to you for college on the [Counseling Webpage for Scholarships!](#)
- Sophomore and Junior Pegasus/GT Students: [Follow your passion with a Passion Project Independent Study.](#) PJSD Pegasus/GT students can earn independent study credits in their Junior and Senior years with a Passion Project Independent Study!
- [MITY Summer Programs for Grades 1-12:](#) MITY (Minnesota Institute For Talented Youth) provides advanced students with the opportunity to pursue their passions STEM, humanities and fine arts courses that are hands on, inquiry-based and beyond the scope of a traditional curriculum. They also enjoy a variety of recreational activities that help facilitate lifelong friendships with students from across the world.
- From Zooniverse: [Black Hole Hunters](#) is back, help Zooniverse search for the most elusive objects in the galaxy!
- From We Are Teachers:
 - **Winnie the Pooh Day** is January 18 in honor of creator A.A. Milne's birthday (born in 1882). Milne's first book about the Hundred Acre Wood appeared in 1926. Check out these favorite Pooh [activities](#) and [quotes](#).
 - **Celebrate the Year of the Dragon**, which begins February 10 on Lunar New Year. [Check out our dragon-themed Lunar New Year coloring page here.](#) [Here are some fun books about dragons.](#)
 - **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- From Bright and Quirky:
 - ["Your Child Would Do Well if They Could Do Well"](#) according to Ross Greene PhD (3 minute video)
 - ["How to Motivate an Unmotivated Child"](#) with Michael Delman (7 minute video)
- Byrdseed Puzzlements for 1-18-2024
 - Oh [gosh. Man bumps tree covered in pollen.](#)

- You know what you don't see often? A quintet of double basses [performing the theme from The Pink Panther](#) in the woods.
- Here's [a tomato-sorting machine](#) that removes the unripe fruits. Watch the slow-mo around 1:14 to see what's really going on. (And how could you *not* write from the perspective of one of those tomatoes!)
- Kochiki Sugihara creates fantastic illusions. [This video is quite long](#), but packed with some mind-bending imagery.
- Black and white photographs: are they moons... [or pancakes?](#)
- **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:



It is supposed to warm up this weekend....Hopefully, we can all go out and enjoy the snow!



[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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"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