

Pegasus/GT

Thursday Thoughts 1-25-2024:

Success to Significance:
The significance of the "little things"

***Be grateful for all the little things that make your life special,
All those unremarkable events that made a huge difference in your life,
And all those who made you extraordinary in some way.
Be Grateful!***

Dallanborsug

LINKS and INFORMATION:

- Thank you to the families that were able to make it to our Pegasus/GT Family Game Night....We had a great time!
- We will be getting out more information soon for the PHS National Honor Society and PJSJ Pegasus led *Do Good Wisconsin's Cereal Box Domino Challenge* to benefit the Plymouth Food Pantry! 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!
- Remind your SENIORS that are continuing into post-secondary education to apply for scholarships...The scholarship application deadlines are fast approaching: Check out the "FREE MONEY" that may be available on the [Counseling Webpage for Scholarships](#)!
- From Zooniverse: Zooniverse is launching two new projects this week -- one investigating storytelling and one investigating fish in the Great Lakes.
 - [The Lives of Literary Characters](#): Calling all readers -- the first-ever citizen science project to study the wealth of human storytelling. How does it work? Volunteers will assist us by annotating stories to better understand the complex lives of fictional characters. Characters are the backbone of storytelling. With your help, our aim is to build AI models to better understand who characters are and what they do within diverse narrative worlds to address one very big question: **why do human beings tell stories?**
 - [Where's Walleye](#): Looking to sharpen your sleuthing skills? Where's Walleye (and his friends) is launching on Zooniverse! This project is looking for volunteers to help find the fish hidden in short-video clips to help further research in Great Lakes coastal wetlands.
- From We Are Teachers:
 - [5 Calming Mind-Body Exercises To Try With Your Students](#)
 - [110 Abe Lincoln Quotes](#)
 - [The Big List of Student Contests and Competitions...50+ contests for STEM, ELA and the arts, and more!](#)
- From Tech Notes: [Science Activities for Critical Thinking](#)
- From Bright and Quirky:
 - Experts Stuart Shanker, DPhil; Mona Delahooke, PhD; Renee Jain, MAPP; and Laura Markham, PhD [discuss over-stressed children experiencing big emotions or behaviors](#), as well as the signs that your child is becoming over-stressed.

- **For Sophomore and Junior Pegasus/GT Students:** [Follow your passion with a Passion Project Independent Study](#). PUSD Pegasus/GT students can earn independent study credits in their Junior and Senior years with a Passion Project Independent Study!
- **Byrdseed Puzzlements for 1-25-2024**
 - Many, many people wrote in last week demanding *more* double basses, so [here's Flight of the Bumblebee on two basses](#) (both performed by Lev Weksler).
 - One of my favorites! [An F1 pit stop](#). Blink and you'll miss it. Watch it a dozen times and try to figure out what each person's job is.
 - It's the winners of [the 2023 comedy wildlife photography contest](#). I think [2022's winners were better!](#)
 - Give your students a chance to [look closely at this image of footprints](#) before revealing what it really is.
 - Peter Bence performs a fabulous [one-man cover of Toto's Africa](#) with looping, piano smacking, and plucking of strings.
- **[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 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:

“Listen to the silence...

It has much to say!”

~Rumi

[Listening to the Silence](#) Guided Meditation

[Cultivate Compassion](#) Guided 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

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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*