

# **Pegasus/GT**

## **Thursday Thoughts 1-4-2024:**

**Success to Significance:**

***Reflect on the past, but focus on the future!***

***New Year's Eve 1 2 3 1 2 3***

***New Year's Eve 12-31-23 One Two Three One Two Three...***

***The end of another year for you and for me.***

***Focus on wonderful memories from the year now past.***

***Savor those memories because time goes so fast.***

***Treasure loved ones here and in heaven above.***

***Celebrate the many blessings of friendship and love.***

***Thank you to those that helped make 2023 a great year.***

***Welcome 2024 with hope, love, peace, new beginnings and cheer!***

*RS*

### **LINKS and INFORMATION:**

- **Coming soon...PHS National Honor Society will be partnering with PJSD Pegasus on the Do Good Wisconsin's Cereal Box Domino Challenge (donations will start February 1<sup>st</sup>)!** 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 DPI: [Educators Reflect on Legacy of Senator Herb Kohl](#)** article. I was personally saddened to hear of the passing of Herb Kohl. He has done so much for education! The Herb Kohl Educational Foundation has given close to 35 million dollars out in scholarships to high school seniors and as Fellowship awards for educators since 1990! I very proudly shook Herb Kohl's hand when he personally awarded me my fellowship award 25 years ago. The generous award was two part. The first part was to be used for my classroom, and I purchased some wonderful new technology items for my room. The second part was to be used personally, and it paid for a wonderful trip to Disney World for me and my family! He also did so much as a senator and sports enthusiast...as a true philanthropist...Herb Kohl used his wealth to make the lives of others better!
- **For all those families of SENIORS: It is scholarship time!** [Visit the PHS Counseling Office web site for lots of great information!](#)
- **From Zooniverse: Snapshot Wisconsin!** [Discover wildlife by classifying images captured on trail cameras.](#)
- **From We Are Teachers:**
  - **National Trivia Day is today!** January 4 is National Trivia Day, and we've got 100 [fun trivia questions for kids in all grade levels right here](#). Plus, [even more trivia to stump your mini scientists](#).
  - **50 Famous Engineers Everyone Should Know....**[Pick your problem-solver!](#)
  - **25 High School English Activities** [to try out!](#)
  - **58 Free and Easy Directed Drawing** [Activities Anyone Can Do!](#)
  - **32 Fabulous 100th Day of School Ideas** ([Activities, Videos, and More](#))

- [This time of year, your students \(and you\) may need a Positive Word or two or 125 Positive Words of Encouragement!](#) Here are 125 Phrases to help kids build their internal champion.
- [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 Technotes:**
  - [5 Free Crossword Puzzle Makers](#)
  - [2023 GOOGLE RESOURCE ROUNDUP](#)
- **From Bright and Quirky: Top 15** quick knowledge nuggets (short videos) experts shared in 2023.
  1. [When a Bright Child Resists Learning, with Melanie Hayes](#)
  2. [End Screen Time Peacefully with Demand Avoiders, with Linda Murphy](#)
  3. [The Best Strategy for Kids and Teens with ADHD, with Edward Hallowell](#)
  4. [Top 3 Hacks for Writing and Note Taking, with Sarah Ward](#)
  5. [How to Get a Teen Off Screens, with Ned Johnson](#)
  6. [Antidote to Negative Things Anxiety Tells Your Child, with Sharon Saline](#)
  7. [Secret to Motivating Kids at School and Beyond, with William Stixrud](#)
  8. [What To Do When Kids Are Shut Down, with Dr. Stephen Porges](#)
  9. [How to Tell Your Child About Their Diagnosis, with Dan Peters](#)
  10. [Stop Screens, Without Meltdowns, with Shannan Lea](#)
  11. [Script for When Kids Don't Want to Use Anti-Anxiety Skills, with Janine Halloran](#)
  12. [Is This Special Person in Your Child's Life? With Barry Prizant](#)
  13. [How to Parent a Video Gamer, with Alok Kanojia](#)
  14. [Are We Undermining Our Kids' Gifts? With Stuart Shanker](#)
  15. [Signs of Tech Overuse, with Shimi Kang](#)
- **Byrdseed Puzzlements for 1-4-2024**
  - From [pinecone to pine tree!](#) Three hundred days in under two minutes. *Oh, the drama at 0:55!*
  - Doing an *a cappella* rendition of a song with no words is quite a flex. Here's Pentatonix's version [of Dance of the Sugar Plum Fairy –Carol of the Bells](#) as well as the live [Trans Siberian Orchestra version](#) – the perfect way to close out after the holidays.
  - [Gotta love jingle wrenches](#), especially the unexpected *glissando* as he cleans up at the end! (What *other* objects could we perform with?)
  - It's a winter classic! [What happens when you freeze bubbles?](#) (Annotated [with moments to pause, ponder, and talk](#) at Byrdseed.TV!
  - He's got a new movie out, [but why not invite Godzilla into your home](#) for the holidays?
- **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:

[\*\*\*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**

- **The Youth Theatre Company at the P.A.C.** open auditions for "Story Surfin! Stories, songs, and music from Around the World." Audition Details: Plymouth Arts Center Great Room on Jan 7 at 2:00 p.m.; Jan 8 at 5:00 p.m.; Jan 9, 20 at 6:00 p.m. All ages (8 years old and beyond intergenerational cast).
- **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*