

Pegasus/GT

Thursday Thoughts 10-12-2023:

Success to Significance:

Think of the significance of this:

*Rather than thinking, "Have I done enough to deserve rest?" ...
Think, "Have I rested enough to do my best!"*

~RS

LINKS and INFORMATION:

- **PJSD Pegasus/GT Happenings:**
 - **Pegasus/GT Family Meet and Greet: Monday, October 23, 2023.** Pegasus/GT informational slide presentation and question & answer session, followed by some game time! ALL K-12 Pegasus/GT families are welcome! We will meet in the Riverview Library from 6-7pm.
 - Elementary groups are working on Character Trait Puzzles...writing 10 clues for a picture of the character that is revealed a bit more with each clue with Google slides. High School is at mid quarter with grade checks. Riverview groups are underway.
 - **WATG Conference:** Roy and Jessica were presenters at the WATG (Wisconsin Gifted and Talented) 50th Anniversary Conference on Monday and Tuesday, October 9-10. Their High School Passion Project Independent Studies presentation was well received by high school GT teachers from around the state looking for a way to do more with their high school GT students. We currently have 12 wonderful GT Passion Project Independent Studies being done by junior and senior PHS GT students. 😊
- **From Bright and Quirky:** [Up Your Child's Resilience by Fueling Their Curiosity](#), with Michele Borba (4 min. video)
- **From Badger Precollege:** [Badger Precollege Ready combines online and overnight opportunities for a great college prep experience](#) for high school students.
- **For Budding Researchers from Zooniverse:** [The Zooniverse is the world's largest and most popular platform for people-powered research.](#) It easy for anyone to contribute to real academic research, on their own computer, at their own convenience.
- **Thank you to our incredible PJSD Food Service for the wonderful, nutritional, and delicious meals that you make available for our students and staff!!!!** [Happy School Lunch Week](#) and THANK YOU every day for the amazing nutrition you provide!
- **Byrdseed Puzzlements for 10-12-2023**
 - Blow air through sand and [it behaves like a liquid](#). *Weird!!* Much more info about [this phenomenon from Mark Rober](#). This is so cool!
 - Watch [various pills dissolve in water](#)! Sounds boring, but looks incredible. As always, you can pause (briefly) and let students consider what will happen. Then, unpause and you'll end up with more "woah" moments. *Just don't overdo it or they'll get annoyed, ha!*
 - This looks like an attraction at Universal Studios, but [it's really a bunch of robots doing some welding!](#)
 - Let's enjoy some time lapse footage from Jamie Scott of [Central Park's trees changing colors in New York City!](#) More info about how this was done [on the video's Vimeo page](#).

- It's [the best table tennis](#) points of 2022!
- **October is Gifted Education Month**—[Proclamation from Wisconsin Department of Public Instruction](#)
- **New York Times Poetry Contest** for students that are 13-19 years old. For this contest, [The Times invites you to write a personal narrative about a meaningful life experience in 100 words or fewer.](#) There is no particular theme or specific structure or style, they are looking for short, powerful stories about a particular moment or event in your life. They want to hear your story, told in your unique voice, and experiment with style and form to tell a tale that matters to you, in a way you enjoy telling it. Submissions are due November 1st!

Mindful Minute:

*"Sleep is the single most effective thing we can do
to reset our brain and body health each day"*

- Dr Matthew Walker

The POWER of Sleep

Improves Memory...

Natural Anti-inflammatory...

Supports Immunity...

Lifts Mood...

Improves Physical and Mental Health

~RS

My favorite sleep meditation (free) from Insight Timer:

[Guided Deep Sleep Meditation](#) with Steven Webb

This is a short (3 minute) [Mindful Moment with Kind Thoughts practice meditation](#). It offers kids (and adults) a pause in their day with the addition of kind thoughts, a short metta practice.

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.](#)
- **If you'd like something fun and entertaining to do this weekend, come to the Musical Memories Celtic Folk concert at the Plymouth Arts Center.** This show is a mix of some great musical show tunes, rock n roll, country, and Celtic songs. Mr. Schwab is one of the vocalists. [Here is a short video of snip-its of each song we perform in the show.](#) Friday and Saturday, Oct. 13th and 14th, 7:30pm curtain...and Sunday, Oct. 15th, 2:30pm matinee. The [Plymouth Arts Center](#) has lots of great programming!

SLÁN AGUS BEANNAIGHT (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