

Pegasus/GT

Thursday Thoughts 10-19-2023:

Success to Significance:

Think of the significance:

We have choices each and every day...

Choose to feel blessed.

Choose to feel grateful.

Choose to feel excited.

Choose to feel thankful.

Choose to be happy!

~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.
- **From We Are Teachers:** Check out [15 Ways to Teach Kids Kindness and Gratitude](#)....Spread the love! Celebrate ["Train Your Brain" with 35 Math Brain Teasers](#) to puzzle even your smartest students.
- **From Zooniverse:** [We're excited to launch a new Space Warps project](#). Space Warps uses the DES Vision Transformer to find strong gravitational lenses in sky images from the Dark Energy Survey! Discover the cosmic detective in you - spot hidden galaxies using the power of gravitational lensing!
- **From Badger Precollege:** [Badger Precollege Ready combines online and overnight opportunities for a great college prep experience](#) for high school students.
- **Byrdseed Puzzlements for 10-19-2023**
 - Who doesn't love [seeing \(and hearing\) foley artists in action](#)?!!!!
 - Weather researcher Taro Nakai filmed [this time-lapse in Fairbanks, Alaska](#) from 11am – 1pm on the winter solstice - the shortest day of the year. Look how low that sun goes!
 - Visoth Kakvei [creates unbelievable black and white doodles](#). If you can use Instagram, [look at this hand drawn "flower pit"](#) (plus [a making of](#))!
 - The band *The Academic* performed on Facebook Live and used the website's natural [delay to loop themselves, building up their song over time](#). This one takes a while to get going, but is phenomenal. I whooped in delight when the singer harmonizes with himself at 4:40.
 - A [robot serving up omelettes](#)! (And how could you *not* show [Julia Child demonstrating omelettes as well](#)!?)
- **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:

You Know What's Attractive?

Effort.

Thoughtfulness.

Kindness.

Honesty.

Compassion.

Respect.

~Whitney Fears

Cultivate Compassion Meditation

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

Kindness Meditation

For Something fun to do: Check out PHS Jolly Pranksters Comedy Sports on [Friday evening in the PHS Amphitheater](#) and the PHS play, *Clue*, November 2-5 in the PHS Auditorium...As well as cheer on/support all of our amazing sports teams!

- **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.](#)

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

:~)

Roy

Roy Schwab, MEd rschwab@plymouth.k12.wi.us

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

Plymouth School District Health and Wellness Coordinator

Jessica

Jessica Barrington, Med jbarrington@plymouth.k12.wi.us

Plymouth School District Middle School GT/Pegasus Coordinator

Plymouth School District German Teacher

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