

Pegasus/GT

Thursday Thoughts 10-26-2023:

Success to Significance:

Think of the significance of being present:

Practice being present in the moment every day!
Being present helps you build good habits of well-being.
Being present, and awareness of it, helps decrease stress.
Being present, and awareness of it, helps decrease abrupt changes in your mood.
Being present helps you have more control over your thoughts.
Being Present helps you have more control over your life.

~RS

LINKS and INFORMATION:

- **PJSD Pegasus/GT Happenings:**
 - **Thank you to the families that were able to make it to our Pegasus/GT Family Meet and Greet** this past Monday. Here is the [Pegasus/GT informational slide presentation](#) that was shared explaining our Pegasus/GT programs at elementary, middle school and high school levels. Our next K-12 Pegasus/GT Meet and Greet will be Monday, January 22, 2024. We will have some fun with a Family Game Night. Come learn about and play a variety of fun and challenging GT recommended games. We will meet in the Riverview Library from 6-7pm. All K-12 Pegasus/GT families are welcome!
 - **We have some wonderful PHS Pegasus/GT Passion Projects underway this year.** Here is our [High School GT Passion Projects Independent Study informational slide show](#).
- **From WATG:** [STEM/STEAM activities for the classroom](#).
- **From NAGC and Psychology Today:** This is a good article about managing intensities often associated with giftedness suggested by NAGC (National Association for Gifted Children) from Psychology Today. It stresses, "[The more gifted a person is intellectually, the more intense and passionate their thoughts and feelings may be.](#)"
- **From We Are Teachers:**
 - [66 of the best Halloween games and activities for the classroom](#).
 - [100+ Best Funny Riddles To Make You Laugh ... and Think](#).
 - [Creative fun with music!](#)
- **From Bright and Quirky:** Barry Prizant PhD, author of Uniquely Human, [discusses things that help neurodivergent kids find calm, flow and well-being. One of the most important is having a certain kind of person in their life...](#)It might be you! (3 min. video)
- **From TechNotes:**
 - **Celebrate NaNoWriMo! [November is NATIONAL NOvel WRITing Month](#).** The goal of this annual creative writing event is to encourage and challenge participants to write a 50,000-word novel in just 30 days....Participants at lower elem., upper elem., middle, and high school levels can set individualized goals.

500 words, 1,000 words, 10,000 words, or 50,000+ words. Teachers can sign up a class or students can join individually on their own.

- **From Badger Precollege:** [Badger Precollege Ready combines online and overnight opportunities for a great college prep experience](#) for high school students.
- **From Ian Byrd:** Fizz Buzz is similar to some comedy sports games and the rules are super simple. A group of students sit in a circle and start counting up. Then, we add the twists: If a number is divisible by 3, the student says “fizz” rather than the number. If a number is divisible by 5, they say “buzz” rather than the number. If a number is divisible by both, they say “fizz buzz”. And that’s really it for the rules of Fizz Buzz! [Fizz Buzz is an easy-to-learn, but hard-to-master game](#) – a perfect example of a low floor, high ceiling math activity.
- **Byrdseed Puzzlements for 10-26-2023**
 - A lovely [pumpkin time-lapse, from](#) seed to 600kg (1300lb) monster!
 - My own Oregon zoo features [elephants smashing pumpkins!](#)
 - And then, let's compare techniques. Here's [a rhino smashing a pumpkin](#) in Chicago's [Lincoln Park Zoo](#)
 - Now we've got squirrels [carving a pumpkin!](#)?
 - What if you got a whole bunch of those T-rex costumes and [had a race?](#)
- **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:

“Sometimes it takes only one act of kindness and caring...

To change a person’s life.

~Jackie Chan

[Cultivate Compassion Meditation](#)

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

[Kindness Meditation](#)

For Something fun to do: PHS production of “Clue: November 2-5 in the PHS Auditorium...As well as cheer on/support all of our amazing sports and academic teams! This also sounds like fun: [Holiday Lights Hunger Run/Walk \(runsignup.com\)](#)

- **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 BEANNAIGHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt
Share Positivity!

:-)

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