

# Pegasus/GT

## Thursday Thoughts 10-5-2023:

**Success to Significance:**  
***“There are three ways to ultimate success:  
The first way is to BE KIND!  
The second way is to BE KIND!  
The third way is to BE KIND!”***  
**~Mr. Rogers**

### 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! Riverview Library 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 is gearing up to start groups.
- **National Custodian Day was October 2<sup>nd</sup>....take a moment to thank our PJSD custodial staff!** We know our schools would literally fall apart if it weren't for our wonderful custodial staff. They give staff and students clean and tidy spaces to learn and grow. They truly deserve to be celebrated every single day! Thank you, Custodial Staff!
- **From Bright and Quirky:** Does your child feel awkward or overwhelmed in a group of people or struggle to find like-minded friends and playmates? If so, [Caroline Maguire, M.Ed., ACCG, PCC, shares ideas to help your child.](#) (4 min. video)
- **From We Are Teachers:** [40+ Best FREE Reading Websites for Classroom or Home!](#) And, [Free Fall Printables!](#)
- **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.](#) This research is made possible by volunteers — more than a million people around the world assist professional researcher with new discoveries, datasets useful to the wider research community, and publications. Anyone can be a researcher without any specialized background, training, or expertise to participate. It is easy for anyone to contribute to real academic research, on their own computer, at their own convenience.
- **Byrdseed Puzzlements for 9-28-2023**
  - This is one of my favorite genres on YouTube: colorized, restored, and upscaled silent footage (with sound added in). [Here's a minute from New York City in 1901.](#) Stick around for the original footage. *So much to notice!*
  - [Surfing filmed at 1000 frames per second!?](#) I love the slow-mo spray at 1:00. Then, at about 2:15, I think it's interesting how the water changes color from green/blue to clear as it forms a barrel.
  - Lots of math-y art from Frédéric Vayssouze-Faure. [These waves of cubes are my favorite.](#)
  - Artist Hsu Tung Han carves wooden sculptures but adds some “digital glitches.” [Check out this baseball catcher here.](#)

- Look at this [incredible bonsai](#). It's a juniper twisted with deadwood. And here's a [tutorial on twisting juniper bonsai](#) in case anyone's curious!
- **October is Gifted Education Month**—[Proclamation from Wisconsin Department of Public Instruction](#)
- **From WATG (Wisconsin Association of Talented and Gifted)**
  - [Parent Conference](#) (focus: Executive Functioning Skills) and [Teen Conference](#) (focus: Destination Imagination Challenge Workshop) on Sunday, October 8 from 9:00am-12:30pm
  - **WATG Conference** Monday and Tuesday, October 9-10. Roy and Jessica will be presenting on High School Passion Project Independent Studies.
- **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 re due November 1<sup>st</sup>!
- **From Spectrum Education:** [FREE...Parenting for Resilience, Confidence & Independence Online Summit](#) – October 6<sup>th</sup>-8<sup>th</sup>, 2023.

### **Mindful Minute:**

*Repeat after me:*

*I am strong.*

*I am powerful.*

*I can do hard things.*

*I've got this!*

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.](#)

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