

# Pegasus/GT

## Thursday Thoughts 11-2-2023:

### Success to Significance:

Think of the significance

*Make memories instead of moments.  
Moments last just an instant....Memories last a lifetime!*

~RS

#### LINKS and INFORMATION:

- **PJSD Pegasus/GT Happenings:**
  - [Pegasus/GT informational slide presentation](#)
- **From the Plymouth Public Library:** There is one-on-one middle school and high school math tutoring help available at the Plymouth Public Library every Wednesday from 3pm-6pm (for grades 6-12). The tutoring is with an accomplished retired high school math teacher. Help is available for all math courses for grades 6 through 12! It is a good after school math resource for middle and high school students, in addition to our awesome math teachers at PHS and RV during the school day.
- **From Bright and Quirky:** [Antidote to negative things anxiety tells your child](#) from Sharon Saline, PhD. (5 min. video)
- **From Zooniverse:** It has THREE project launches this week! You can help find a pulsar, track a solar storm, or identify an atmospheric gravity waves...
  - [Pulsar Seekers](#) Join us on a journey to discover pulsars – the cosmic lighthouses of the Universe! Help Einstein@Home use a different method to hunt for pulsars in compact binary systems which would otherwise be missed.
  - [Solar Jet Hunter](#) Solar Jet Hunter is back and with a new look! Join the hunt for solar jets! This project aims to find solar jets, huge ejections of matter, from our star the Sun!
  - [Gravity Wave Zoo](#) Surfs up! It's time to catch an atmospheric wave as we launch Gravity Wave Zoo! Help scientists identify gravity waves, which are of great interest because of their important role in energy and momentum transport throughout the atmosphere and their huge impacts on weather and climate.
- **From We Are Teachers:**
  - [Creative fun with music!](#)
- **From Badger Precollege:** [Badger Precollege Ready combines online and overnight opportunities for a great college prep experience](#) for high school students.
- **Byrdseed Puzzlements for 11-2-2023**
  - Well, [check this starfish out](#), taking a stroll on the beach!
  - It's [an optical illusion placemat](#).
  - This octopus, named Rambo, can operate a camera! [Watch her take pictures of people](#) as they visit the aquarium.
  - A [bridge that rolls out of the way!](#) Here's [some background info](#), including a nice animation of how it works.

- [Japan's Mundane Halloween \(people dress up in boring costumes\). Here's 2022's edition](#). Number 10 made lan laugh, and he's have BEEN #24 in real life! And [some classics from 2019](#).

## Mindful Minute:

*Great things happen when you keep...*

*Believing...*

*Trying...*

*Learning...*

*Being Grateful!*

~RS

### 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 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