

Pegasus/GT

Thursday Thoughts 11-30-2023:

Success to Significance:

Simple, Significant, and Worthwhile...

*"Once you replace negative thoughts
with positive ones,
you'll start having positive results."*

~ Willie Nelson

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LINKS and INFORMATION:

- **HOUR of CODE week is next week!** FV, Hz, and PV Pegasus students started some Hour of Code activities this week. Next week, we will be working on Hour of Code activities with professional programmer, Dave Kaiser during our K-4 Pegasus classes. Hour of Code activities are free and fun... <https://hourofcode.com/us/learn>
- **From NAGC and Phys.org:** A new Sussex study has revealed that [math anxiety can lead to disengagement and create significant barriers to learning](#). Here is my favorite quote from the article: "Teachers should tell students to look at math as a puzzle, or a game. If we put a piece of a puzzle in the wrong place, we just pick it up and try again. That's how math should feel."
- **From UW-Madison Badger Precollege:** Applications for Badger Precollege summer programs are officially open! Badger Precollege offers a suite of residential and commuter programs designed to inspire learners in grades 2-12. In addition to an engaging academic challenge, our summer programs invite students to develop their growth mindset, prepare for college success and meet new friends — all at the top-ranked UW–Madison.

[Badger Precollege Senior, grades 9-12](#)

[Badger Precollege Junior, grades 2-8](#)

- **From 2E Guru, Seth Perler:** [Why parents SHOULD email teachers before winter break AND what to say...](#) (8 min. video)
- **For those looking for some great gift ideas for gifted of all ages:**
 - **The Gifted Guide:** [Here are some of The Gifted Guides favorite games for gifts.](#)
 - **Bright and Quirky:** [The Ultimate Gift List for Bright and Quirky Kids](#) And, [here is the Ultimate Gift List compiled last year!](#)
 - **We Are Teachers:** Best [gifts for artsy kiddos](#) in your life.
- **From We Are Teachers:**
 - W.A.T. [favorite coffee memes or my Coffee Lovin' Friends...](#)
- **Byrdseed Puzzlements for 11-30-2023**
 - How do they harvest pumpkin seeds? [Oh, a machine with a giant spiked wheel!?](#)
 - There is *so much* to notice in these [beautifully organized photos of food](#) from artist Adam Hillman. *The chocolates!!*
 - One of my joys as a teacher was exposing students to classics ([Ian wrote about that here](#)). This [Jerry Lewis typewriter scene will lead to lots of discussion](#), movement, and miming. (Good luck explaining a typewriter!)

- The [joy and terror of having two wild turkeys hanging around](#). (This would definitely [turn into a free verse poem](#) for me. From a turkey's perspective? The man? The hoop skirt?)
- I know that you know a student who would be interested in [1799's Pantographia: A Specimen Book of All the Alphabets Known on Earth](#). And some background from [the book's Wikipedia page](#).

Mindful Minute:

"Know what sparks the light in you.

Then use that light to illuminate the world."

~Oprah Winfrey

["Total Thankfulness" meditation](#)

[Cultivate Compassion Meditation](#)

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.](#)

I absolutely love this story....It brought a tear to my eye....Very touching!

"An 87-Year-Old College Student Named Rose The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned round to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I'm here to meet a rich husband, get married, and have a couple of kids..." "No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months, we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up. At the end of the semester, we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed, she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it! There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets." She concluded her speech by courageously singing "The Rose." She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be. When you finish reading this, please send this peaceful word of advice to your friends and family, they'll really enjoy it! These words have been passed along in loving memory of ROSE. REMEMBER, GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL.

We make a Living by what we get...we make a Life by what we give."

~Krstikj Snezhanka Granny's Funnies and Sarcasm

:~)

Roy

Roy Schwab, Med

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

Plymouth School District Health and Wellness Coordinator

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*

Education is the key to unlocking a world of knowledge, possibilities, and opportunities.

Turn the key!

Just be sure to turn that key with kindness, love, and gratitude to all that you bestow! *~RS*