

# Pegasus/GT

## Thursday Thoughts 12-14-2023:

### Success to Significance:

*“As we enter into the holiday season, think of the significance...  
Of celebrating the traditions and values that bring us together in life...*

*Especially those with our families and friends...*

*Celebrating in your own way...*

*The unity, togetherness, generosity, and gratitude of the season.”*

*~RS*

#### LINKS and INFORMATION:

- **HOUR of CODE** We finished up our “Hour of Code” activities this week. It’s been lots of fun...  
<https://hourofcode.com/us/learn> We will continue our coding activities in May with our robot coding unit!
- **From Ian Byrd:**
  - **“The Power of Punctuation!”** This a great lesson to help your students realize the power of punctuation and is ready to go for you!
  - **[December and Holiday activities/lessons](#)** that are prepped and ready to go for you.
  - **“[What’s In My Brain](#)” activities**...use examples and non-examples to deduce a topic.
- **From Technotes:**
  - The holiday season is a wonderful time to **[incorporate some festive STEAM activities!](#)**
- **From The Gifted Guide:** **[12 Free Lessons from Gifted Guide](#)** for math, ELA, art, and across the curriculum.
- **From We Are Teachers:**
  - **The Big List of Student Contests and Competitions....[50+ contests for STEM, ELA and the arts, and more!](#)**
  - **Celebrate National Horse Day this Week [with these great book ideas!](#)**
- **From Bright and Quirky:** **[Anxiety is contagious, but parent modeling helps](#)....**According to Christopher Willard, PsyD, author of *Growing Up Mindful*, and *How We Grow Through What We Go Through*, we do that by modeling. Take a listen to find out how. (3 min. video)
- **From NAGC and Edutopia:** **[A Way to Sharpen Critical Thinking Through Conversation](#)...**Reconfiguring your classroom setup can help encourage student engagement during group discussions.
- **For those still 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!](#)**
  - Best **[gifts for artsy kiddos](#)** in your life.
- **Byrdseed Puzzlements for 12-14-2023**
  - Steve Messam **[made a bridge made entirely of paper](#)** that weighs 4.2 tons, bears a load, and uses no screws, bolts, or glue. And **[here is a time-lapse of it being removed.](#)**
  - Astronaut Samantha Cristoforetti gives a **[tour of the International Space Station’s bathroom.](#)**
  - Watch calligrapher **[Seb Lester recreate famous logos by hand.](#)**

- Bernhard Lang has a collection of beautiful photographs of [“The Boneyard,” a massive collection of decommissioned planes](#). Four thousand aircraft rest in the desert at Davis–Monthan Air Force Base in Tucson, AZ. (This sounds like the start of a poem or something.)
- How [geologists collect lava samples](#)! The texture is so *weird*. (And here’s how [geologists grill steaks](#).)
- **From 2E Guru, Seth Perler:** [3 Ways ADHD & Executive Function Make Holidays Difficult for Kids & Families, AND HOW to help](#) (12 min. video)
- **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**

## Mindful Minute:

*Remember gifts from your heart this season...*

*Gifts from the heart...love, kindness, care, quality time, and friendship!*

[“A Gift of Loving Kindness” meditation](#)

[“Holiday Stress Management” meditation](#)

[Cultivate Compassion Meditation](#)

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

[Kindness Meditation](#)

- **For some Holiday Cheer and Inspiration:**
  - **PHS National Honor Society Food Drive** to benefit the Plymouth Food Pantry....Bring in and donate unperishable food items or \$\$ for this worthy cause that runs Dec. 11-18 at PHS.
  - **Making Spirits Bright**-for a beautiful light drive-through light display that benefits the Sheboygan County Food Bank.
  - **Horizon Winter K-4 Winter Concert-Thursday at 6:00 pm** in the PHS auditorium. (FV and PV concerts were this past Mon. & Tues.)
  - **Celtic Christmas Concert at the Plymouth Arts Center** [featuring Celtic Folk and guests at 7:30 pm Dec. 15 & 16 and 2:30 pm Dec. 17.](#)
  - **Dec. 15 German Band** at Devour at 6:00 pm. **PHS Comedy Sports** in the PHS Amp at 7:00 pm
  - **Tuesday Dec. 19: Riverview Band Concert** (grades 7-8), 6:30pm Riverview Auditorium
- **The Youth Theatre Company at the P.A.C.** open auditions for "Story Surfin! Stories, songs, and music from Around the World." Audition Details: Plymouth Arts Center Great Room on Jan 7 at 2:00 p.m.; Jan 8 at 5:00 p.m.; Jan 9, 20 at 6:00 p.m. All ages (8 years old and beyond intergenerational cast).
- **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.](#)

:~)

Roy

Roy Schwab, Med

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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*

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*