

Pegasus/GT

Thursday Thoughts 12-21-2023:

Success to Significance:

The Significance of Special Gifts

*There are many special gifts this time of year...yet year-round happiness depends...
On the cherished people that we have in our lives...on our beloved family and friends!*

RS

Significance of Gratitude

*This time of year is full of shiny things...things that sparkle and glow...
We celebrate with family and friends...traditions that are passed down to know.
Wonderful traditions that bring us together...help friendship and love grow...
Celebrating your own way...togetherness, generosity, and gratitude to bestow!*

RS

LINKS and INFORMATION:

- Congrats and thank you to the PHS National Honor Society for another successful annual food drive to benefit the Plymouth Food Pantry! Thank you to everyone that contributed food items and \$ to this worthy cause.
- Looking ahead...NHS will be partnering with Pegasus on the Do Good Wisconsin's Cereal Box Domino Challenge (donations start February 1st)! This will be the second annual participation for PJSD in the Cereal Box Domino Challenge. We hope to make it bigger and better this year and will invite all the schools, groups, and clubs to get cereal box donations. Last year, we were able to donate over 800 boxes of cereal to the Plymouth Food Pantry....We are hoping to go well beyond that number this year!
- From We Are Teachers:
 - Snow...We will get some eventually! [Have you ever wondered how snow is formed?](#) Check out this free Google slideshow, videos, and activities all about snow.
 - Share this beautiful read aloud, [The Shortest Day](#)—In honor of tomorrow's winter solstice! ([YouTube Link for The Shortest Day](#)) Here is some additional information on [the science of the Winter Solstice from the Smithsonian Science Education Center](#).
 - December 20 was National Games Day—this week you may need some fun activities to get you through the home stretch or for when you get back from break. Check out these [fun classroom games students will want to play again and again](#). Plus, the [best board games for elementary school](#).
 - [This time of year, your students \(and you\) may need a Positive Word or two or 125 Positive Words of Encouragement!](#) Here are 125 Phrases to help kids build their internal champion.
 - [The Big List of Student Contests and Competitions....50+ contests for STEM, ELA and the arts, and more!](#)
- From DPI: [Compassion Fatigue Is Real](#): Give Yourself the Gift of Recharging This Winter Break!
- From Bright and Quirky: Empower Your Bright & Quirky Child's Best Year Yet...Learn how to make 2024 a year of positive transformation for your child, so they can thrive beyond social, emotional and academic challenges. [Sign up for this Free 30-minute class](#).
- Byrdseed Puzzlements for 12-21-2023
 - How's this for a change of [perspective? A bird's eye view of juggling](#).

- In November, astronauts dropped a bag of tools while working on the [International Space Station and it was visible from Earth with binoculars!](#) Is it still up there???
- An [incredible angle of one of basketball's most iconic](#), playoff-series-winning shots: Kawhi Leonard's 2019 bouncing buzzer-beating three-pointer. And an [equally amazing photo of everyone](#) watching that ball bounce. (I'd *definitely* use that pic as a [prompt to write from multiple perspectives!](#))
- This [walkthrough of a cardboard tube factory](#) is going on my Greatest Puzzlements of All Time list. Hide the factory's purpose and let students guess what the *heck* is going on. Once they know, you've gotta watch it again. Check out this ready-made lesson...(A [perfect compliment to New Uses for a Cardboard Tube](#) at Byrdseed.TV!)
- Dan Coe Carto's [images of rivers are stunning](#). They're created using LIDAR data and reveal how the rivers' have meandered over the centuries.
- **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:

I'd like to share a bit of holiday cheer with the Celtic Christmas Concert that I was a part of and was performed at the P.A.C. the past two weeks: <https://vimeo.com/896943250>

During BREAK, I hope everyone has lots of time to HURKLE-DURKLE!

Word of the BREAK:

HURKLE-DURKLE

A 200 year-old Scottish term

meaning to lounge in bed long after it's time to get up.

Happiness is HURKLE-DURKLING!

As we close out 2023 and move into 2024--REMEMBER...

"You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose.

You're on your own.

And you know what you know.

And YOU are the one who'll decide where to go.

~Dr. Seuss

(And if you need help, you know just what you can do...

There are many in our PJSB family ready to lend a hand to you!)

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](#)

- **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

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

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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*