

Pegasus/GT

Thursday Thoughts 2-1-2024:

Success to Significance:

*As we begin February and Black History Month and Friendship Month,
Think of the significance of the “beautiful mosaic” that we all represent...*

*“We become not a melting pot,
But a beautiful mosaic.
Different people,
Different beliefs,
Different yearnings,
Different hopes,
Different dreams.”*

~Jimmy Carter

LINKS and INFORMATION:

- **The National Honor Society and PJSJ Pegasus led *Do Good Wisconsin's Cereal Box Domino Challenge* to benefit the Plymouth Food Pantry **BEGINS ON MONDAY, FEBRUARY 5th**!** This will be the second annual participation for PJSJ 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. Each school has a drop off location on their school posters. 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!
 - [Cereal Box Domino Challenge Flyers and Info](#)
- **Be sure to go see the Riverview Middle School annual musical, “The Little Mermaid Jr.” Feb. 1-3,** featuring students in the sixth, seventh, and eighth grades. Performances of “The Little Mermaid Jr.” will begin **tonight** at 6:30 p.m. Thursday Feb. 1 and Friday Feb. 2, and at 3 p.m. and 7 p.m. Saturday Feb. 3 in the Riverview Middle School Auditorium, 300 Riverside Circle. General-admission tickets cost \$5 and are available in the school office until 3 p.m. Tuesday Feb. 30 and then at the door.
- **From CESA 7:** Looking for something to do during Spring Break: CESA-7 is offering a Chess and Problem-Solving workshop for elementary, middle school, and high school levels on March 25th at CESA-7 in Green Bay. Flyer Attached! Must pre-register (QR code is on the flyer) and space is limited.
- **From DPI:** [Listening Is So Important and Yet So Easy To Forget](#)
- **Remind your SENIORS that are continuing into post-secondary education to apply for scholarships...The scholarship application deadlines are fast approaching: Check out the “FREE MONEY” that may be available on the [Counseling Webpage for Scholarships!](#)**
- **From Zooniverse:** ease help us test a potential new Zooniverse project: Arctic Archives: [Unraveling Greenland's Weather History](#)
- **From We Are Teachers:**
 - [Best puzzles for kids of all ages](#), How to [make your own "Connections" puzzles for the classroom](#), [Online New Yorker puzzle](#) to use on a Viewboard.
 - For the long February and March stretch for kids: [125 Positive Words of Encouragement for Kids](#)

- **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- **For Sophomore and Junior Pegasus/GT Students:** [Follow your passion with a Passion Project Independent Study.](#) PJSJ Pegasus/GT students can earn independent study credits in their Junior and Senior years with a Passion Project Independent Study!
- **Byrdseed Puzzlements for 2-1-2024**
- Zelf Koelman [created a clock that uses black, magnetic blobs](#) to show the time. You can read more about [the material ferrofluid at Wikipedia.](#)
- A slow-motion [drop into a trampoline with a lot of leaves!](#) (Write from the POV of the leaves!)
- By carefully folding paper, Kumi Yamashita [created these shadowy human profiles](#) for American Express's lobby in New York.
- Imagine being an [elephant and stumbling upon a truck full of oranges...](#) (I'd use this one to practice sensory writing!)
- Hmm. [A photo of the Statue of Liberty?](#) Wait. Zoom in. It's made from *18,000 people!*? Note that it's shot at an angle, so there are WAY more people in the back than the front. ([More information and examples of Arthur Mole and John Thomas's](#) massive group photography.)
- **[MITY Summer Programs](#) for Grades 1-12:** MITY (Minnesota Institute For Talented Youth) provides advanced students with the opportunity to pursue their passions STEM, humanities and fine arts courses that are hands on, inquiry-based and beyond the scope of a traditional curriculum. They also enjoy a variety of recreational activities that help facilitate lifelong friendships with students from across the world.
- **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:

**February contains several health observances...American Heart Month,
National Cancer Prevention Month, and National Self-Check Month**

Have faith in your intuition.

Listen to your gut feelings...

They are usually right!

~RS

[Listening to Your Intuition](#) Guided Meditation

[Cultivate Compassion](#) Guided Meditation

Five [Calming Mind-Body Exercises](#) To Try With Your Students

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.](#)

:-)

Roy

Roy Schwab, Med

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

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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*