



Thursday Thoughts 2-15-2024:

Success to Significance:

Think of the significance of the appreciation for our friends...

*Appreciation is the highest form of praise!
It acknowledges the presence of good
wherever you shine the light of thankfulness!*



*Appreciation can make a day, even change a life.
Significance and excellence are nothing without appreciation!*

~RS

LINKS and INFORMATION:



- Keep sending in those boxes of cereal for the National Honor Society and PJSJ Pegasus led **Do Good Wisconsin's Cereal Box Domino Challenge** to benefit the Plymouth Food Pantry! Let's make our cereal box domino topple bigger and better this year! There are drop-off areas for PHS, RV, FV, Hz, PV, Comm Ed, SJB, and SJL. Each school drop off location is on their school posters. Topple will be February 29th!
 - [Cereal Box Domino Challenge Flyers and Info](#)
- Get your tickets at the PHS Office for the **Momentum and Wisconsin Singers'** show at PHS on Feb. 16 and for **Mary Poppins** at PHS March 7-10!
- From DPI:
 - Proclamation BY THE STATE SUPERINTENDENT OF PUBLIC INSTRUCTION: [DPI Public Schools Week 2024](#)
"We Love Our Public Schools Week" February 26 – March 1, 2024
 - [Celebrating the Impact of African Americans](#)
- **Sunshine on the Street 2024:** Dr. Cindy Munson, Dr. Londa Jozwowski, and the Chiro-Health team is excited to be celebrating 10 years of their community-wide "Sunshine on the Street" campaign on Wednesday, March 13! They invite you to join them! Their goal is to bring a positive message to the community--and it's as easy as "Create a Sign...Stand, Smile and Wave" and spreading some positive energy to those around you! It is an all-day "Acts of Kindness Day", and the greater community will be outside from 12:30-1:00pm. However, if you can't join in the outside festivities, there are many ways to spread sunshine throughout the day inside and around our schools: Ask students to create signs full of positive messages and hang them in your room or on doors, walls, windows, or

lockers. You can encourage everyone to wear a t-shirt with a positive message on it, give students and co-workers compliments - written or verbal, share a special treat, or bring in flowers or balloons to brighten your school....Just spread positivity everywhere you go!

- **From Bright and Quirky:** [Is Negative Self Talk Hindering Your Parenting?](#) Self-compassion pioneer and fellow parent of a bright and quirky child, Dr. Kristin Neff, shares why it's not what you're facing that matters most, but rather, how much of an ally you can be to yourself. (5 min. video)
- **From We Are Teachers:**
 - [Best Test-Taking Strategies and Tips for Students](#)....Overcome anxieties and do your best every time!
 - March is right around the corner, which means [National Reading Month is almost here! Don't miss these free National Reading Month activities](#) for grades K-8
 - We Are Teachers [best games and activities for teaching kids about fractions](#).
 - [50+ Famous Black Women Everyone Should Know](#)
 - Black History Month— [New Google Slide W.A.T. presentation](#) which covers the history of Black History Month in a kid-friendly, engaging way. You might also be interested in these Black History Month [read alouds](#), [quotes](#), [videos](#), and [40 Black History Month Activities](#) for February and beyond.
 - **The Big List of Student Contests and Competitions**...[50+ contests for STEM, ELA and the arts, and more!](#)
- **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 MITY:** MITY is currently accepting applications for current 1st - 11th grade students. [Minnesota Institute For Talented Youth](#) provides advanced students with the opportunity to pursue their passions in a stimulating and inclusive environment. Financial aid is available.
- **Byrdseed Puzzlements for 2-15-2024**
 - Beautiful [imagery of leaf clippings shaped like insects](#). Something your students could put together!?
 - Have fun [playing around with this origami simulator!](#)
 - Check out [these bright, multi-colored blobs](#) from artist Dan Lam. Tip: Let students wonder what it's all made of (and how she did it) before revealing too much! [More here](#).
 - Anh decorates [cupcakes that look like succulents!](#)
 - Don't try this one at home, kids! [Skateboarding in the sky](#). (Is he even using the Go Pro's wrist strap!?)
- **Fun Fact: The reason PURPLE became a royal color....**In the 16th century, a precious treasure emerged from the Mediterranean Sea: Murex brandaris, a type of sea snail. During the Bronze Age, the sea snails were used to make purple dye, also known as “Royal” or “Imperial” purple. To create the dye, a yellow fluid was extracted from the snails and exposed to light until it turned a brilliant shade of purple. It took up to 12,000 mollusks to produce just 1 gram of dye, and Murex snails became worth their weight in gold. At the time, 1 pound of Tyrian purple wool cost more than what most people made in a year, so the only members of society who could afford the color were nobility and royalty. Not only did rulers wear purple, but they also signed their documents with purple ink. The saying “born in the purple” denotes a noble birth, and children of high-ranking citizens wore purple. Purple finally became widely available to the masses after British chemist William Henry Perkin invented the world’s first commercial synthetic purple dye in 1856.

Purple continues its royal distinction in many royal traditions and ceremonies. At competitions and fairs around the world, purple is used in purple grand champion ribbons being awarded to the very best in the contest. In the novel and movie, “The Color Purple,” the color is used to symbolize dignity, elegance, and authority. The elevation of purple to “royal” is thanks to a lowly snail.



riNaturalist

Mindful Minute:



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

Your intuition is within you to guide you.

Be sure to listen.

Trust your gut feelings!

[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*