



## Thursday Thoughts 2-22-2024:

**Success to Significance:**

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***This Friendship Month, let us be grateful to the people who:***

***Make us happy, make us laugh,***

***Make us feel good about ourselves,***

***Make us feel included, needed, and wanted...***

***For they plant seeds to make our souls bloom!***

~RS

### LINKS and INFORMATION:



- **ONE week to go!** 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! There will be a TRAVELING TROPHY awarded to the school with the most donations! 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 29<sup>th</sup> at about 10:45am! All schools are invited, and it will be live streamed for schools to watch as well! [Cereal Box Domino Challenge Flyers and Info](#)



**Congratulations to all of our PHS Academic Bowl participants at the conference competition....You did Plymouth proud!** Congratulations to Medal Winners: Max Backhause - 2nd place in Algebra 2, Mattea Abhold - 2nd in Geometry, Oliver Boxrucker - 3rd in US Government, Erynn Kletzien - 1st in Physics, Marco Troka - 1st in Biology, Brennan Nickel - 3rd in Short stories and Poetry, Emily Chen - 3rd in British Literature and Shakespear

- **Good luck to our PHS Wrestlers that we sent off to the State Tournament today: Silas Dailey, Sawyer Dailey, Landen Ramsey, Megan Schuenemann!**



- **Good luck to the Panther Girls and Boys Basketball teams as they continue their post seasons...Go Panthers!**



- **Get your tickets at the PHS Office for *Mary Poppins* at PHS March 7-10!**
- **Sunshine on the Street 2024:** 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....Just spread positivity everywhere you go!
- **From Bright and Quirky:** [Perfectionism can be a joy killer, but there's a way to take control over it.](#) Listen as "The Gifted Guru" Lisa Van Gemert shares her very personal story of the costs of perfectionism and how she tames it with a powerful strategy she uses almost every day. (9 min. video)
- **From We Are Teachers:**
  - **National Pets Week...**
    - For Team Cat: [Purrfect Cat Facts for Kids](#) [Hiss-terical Cat Jokes for Kids](#) [A Day in the Life of Teachers as Told by Cat GIFs](#)
    - For Team Dog: [Tail-Wagging Dog Facts for Kids](#) [Paws-itively Hilarious Dog Jokes for Kids](#) [29 of the Best Dog Books for Kids](#)
  - We Are Teachers Dr. Seuss’s birthday [Educator guide](#)
  - [36 Lucky St. Patrick’s Day Activities for Kids](#)
  - 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
  - **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- **From Zooniverse:** Zooniverse project: [Everglades Wildlife Watch...](#) Help document Florida's wildlife throughout the Greater Everglades and its surrounding ecosystems!
- **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 2-22-2024**

- As an appetizer for this weekend's 3-point contest, here's Steph Curry [hitting a pre-game shot from the opposite tunnel!](#) It's silent for 19 seconds and then gets super loud for the second camera angle. (I'd definitely have my students write from the ball's perspective – and/or the hoop's perspective.)
- Watch [Theo Jansen's wind-powered Strandbeest](#) undulate across the beach. The shot around 0:50 shows how fast it can get going. You can even buy your own on Amazon. And [the whole strandbeest.com](#) website is pretty fun.
- Artist Patrick Hughes created mind-boggling [reverse perspective paintings](#). *Could you make your own?*
- Clear some time to [explore this bird sound browser](#) with *thousands of bird sounds* organized by similarity.
- It's a Puzzlement filmed by yours truly! [Here's a video display made from falling drops of water](#). Found in Osaka, Japan a few months ago.

- **Fun Fact:** The Eiffel Tower can be 15 cm taller during the summer, due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.



~ tou Eiffel.paris

### Mindful Minute:



In honor of National Pets Week

**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](#)**





Mark your calendars and join us for a mindfulness journey in the great outdoors! We aim to bring families closer to nature, so these activities are most suitable for children from preschool through high school. We kindly request parents, grandparents, and/or caregivers to accompany their child(ren) during these experiences. Event times are varied to accommodate various schedules, including homeschooled families. Please note that the schedule, dates, and activities may be adjusted due to Wisconsin's ever-changing weather conditions. Sign up [HERE](https://bit.ly/mhagreatoutdoors): <https://bit.ly/mhagreatoutdoors> or scan the QR Code



**Wednesday March 13 1:30-3 pm**

Family Hike, Art Make & Take  
Maywood Environmental Park, Sheboygan

**Thursday July 11 10-11:30 am**

Family Scavenger Hunt, Art Make & Take  
Kohler-Andrae State Park, Sheboygan

**Saturday April 6 9:30-10:30 am**

Mindful Morning Family Hike  
Sheboygan Broughton Marsh Park, Elkhart Lake

**Wednesday July 24 6-7:30 pm**

Lumberjack-style axe throwing, ages 12+  
Location TBD, Plymouth

**Wednesday May 15 1-3 pm**

Mindful Hike and Art Make & Take  
Riveredge Nature Center, Saukville

**Wednesday Aug. 7 10-11:30 am**

Beachwalk and Art Make & Take  
Hika Park and Beach, Cleveland WI

**Sunday May 26 10:30-11:30 am**

Family Yoga in the Woods  
Blackwolf Run Yoga Platform, Kohler

**Saturday Oct. 26 9-11 am**

Family photos w/photographer, Fall Crafts  
Kohler-Andrae State Park, Sheboygan

**Thursday June 13 1-2:30 pm**

Gardens and Books Exploration  
Art Make & Take  
Bookworm Gardens, Sheboygan

**Saturday Nov. 2 9:30-11 am**

Fall Family Hike  
Art Make & Take  
Maywood Environmental Park, Sheboygan



Funding for this project was provided by  
Mental Health America National in partnership with L.L.Bean.

From FABOH: Currently, nearly half of Wisconsin adults have either diabetes or prediabetes leading to an estimated impact of \$5.5 billion in medical costs and lost productivity to Wisconsin employers. \$1 out of every \$4 in US health care

- **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