



Thursday Thoughts 2-29-2024:

Success to Significance:

On this Leap Day, think of the significance a LEAP can make...

“LEAPS

Take the leap.

***There is uncertainty about what lies on the other side,
but it is better than the certainty of stagnation.***

Take the leap.

Discover the unknown and challenge yourself to find joy there.

Take the leap.

It is never in vain.

***You will come out of the journey having gained valuable lessons
or the strength to weather new storms***

that nourish new seeds planted within for inner growth.

Take the leap.

Take the leap.

Take the leap.”

~Aminat Shalihu

LINKS and INFORMATION:



- **Cereal Box Domino Challenge is TODAY at 10:45 PHS Gym!**
- **Happy Leap Day to ALL...especially those leaplings among us!** Leap Day Facts: Without leap day, our calendar would be off by about 24 days every 100 years! The first leap year was introduced in 46 BCE by Julius Caesar of Rome. People born on a Leap Day are sometimes called leaplings. More than 4 million people around the world are leaplings. On non-leap years, some leaplings choose to celebrate their birthdays a day early on February 28, while others choose to celebrate a day later on March 1 (officially/legally a leapling's birthday is March 1st on "off" years). There is an international club for leaplings. The Honor Society of Leap Year Babies has over 10,000 members worldwide. Some cultures that use a lunar calendar (a calendar that is based on the moon's movement) add a whole leap month every three years. The Summer Olympic Games are held every four years on leap years. Since 2024 is a leap year, the next leap year will be in 2028...1461 days away! There are 525,600 minutes in a typical calendar year; but on leap years, there are 527,040 minutes. What will you do with the extra 1,440 minutes this leap year?
- **From DPI:**
 - [Proclamation of Public Schools Week](#) Happy Public Schools Week...Feb. 26-Mar. 1st 2024!
 - **On April 8, excite children's' sense of wonder about the world around them by viewing the solar eclipse!** [Max view in Plymouth, WI is on Apr 8, 2024 at 2:08 pm](#) and at [0.889 Magnitude](#). The solar eclipse starts across the US on Monday, April 8, 2024 at 12:53 pm and ends at 3:21 pm with a duration of 2 hours and 28 minutes. Here are [stories from different cultures](#), connections can readily be made to literacy, mathematics,

and social studies. [Read here about the Anishinaabe \(Ojibwe/Chippewa\) cultural understanding of solar eclipses, and how to connect that with your solar eclipse teaching.](#)

Get ready to “fly” and get “swept off your feet” with the PHS production of *Mary Poppins!*



Get your tickets at the PHS Office for *Mary Poppins* at PHS March 7-10!

- **Celebrate Sunshine on the Street Day March 13, 2024:** It is an all-day “Acts of Kindness Day”! 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 in and around our schools....Just spread positivity everywhere you go!
- **From Center on the Developing Child at Harvard University:** [Play in Early Childhood: The Role of Play in Any Setting](#) (8 min. video)
- **From TechNotes:** [March Madness Activities for Your Classroom](#)
- **From We Are Teachers:**
 - **For a laugh and to show your literary prowess,** [here are WAT 60 Best Shakespearean Insults That Win Verbal Duels](#)
 - **As we look ahead to March...**
 - [March is National Reading Month! Don't miss these free National Reading Month activities](#) for grades K-8
 - [37 Women’s History Month Activities and Ideas](#) and [73 Inspirational Quotes by and for Women](#)
 - [36 Lucky St. Patrick’s Day Activities for Kids](#)
 - **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 2-29-2024**
 - Here is [a very satisfying video](#) that shows how cookie cutters are created.
 - How [to create a two-dimensional drawing \(that looks like a three-dimensional hole\)](#).
 - Masanobu Higashiyama's photograph [captures a colossal cloud unleashing a bolt of lightning](#) upon a building.
 - I love [Masayoshi Matsumoto’s set of stunning balloon animals](#). How can you *not* love that blobfish?

- [Stop-motion on toast!?](#) I've shared many music videos [from the band OK Go](#), but I don't think I've ever seen this one.

Mindful Minute:

***Kick those end of winter blues to the curb!
Activities like walking, jogging, yoga, and strength training
can work wonders in lifting your spirits.
Sweat it out and pair it with mindfulness activities....
The results are bound to impress!***

[Well and Good Guide to Beat the Mid-Winter Blues](#) 2-minute YouTube Video

[Cultivate Compassion](#) Guided Meditation

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

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

[Kindness Meditation](#)

[Mental Health and the Great Outdoors Activities](#) from Mental Health America-Lakeshore

- **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