



Thursday Thoughts 2-8-2024:

Success to Significance:

Think of the significance of appreciation for what others do...

Show appreciation for what others are doing.

Applaud the efforts they put forth.

Acknowledge the successes you see.

Encourage those around you in their pursuits.

When we all help each other...

Everyone benefits...everyone wins!

~RS



Appreciation...an incredible way to kindle and foster friendship during Friendship Month and every month!

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! Please donate if you can!**



- **BRAVO: To all involved with the Riverview Middle School musical, "The Little Mermaid Jr"Another incredible Riverview musical production! Now, we are gearing up for "Mary Poppins" at PHS March 7-10!**
- **From Bright and Quirky:**
 - [The Cure for Parent Burnout](#) with Laura Markham, PhD (5 min. video)

- [Misbehavior vs. Stress Behavior](#), with Stuart Shanker, DPhil (7 min. video)
- **From We Are Teachers:**
 - February 7 was National Periodic Table Day, in honor of when the table was first published in 1863. Want to share some elemental knowledge with your students? [Try one of these fun periodic table activities.](#)
 - 95 [Valentine quotes that will warm your heart!](#)
 - 40 [Subtraction Activities That Are Nothing Less Than Awesome!](#)
 - National Weatherperson's Day was this past week in honor of the birthday of John Jeffries, considered one of the first meteorologists, in 1744. [Celebrate by trying one of these fun weather activities with your budding forecasters.](#) Here are weather-themed [jokes](#) and [books](#).
- **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#) **From Zooniverse:** ease help us test a potential new Zooniverse project: Arctic Archives: [Unraveling Greenland's Weather History](#)
- **From CESA 7:** Looking for something to do during Spring Break: CESA-& 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.
- **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!
- **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!](#)**
- **Byrdseed Puzzlements for 2-8-2024**
 - Keisuke Teshima [paints elaborate dragon bodies using just one stroke of his brush.](#) Even the colors are embedded into that single stroke!
 - Last week we had Comedy Wildlife photography. This week [it's 2023's best underwater photography!](#) (It was a runner-up, [but this photo of an orca and a bunch of herring](#) is my favorite.)
 - I love Taishi Arimura's sculptures [made from imitation noodles and styrofoam packaging.](#)
 - It's [a hippo eating watermelons.](#) (Perfect for practicing descriptive writing!)
 - These [swirling, mathematical patterns from 1869](#) remind [me of my childhood Spirograph set!](#)

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!



~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

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SLÁN AGUS BEANNAIGHT (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*