



## Thursday Thoughts 4-11-2024:

**Success to Significance:**  
*Think of the significance of acceptance...*

***"Accepting others is like a boost for our mental well-being. When we stop judging and start understanding, our stress goes down, and we find inner peace. Acceptance is like medicine for the soul..."***

*~LinkedIn*

### LINKS and INFORMATION:

Thursday Thoughts are available and archived each week with pictures included on our [Pegasus/GT web page!](#)

- **Amazing PJSJ Community: Please don't trash your used solar eclipse glasses!** Here is a great idea from *Do Good Wisconsin*....Please help pay these glasses forward, keep them out of a landfill, and put them in the hands of children who would love to enjoy viewing a solar eclipse! You can put them in my mailbox or send them interschool to me and I will ship them to Eclipse Glasses USA, LLC. They will pass them on to Latin American children to enjoy the celestial wonder of an eclipse in October 2024 that will take place in that part of our world. We won't need these glasses again in the US for another eclipse until 2044, so might as well pass them on!



- **Speaking of the Solar Eclipse.** Here is a compilation of the [Solar Eclipse Stop Motion Google Slides "movies" that were made by Pegasus classes](#) this week. (45 second video) The elementary Pegasus students (2<sup>nd</sup>-4<sup>th</sup>) each made their own that is in their Google drive and for K-1 we made one together on my drive. They would be thrilled to have it shared with their classmates.
  - **PJSJ 3<sup>rd</sup> and 4<sup>th</sup> Grade Spelling Bee 2024:** All PJSJ 3<sup>rd</sup> and 4<sup>th</sup> Graders are currently completing the preliminary PJSJ Spelling Bee test. As soon as ALL 3<sup>rd</sup> and 4<sup>th</sup> graders have completed the preliminary test, I will go through the results and the top-3 spellers from each classroom will compete in a finals competition that will take place in a few weeks....(There will be more info to come after the preliminary tests are completed!)
  - **Earth Day is April 22....**Time to start planning with [Earth Day ideas to inspire young Eco-Heroes!](#)
  - **From We Are Teachers:**
    - **April 11 is National Pet Day**, a celebration of all of our furry, feathered, and scaled friends! To celebrate, why not share some of these fascinating [cat facts](#) and [dog facts](#) with kids?

- [Funniest math jokes.](#)
- **Earth Day with Dr. Seuss and *The Lorax*:**
  - [Teach Earth Day with the Lorax](#) An educator guide, activity ideas, and student worksheets!
  - [We Speak for the Earth Class Pledge](#) Take a class pledge to work toward a healthier planet.
  - [Downloadable Student Earth Day Pledge](#) Invite students to make an Earth Day pledge and display them.
  - Earth Month this month. Starting a recycling program? Educating kids about conservation? Planting trees? All are fabulous ways to [make your school a more green place to be.](#)
  - Need some inspiration? Check out these favorite Earth Day resources: [>25 Facts](#), [>60 poems](#), [>45 books](#), [>12 videos](#), and [>75 quotes!](#)
  - [50 Fun Earth Day Crafts and Activities Using Upcycled Materials](#)
- **April is [Autism Acceptance Month](#)** here are books and info about neurodiversity to share:
  - [Books about kids with autism](#)
  - Plus, our favorite [autism resources for educators.](#)
- **Celebrate National Poetry Month...**
  - [75 Must-Share Poems for Your Classroom](#)...New finds and old favorites!
  - Spring themed poems: [47 Beautiful and Inspiring Spring Poems](#) and [58 Captivating Haiku Examples for Kids](#) (and Adults!) and [40 Inspiring Poetry Games and Activities for Kids and Teens](#) and [Kids of All Ages Are Writing Breathtaking Poems Using These 5 Simple Prompts](#)
- **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- **From Bright and Quirky:** [Do You Have a Demand Avoider?](#) Try Declarative Language, with Linda Murphy (5 min. video)
- **From Theater for Young Audiences:** [Snow White and the Seven Endings- Traveling Summer Camp](#)
- **Registration for SOAR Camp 2024 is live** through the end of May, however the camps will likely fill much sooner. If sessions are full, your child will be added to the waiting list in the order received. Location: Upham Woods Camp-Outdoor Learning Center in WI Dells. SOAR Camp is for gifted 3-8th graders. The upper grade camp will be three nights for 6-8th graders from July 20-23rd, 2024. The lower age group will be a two-night camp for 3-5th grade from July 14-16th, 2024. Here is the link to the website: [SOAR Website](#)  
If you need financial support, SOAR Camp has limited scholarships available: [WATG Scholarships](#)
- **Byrdseed Puzzlements for 4-11-2024**
  - These projects are so fascinating! [Video from 1890](#) that's been cleaned up and enhanced with audio. *I feel like I'm there!*
  - Eric Rieger creates beautiful gradients [simply by hanging yarn](#). Love that bridge! I saw one of his pieces at an exhibit in Long Beach, CA once – *even cooler in real life!*
  - I thought that [the Centralia fire](#), which has been burning since 1962, was unbelievable. Then reader Mary pointed out [this fire](#), which has been burning *since 1884!!* Both are underground in coal mines.
  - This [robot draws swirly portraits](#), building up using the CMYK process — that's cyan, magenta, yellow and black.
  - Artist Zimoun makes [giant sound sculptures out of everyday materials](#). The one with the paper bags is my favorite. Best with headphones on!
  - This month, we're highlighting lessons [related to Earth Day](#) and [National Poetry Month](#).
- **Applications are now open** for [Inland Seas Education Association's](#) 2024 Great Lakes Watershed Field Course! 4-day free professional development experience for teachers from August 6-9, 2024 in Suttons Bay, MI. Interested educators can learn more and apply at [schoolship.org/glwfc](#). The deadline for applications is April 21, 2024.
- **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.
- **Beast Academy Playground**...K-12 Beast Academy Playground helps kids build numerical literacy and problem-solving confidence with **free** and fun tabletop-hands-on math activities. It has filters for ages 3 through 11+ and most all math concepts. (Click on the filter links to get all the free activities!)
- **This August, UW Oshkosh will once again be holding the Summer Oshkosh Mathematics Academy (SOMA),** a 4-day summer math camp for students entering grades 6-8. Dates: Monday August 12 through Thursday August 15, 2024 at the UWO Oshkosh campus from 8:30 am - 4:30 pm daily for students entering Grades 6-8. Registration Fee: \$360, \$240 or \$120. For more information about SOMA, including how to register, please visit <https://uwosh.edu/mathematics/outreach/soma/>
- **Facts a Solar Eclipse:**
  - The longest duration for a total solar eclipse possible is 7.5 minutes.
  - During this eclipse the shadow of the Moon races across the Earth at 2410 mph in western Oregon down to 1502 mph near Chareston, SC.
  - A partial solar eclipses can be seen up to 3,000 miles from the "track" of totality.
  - Lunar Eclipses Only Occur During a Full Moon.
  - 'Syzygy' Is the Term for When the Earth, Sun and Moon Align.
  - There Are Three Types of Lunar Eclipse... A lunar eclipse can be total, partial or penumbral. A total eclipse happens when the shadow of the Earth fully covers the moon. A partial eclipse (pictured above) is when the Earth's shadow covers just a portion of the moon. A penumbral eclipse involves the Earth's lighter outer shadow (penumbra) covers the moon. Penumbral shadows often go unnoticed by casual sky watchers.
  - 'Totality' Is the Term for When the Moon Is Completely Darkened.
  - The moon looks reddish, often called a blood moon, during an eclipse because of the way light is refracted in the Earth's atmosphere.

## Mindful Minute:



### **"POEM OF A DOG**

***I am the one who always waits for you.  
Your car has a special sound  
that I have imprinted on my senses,  
I can recognize it among a thousand.  
Your steps have a magic timbre.  
Your voice is music to my ears.  
If I see your joy, it makes me happy!  
Your scent is the best,  
Your presence is what moves my senses.  
Your awakening wakes me up.  
I watch you sleep and for me you are my God,  
I am happy watching over your sleep.  
Your gaze is a ray of light.  
Your hands on me have the lightness of peace  
and the sublime display of infinite love.  
When you go out, I feel a huge emptiness in my heart.  
I wait for you again and again.  
I am the one who will wait for you  
all my life today, tomorrow and always:***

***I am your dog"*** 

~The Paw Patch



Lambeau, my Golden Retriever

## Mental Health Benefits Of Having A Pet:

Playing with a pet elevates levels of serotonin

Reduce anxiety and depression

Helps add structure and routine

Fulfillment

Helps people socialize

Give purpose

Provide companionship

They make you feel safe

Helps decrease blood pressure in stressful situations



@RealDepressionProject

From *Total Wellness*: “[Why Nature Walks Are Essential for Health.](#)”

[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  
[March Youth and Family Resources](#) (Thanks Matt Mueller, PJSD PATH Coordinator)

- **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.](#)

SLÁN AGUS BEANNACHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt  
Share Positivity!

:-)

Roy

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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