



Thursday Thoughts 4-18-2024:

Success to Significance:

How can and will you be significant on Earth Day and every day?

E*arth Day is a day to honor our home in the universe.*

A*lways and every day, keep our Earth in your heart.*

R*educe, reuse, recycle...repeat...repeat...repeat...*

T*ogether, we can do much to help our Earth be strong.*

H*elp our Earth whenever and wherever you can.*

D*o your best to lend a hand and spread ways to help.*

A*ll of us on our beautiful Earth need to be good stewards.*

Y*our future and mine depends on us all!*

~RS



LINKS and INFORMATION:

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

- **PJSD 3rd and 4th Grade Spelling Bee 2024:** Almost all PJSD 3rd and 4th Graders have completed the preliminary PJSD Spelling Bee test. Next week, I will go through the results to get the top-3 spellers from each classroom....They will compete in a finals competition that will take place in a couple weeks....(There will be more info next week!)
- **We are incubating eggs in first grade at Fairview again this year.** My chickens have once again supplied us with beautiful blue, green, pink, tan, and brown eggs. The expected hatching date is next Monday. The kids love learning

about the incubating and hatching process. After about a week in the classroom, the chicks will go to my farm to live out happy lives. [Here is a video of the incubating and hatching process that I made a few years ago.](#)



- **CELEBRATE our amazing planet...Earth Day, April 22:**
 - [Earth Day ideas to inspire young Eco-Heroes!](#)
 - [42 ways to make your classroom and school more GREEN!](#)
 - [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](#) Make Earth Day pledges and display them.
 - 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](#)
- **Celebrate National Poetry Month...[88 Famous Poems Everyone Should Know](#)**
- **From TechNotes: Following the fun of "May the Forth be with You," [prepare for liftoff on May 5th and celebrate National Astronaut Day!](#)** National Astronaut Day is dedicated to honoring the brave men and women who have ventured beyond our atmosphere, pushing the boundaries of human exploration and the historic moment in 1961 when Alan Shepard became the first American to journey into space aboard the Freedom 7 capsule. [Here are some great resources and activities!](#)
- **From 2E Guru Seth Perler: [Improve Executive Function for Students with ADHD](#)** (11 min. video) and [Strategies to Build Connection with your Children](#) (5 min. video)
- **The Big List of Student Contests and Competitions....[50+ contests for STEM, ELA and the arts, and more!](#)**
- **Byrdseed Puzzlements for 4-18-2024**
 - Astronaut Shane Kimbrough explains [how he makes peanut butter and jelly sandwiches in space](#). Preface this one with a "What problems might we run into when making a PBJ in space?" brainstorming session. *Thanks to Karin for the link.*
 - This brief video [of the surface of a comet](#) (!!) boggled my mind. It inspired [a Byrdseed.TV notice-and-wonder task](#).
 - How do you create a smooth wooden sphere from wood? [This guy shows you!](#) (Volume warning: the music is *rocking!*) First, spend a moment letting students look at the final product (2:49 gives you a good view). Wonder: How will he make this out of wood? What clues are there in the final product?
 - Well, here's [an unusual view of the eclipse!](#) What do you notice?
 - Finally, an episode of "World's Deadliest" [featuring... a shrimp?](#) Before watching, let everyone wonder, "What would make a shrimp *the deadliest shrimp?*"
 - This month, we're highlighting lessons [related to Earth Day](#) and [National Poetry Month](#).
- **Applications are 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 residential and commuter programs designed to inspire learners in grades 2-12.
 - [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](#)
- [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: August 12-15. [For more information...](#)



- **Amazing PJSD Community: Please don't trash your used solar eclipse glasses!** 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 of this year!
- **Facts about Earth Day:**
 - Earth Day became a global initiative in 1990.
 - After twenty years after the policy-changing rallies in the U.S., Earth Day initiatives went global. It brought 200 million people in 141 countries together to raise awareness for the environment.
 - Earth Day is now celebrated annually in 190 countries. The efforts extend far beyond April 22....Thanks to the Earth Day Network (EDN), 20,000 partners in 190 countries work to create year-round eco-friendly initiatives, garnering more than one billion participants every year. Earth Day is celebrated in almost every country in the world.
 - While Earth Day is always on April 22, EarthDay.org creates a new theme each year. This year, the theme is **Planet vs. Plastics**, with a goal of reducing plastic consumption 60% by 2040.
 - Like many holidays, Earth Day even has a song to help celebrate. The "[Earth Anthem](#)" was written in 2013 by poet-diplomat Abhay Kumar. It's available in eight world languages.
 - (Source: Good Housekeeping)

Mindful Minute:

Our mental health affects how we think, feel, and act.

***Our mental health helps determine how we...
handle stress, relate to others, and make healthy choices.***

Our mental health starts with self-care:

- ***Regular exercise...a healthy mind resides in a healthy body. Exercise improves fitness and leads to the release of our body's own feel-good chemicals, lifting up our mood. It distracts us from negative thought loops and helps prevent anxiety and depression.***
- ***A healthy diet includes healthy fats, lean proteins, vitamins, fibers, minerals, complex carbohydrates and lots of water every day and limit the intake of caffeine and carbonated drinks. Mindful eating and mental health go hand-in-hand!***
- ***Mindful activities...meditation, yoga, breathing exercises, and journaling are great ways to release mental stress, declutter your mind, and be at peace.***
- ***The power of positivity...a positive approach towards life allows us to manage stress and anxiety effectively. It can significantly decrease depression, pain and distress. It helps us be happier and can increase resistance to diseases.***
- ***Maintaining a good work-life balance...while work is very important...it is essential to balance it with your family/social/personal life, taking time with family and friends, pursuing hobbies, and learning something new are great ways to strengthen mental health.***
- ***Understand that we as humans are ambitious and have a lot of dreams and aspirations in life....AND, understand that many things need time and effort to be achieved. It is important to plan, prioritize, and work diligently to achieve them.***

- *Stay mentally active....Just like our bodies, our minds need regular exercise to stay healthy...puzzles, games, learning a language, computer skills, playing a musical instrument, performing in community theatre....There are so many ways to keep our minds active!*
- *Spend time with nature...the best healer. It helps us relax, lifts up our mood and cuts out a lot of unnecessary clutter in our minds.*
- *Practice gratitude: Being thankful for all you have allows you to stay peaceful. It gives us a sense of fulfilment. You will learn to value all you have and worry less about comparing yourself to others. This brings stability and confidence.*
- *Get enough sleep: Sleep is crucial to our mental health. It nourishes our body and mind. It makes us emotionally stable thereby improving our decision-making power and attention. Not only this, but it also lowers the chances of various psychological and neurological disorders.*
- *As mindful human beings, we need to first take good care of ourselves, as well as encourage those around us to do the same. We can make this world a better place in which to live!*

~RS

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

[Check out the incredible trails that we have in Sheboygan County to enjoy!](#)



[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

- **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!

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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