



Thursday Thoughts 4-25-2024:

Success to Significance:

Think of the significance of those who make our lives better!

Thank you to our school secretaries/administrative assistants THANK YOU for all you do for us, our students, our school, and our community!



LINKS and INFORMATION:

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

- Pegasus/GT Family Share Night for all Pegasus/GT Families K-12. Please join us for some sharing of Pegasus/GT activities we do and have some fun from 6:00-7:00pm on Monday, May 6, 2024 in the Riverview Library. All K-12 Pegasus families are invited to join in on the fun!



- **Happy National DNA Day!** April 25th commemorates James Watson and Francis Crick's discovery of the DNA double helix with Rosalind Franklin in 1953 and the conclusion of the Human Genome Project in 2003. These two monumental achievements, fifty years apart, have charted our understanding of the structure of DNA and the human genome as we know it. Genetics has always been a passion of mine. My first degree is in Animal Science and I worked in genetics for 6 years prior to getting my teaching degrees. I also used this knowledge over the years in breeding champion American Quarter Horses and Golden Retrievers, as well as Holstein cattle (many years ago). I also love researching ancestry and DNA and learn more and more about my 92% Irish, 4% German, 2.5% Central American, and 1.5% Nigerian heritage.
- **The PHS Distracted Driving Tragedy Simulation** was very impactful! Thank you to the actors, organizers, and emergency response professionals. Hopefully the message from the simulation will help a tragedy like this from happening!

- **PJSD 3rd and 4th Grade Spelling Bee 2024:** Almost all PJSD 3rd and 4th Graders have completed the preliminary PJSD Spelling Bee test (still waiting on a few). I am going through all the results to get the top-3 spellers from each classroom....They will compete in a finals competition that will take place in the next couple weeks....(More info soon!)
- **We incubated eggs in first grade at Fairview again this year.** So far, we have 5 chicks! 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.](#)



- **From We Are Teachers:**
 - 51 [Splash-tastic Water Activities](#) for Warm Weather Fun and Learning
- **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:** [Help students organize with Google Keep](#) (10 min. video)
- **The Big List of Student Contests and Competitions....**[50+ contests for STEM, ELA and the arts, and more!](#)
- **Byrdseed Puzzlements for 4-25-2024**
 - Zoetropes have long been a feature of the Puzzlements Mailer. [But watching one drawn on camera!?](#) This is cool! I'd show the final product first (around 7:10). Repeat that last section a few times. Let students notice all the little details and wonder how it was done. *Then* go back to the beginning and see it happen.
 - Quick! How many types of precipitation can you think of? ... Did you get Virga, rain that evaporates before it reaches the ground!? [Here's a video of it in action.](#) Let students notice some strange details before you reveal the truth. Also, my friend Mike put together this [Byrdseed.TV Tournament of Precipitation!](#)
 - [This embroidery, from artist Sheena Liam, goes beyond the hoop!](#)
 - Table tennis has such great highlights. [This return by Christopher Chen is the best.](#) What a writing prompt, too! Ask students to write from the perspective of Chen. Or the paddle. Or the other player! *Or the ball!!!* Read more about [using anything as a writing prompt.](#)
 - Puzzlement's classic: What happens when popcorn is popped [in super slow motion!?](#)
- **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...](#)
- [Northwestern Center for Talent Development](#) academically talented students, pre-K through grade 12, realize their full potential by developing children's talents through unique and challenging academic programs.



- **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 our DNA** are amazing, and over the years scientists have discovered many fascinating facts about the genetic material in deoxyribonucleic acid (DNA). Here are ten especially interesting DNA facts.
 - Your DNA could stretch from the earth to the sun and back ~600 times. If unwound and linked together, the strands of DNA in each of your cells would be 6 feet long. With about 30 trillion cells in your body, that means if all your DNA were put end-to-end, it would stretch over 67 billion miles. In comparison, the distance between Earth and the Sun is 93 million miles, and it's "only" 3 billion miles between Earth and Neptune, the planet at the farthest edge of our solar system.
 - We're all 99.5 percent alike. Of the 3 billion base pairs in the human genome, only about 0.5% tend to vary between individuals. While that 0.5% is still what makes us unique, it means we're all more similar than we are different. Studying where those 0.5% are located in the human genome is easier for researchers than to look at all 3 billion base pairs.
 - Genes make up only about 3 percent of your DNA. Genes are short segments of DNA, but not all DNA is made up of genes. All told, genes are only about 1-3% of your DNA. The rest of your DNA code controls the activity of your genes. Your genes influence how you look, how you act, and even how susceptible you are to disease.
 - There's no such thing as "junk" DNA. When scientists were first studying DNA and discovered that only 1-3% of your DNA is made up of genes, they thought the remaining 98% might be "junk." It turns out that all this non-coding DNA is actually incredibly important. It plays a role in controlling the activity of your genes—when they turn on or off—and it can help the DNA keep its shape, along with many other functions.
 - The human genome contains 3 billion base pairs of DNA. DNA molecules are shaped like twisted ladders—a structure also known as a double helix. And the rungs on that ladder are made of bases—adenine (A), cytosine (C), guanine (G), and thymine (T)—locked together in pairs with hydrogen bonds. The really cool part is, they pair up in a very specific way: "A" always pairs with "T," and "C" always pairs with "G."
 - Your traits are a product of your genes and your environment. Some of your traits are controlled entirely by your DNA. But most of your traits are controlled by a combination of your genetic information and your environment. For example, your height as an adult is strongly influenced by your DNA. After all, tall biological parents tend to have tall biological children. But, early childhood nutrition also plays a big factor in how tall you become as an adult.
 - Most traits are controlled by many genes. You've probably heard someone described as having the "tall gene" or the "fast gene." But in reality, most traits are controlled by lots of genes all acting together with very small effects. In fact, a trait like height is impacted by over 12,000 DNA variants.
 - You inherited your DNA from each of your biological parents. Each biological parent passes along a random half of their DNA to their child. This means you can trace things like your ethnicities, traits, and matches back to the parent you inherited them from. Because the DNA you inherit from your parents is a random half, it also means that your results can differ from siblings results.
 - Your DNA changes over time. For the most part, your DNA is the same now as it was when you were a child, and will be the same when you are much older. But, throughout your life, your DNA acquires random mutations during replication that change your DNA sequence. Most of the time these changes are

not noticeable. Additionally, your DNA has special protective caps made of DNA on the ends of the chromosomes, called telomeres. While you age, these telomeres shorten.

- Your DNA could link you to places you'd never imagine. A DNA test can tell you which world regions your ancestors may have lived in hundreds to thousands of years ago. For example, you could discover that approximately 11% of your DNA connects you to Norway and that you also have genetic connections to Central Oaxaca in Mexico, Inishowen in Ireland, and the early settlers of Western Pennsylvania

~Ancestry.com

Mindful Minute:



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