

# Pegasus/GT

## Thursday Thoughts 9-14-2023:

### Success to Significance:

*Believe in your vision...*

*And have the courage, passion, and determination to pursue and accomplish it!*

~RS

#### LINKS and INFORMATION:

- Date to remember...Pegasus/GT Meet and Greet: Monday, October 23, 2023. Pegasus/GT informational slide presentation and question & answer session, followed by some game time! Riverview Library 6-7pm
- Elementary groups are working on team building and strategic planning activities this week. The high school GT Panther Times are doing well and the eleven awesome PHS Passion Projects are underway.
- From WATG 2023 Conference, WI Dells
  - [Parent Conference](#) (focus: Executive Functioning Skills) and [Teen Conference](#) (focus: Destination Imagination Challenge Workshop) on Sunday, October 8 from 9:00am-12:30pm
  - WATG Conference Monday and Tuesday, October 9-10. Roy and Jessica will be presenting on High School Passion Project Independent Studies.
- From We Are Teachers...some fun summer educational activities:
  - [Building the Habits of Health](#)...Lessons and activities for K-5 that inspire a healthy lifestyle and help celebrate National Kids Take Over the Kitchen Day!
  - During the average school day, teachers pose around 400 questions to students. [Here's a question and activity that could be a game changer for your students' reading!](#)
- From DPI:
  - October in Wisconsin brings fall colors, football, corn mazes, and ... science! The annual [Wisconsin Science Festival](#), held from October 16-22, supports events in 140+ venues in 48+ counties across the state. As proclaimed by Gov. Tony Evers and State Superintendent Dr. Jill Underly, Wisconsin Science Week is a wonderful time to connect with community experts and opportunities in your own backyard! So many resources are available to help....Start with the [Science Fest Website](#)! Your event can emphasize science, technology, engineering, arts/humanities and/or math (STEAM).
- Tomorrow (Friday) is International Dot Day. Please join in and wear dots to celebrate! [Website](#) International Dot Day, a global celebration of creativity, courage and collaboration and focuses on Peter H. Reynolds' book, *The Dot*. [Here is a YouTube read-aloud of the book](#). Thank you to Karen Bennett for the information about this inspiring day!
- Byrdseed Puzzlements for 9-14-2023
  - Kamikara makes cute paper toys that move and transform. [Check out a sheep in wolf's clothing](#). And [this robot is a treat!](#)
  - These [delightfully mind-bending clips set](#) up expectations and then deliver something unexpected. Pause and predict with students before revealing the surprises. Pixelated Pikachu was my favorite.
  - A hand-drawn [cube that seems to float about a paper](#). Plus, instructions on how to draw it!
  - Brett Foxwell created a [stop-motion video of over two thousand leaves](#). Each step is a slight change, but after two minutes, the leaves are completely different.
  - A kid and his dad [worked up a food-related pun](#) for each of the 50 United States. *Swissconsin! Avocolorado!*

**Mindful Minute:**  
***Turning on the light***  
***Forgetfulness is the darkness,***  
***Mindfulness is the light.***  
***I bring awareness***  
***To shine upon all life!***

*~Plum Village*

***Put mindfulness into your day--every day!***  
***ALWAYS...Be inclusive...ALWAYS...Be kind!***

**[Celebrate the new school year with this Beginning of the School Year Meditation](#)**

**[52 Ways to incorporate Wellness Days into your school or workplace and life!](#)**  
**(Can be done any day of the week.)**

- 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!

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Roy

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"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." ~Albert Einstein