

# Pegasus/GT

## Thursday Thoughts 9-21-2023:

### Success to Significance:

*As you go about your day,  
Remember that a smile is a curve that can set everything straight!  
Never underestimate the power of a smile!*

~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 created flags to represent themselves, wrote about why the pictures represented them, and presented their flags to their Pegasus group this week. The high school GT Panther Times are gearing up for PHS Homecoming activities. There are twelve junior and senior GT Passion Project Independent Studies this year that are covering some great passion topics: Marine Biology in the Midwest, Exploration of Becoming a History Teacher, Art and Creative Writing, Fish Conservation in Midwestern Lakes and Streams, Dance, Culinary, Guitar and Music Exploration, Designing Human Prosthetics, Piano, and several students doing Mentoring 8th grade GT Students' Transition to HS. Some budding writers from Riverview 7th & 8th grade students will be attending the CESA-7 GT Consortium Writing Retreat at the National Railroad Museum in Green Bay.
- October is Gifted Education Month—[Proclamation from Wisconsin Department of Public Instruction](#)
- From WATG (Wisconsin Association of Talented and Gifted)
  - [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 EdWeek: [A Handy Guide for Infusing Data and Geometry](#) throughout the Curriculum K-12 in fun and interesting ways.
- From We Are Teachers...some fun summer educational activities:
  - 57 [mindfulness activities to try with kids](#)
  - [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).
- Byrdseed Puzzlements for 9-21-2023

- [This house was 3D printed](#) in under 24 hours!
- An incredible [photo of Mexico's Colima Volcano erupting](#) and *acting as a lightning rod!* Taken by Sergio Tapiro Velasco.
- There are lots of cool patterns and details to spot in [Annette Labedzki's reverse paint-mixing video](#). But you'll *never* guess what it resolves to! I'd start pausing around 0:30 to let students predict what the final image will be.
- Artist [Paul Johnson creates giant, landscape-based stop-motion](#) along Nevada's Highway 50. [Read more about the project.](#)
- You'll [love these cute, clever miniatures](#) from photographer Derrick Lin, including a tiny remake of [Nighthawks](#).

## Mindful Minute:

*Look for the "glimmers"...*

*A glimmer is essentially the opposite of a trigger.*

*Glimmers are those little moments that*

*make you feel joy, peace, or gratitude....*

*Look for the glimmers and more glimmers will appear!*

*Glimmers will help diminish the triggers....Look for the glimmers!*

~RS

## Kindness Meditation

**ALWAYS...Be inclusive...ALWAYS...Be kind!**

Shared from Chiro-Health: [The Blue Zones are five regions around the world](#) with higher life expectancy and lower disease rates than average. Check out the five lessons we can learn from the **Blue Zones**.

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