

# Pegasus/GT

## Thursday Thoughts 9-28-2023:

Success to Significance:

*Kindness is the foundation of happiness and success!*

~RS

### LINKS and INFORMATION:

- **PJSD Pegasus/GT Happenings:**
  - **Pegasus/GT Family 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 engaged in engineering challenges with straw tower building and marble run creation. Some wonderful engineer thinking, doing, and collaborating took place! In the high school GT Panther Times participated in creating a Panther Time flag to represent their Panther Time, Tug-of-War, dress up days, and more to be culminated with the big game Friday night against Port Washington and the dance on Saturday. PHS Homecoming activities. The twelve junior and senior GT Passion Project Independent Studies are under way and some great things are being shared with me. Next week, 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.
- **New York Times Poetry Contest** for students that are 13-19 years old. For this contest, [The Times invites you to write a personal narrative about a meaningful life experience in 100 words or fewer.](#) There is no particular theme or specific structure or style, they are looking for short, powerful stories about a particular moment or event in your life. They want to hear your story, told in your unique voice, and experiment with style and form to tell a tale that matters to you, in a way you enjoy telling it.
- **From Spectrum Education:** [FREE...Parenting for Resilience, Confidence & Independence Online Summit](#) – October 6<sup>th</sup>-8<sup>th</sup>, 2023.
- **From Bright and Quirky:** Does your child struggle with test anxiety or school refusal? It's difficult for them to do their best work when they're feeling anxious or reluctant. [Janine Halloran LMHC, author of The Coping Skills for Kids Workbook and The Coping Skills for Teens Workbook, suggests these calming tips](#) to navigate the situation and get grounded.
- **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 We Are Teachers and NFPA... Get ready for Fire Prevention Week Oct. 8-14....Fire Safety activities:**
  - [Work in Fire Safety](#) (1-1/2 min video) from NFPA Kids
  - Video (4-1/2 min) and Lesson Plan: [Firefighting's Weird History & Fascinating Future](#) from NFPA
  - [The Science of Fire](#) from NFPA

- More great resources from NFPA...[Sparky School House](#)
- **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).
- **From NAGC: Resources for Parents...**[NAGC works to provide you the tools you need to help your gifted child succeed](#). Resources for Parents in Spanish: [Recursos Para los Padres de Familia](#)
- **Byrdseed Puzzlements for 9-28-2023**
  - I get so excited if I see *one* hummingbird. [Here are 30+ splashing together!](#)
  - Speaking of splashing. I'd be [pretty excited to see a humpback whale this close](#). At first. And then I'd be pretty scared.
  - [Cross shaped boomerangs!?](#) Pause at 0:06, *right before he releases*, and let students predict the boomerang's path. Then watch and enjoy everyone's surprise!
  - Yes! What would the [Impossible Cube look like in three dimensions](#)? Try to pause *just* as it starts to spin (0:04) and you can see the one side start to curve a bit. Let students predict what it will look like as it turns. *Then let it rip*.
  - First, let students think of words to describe how a knight in armor would have/could have moved with all that armor on!? [Then watch selected clips from this montage](#) of armored humans doing all sorts of acrobatic things! At 0:27 we've got people lifting other people and rolling around or another of a full sprint!

## Mindful Minute:

*“May I be well and happy.  
May others be well and happy.”*

*~Insight Timer*

This is a short (3 minute) [Mindful Moment with Kind Thoughts practice meditation](#). It offers kids (and adults) a pause in their day with the addition of kind thoughts, a short metta practice.

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

### [Kindness Meditation](#)

- **From TeleDoc:** [30 Day Self Care Challenge](#)
- **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

Roy Schwab, MEd [rschwab@plymouth.k12.wi.us](mailto:rschwab@plymouth.k12.wi.us)

Plymouth School District Elementary and High School G.T./Pegasus Coordinator

Plymouth School District Health and Wellness Coordinator

Jessica

Jessica Barrington, Med [jbarrington@plymouth.k12.wi.us](mailto:jbarrington@plymouth.k12.wi.us)

Plymouth School District Middle School GT/Pegasus Coordinator

Plymouth School District German Teacher

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