



## Thursday Thoughts 5-2-2024:

### Success to Significance:

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

*Thank you to our School Lunch Heroes, Principals, Teachers, and Nurses for all you do for us, each other, our students, our school, and our community!*



***Many people to be thankful for in our schools!***

#### 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!
- PJSD 3<sup>rd</sup> and 4<sup>th</sup> Grade Spelling Bee FINALS 2024: The Finalists have been determined and the PJSD 3<sup>rd</sup> and 4<sup>th</sup> Grade Spelling Bee Finals' dates are set!
  - HZ: Tuesday, May 14<sup>th</sup> at 2:40pm
  - FV: Monday, May 20<sup>th</sup> at 2:30pm
  - PV: Wednesday, May 22<sup>nd</sup> at 2:30pm

Finals are expected to take 45 minutes to an hour. Families of participants are welcome to attend the Finals.

Here is a [practice word list](#) and a [list of participants](#) is attached. Honorable Mention students are also listed. They will receive an Honorable Mention certificate, but will not participate in the finals. Great job to all the 3<sup>rd</sup> and 4<sup>th</sup> Grade Spelling Bee Students!

- **From We Are Teachers:**
  - In honor of Arbor Day (last Friday), which was first observed in the 1870s to honor America's trees, [here are some tree facts](#).
- **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!](#) Because May the Fourth is on Saturday, be sure to wish Mr. Helmer, "May the Forth be with you" tomorrow!
- **From 2E Guru Seth Perler: [What If A Parent, I Also Have A.D.H.D.](#)** (9 min. video)
- **From WATG and NAGC: [GT Family Tips](#) from NAGC ([Spanish version](#))**
- **The Big List of Student Contests and Competitions....[50+ contests for STEM, ELA and the arts, and more!](#)**
- **Byrdseed Puzzlements for 5-2-2024**
  - What happens when [popcorn is popped in super slow-mo](#)? What tiny details can your students spot? What if you wrote from the popcorn's perspective?
  - An 80-foot steel kraken!? On a WWII warship!? *Sunk to create an artificial reef!*? [Here's the video \(the sinking starts around 2:30\)](#). You can [read more about the project here](#). *Thanks to Jennifer for the link.*
  - How long [will that disc spin!](#)? It's called Euler's Disk and, yep, you can find them on Amazon! (Euler is pronounced sorta like "Oiler." He's featured in this [Byrdseed.TV math video.](#))
  - [I love this illusion](#). The dots are traveling in straight lines, yet they appear to spin as a circle. For me, the illusion starts to kick in once there are four dots.
  - I got *really* into Tic-Tac-Toe variants a few years ago. [Order and Chaos is top tier](#). Use a 6-by-6 grid. *Both* players play as Xs *and* Os. One player is Order. They want to get five-in-a-row of either shape. The other player, Chaos, wants to block any five-in-a-rows. [Yes, there's video instructions](#) at Byrdseed.TV.
- **[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...](#)**
- **Facts about Arbor Day: (It was last Friday.)**
  - The holiday began with journalist Julius Sterling Morton, who moved from Detroit to Nebraska in 1854. At the time, the wide-open spaces of the west weren't working out so well for pioneers — the shadeless prairie was hot in the summer, with few windbreaks to keep tilled soil from blowing right into Kansas. The solution...plant a tree. Morton rose to become the state secretary, and helped establish the first Arbor Day in 1872. More than 1 million trees were planted across the state that first Arbor Day.
  - J. Sterling Morton, who founded Arbor Day, built a family home that looked like the White House. Today the home and its 65 acres are known as Arbor Lodge and is now a state park. It is a 52 room mansion with over 250 different types of shrubs and trees.
  - The National Arbor Foundation estimates that its donations have funded the planting of more than 20 million trees in forests since 1990.
  - Happy Arbor Day! Go hug a tree!

**Mindful Minute:**

***One cannot do all the good that the world needs.  
But...the world needs all the good that we can do!***

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

[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  
[March Youth and Family Resources](#) (Thanks Matt Mueller, PJSB PATH Coordinator)

- **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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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