

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE FIFTH
ISSUE OF MINDFUL MINUTE!

Mindful Minute is created by the PBIS team providing you with announcements, current news, self-care practices, trivia and more! New issues will be posted on the JAHS website every other Friday. Get involved!! Help us by sharing your ideas or feedback. We want this to be something you look forward to reading - so suggestions are always welcome! Email Ms. Morozowski (taylor.morozowski@globalkids.org) or visit the PBIS room 234.

Happy reading! :)

WEEKS OF 11/29 AND 12/6

THIS ISSUES FEATURED
SECTIONS:

- ANNOUNCEMENTS
- GLOBAL CITIZEN
- SELF TLC
- CREATIVE CORNER
- NATIONAL TODAY
- THIS DAY IN HISTORY
- TRIVIA



JAHS ANNOUNCEMENTS

Check out some of the *Global Kids* clubs that are starting up!!

FUTURE FOCUS
TUESDAYS, 3-4:30PM, ROOM 103

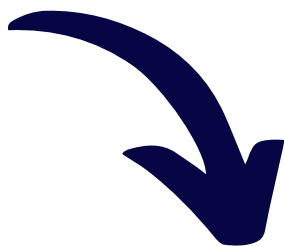
Let's talk about life after high school!

- balancing academics with extra-curricular activities
- assessing your skills and interests
- choosing a career path
- applying to colleges

Sign up with Marie
Global Kids Office, Rm 102
marie@globalkids.org

Global Kids

ST. JOHN'S HIGH SCHOOL
1927

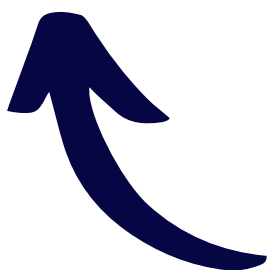


Starts on Tuesday November 30th

This workshop will tackle the following:

- how to have a successful high school life in preparation for the post-grad life
- Discuss balancing curricular and extracurricular activities
- getting involved (clubs, sports, volunteering etc.) while maintaining good grades
- self-assessment (skills & interests)
- researching/choosing a college or career path
- applying to colleges, PSAT, SAT, ACT, financial aid, essays, scholarships & other college life

Starts on Monday November 29th



MINDFULNESS MONDAYS

Destress, meditate, play games,
and meet new people!

Mondays, 4-5:30pm, Gym D

For more info or to sign up,
see Shaniyat in Rm 234
Shaniyat.Chowdhury@globalkids.org

Global Kids

ST. JOHN'S HIGH SCHOOL
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Next Rack 'Em Up Redemption Day will be Friday, December 3rd
Ask your teachers how you can earn Rack 'Em Up's in your classes to redeem prizes!!

Chance to earn Rack 'Em Up's right here!!!!..
BE WELCOMING AND EARN BY..

Share something for the creative corner section, feedback on what you want to see in Mindful Minute, idea's for what sort of self-care tips you'd like learn, or share a current event or other news you found interest in -- any input is appreciated and **can earn you Rack 'Em Up's!** Student/Staff involvement is needed!!! Please email or visit room 234.

ATTENTION ALL SENIORS!

ATTENTION ALL JAHS SENIORS!

Are you currently in the College & Career Office's Google Classroom?

Please enter the join code below to be added to the google classroom.

Join Code: C53VS4L

If you have any questions please stop by room 319 or email Ms. Higgins (ahiggins5@schools.nyc.gov)

Follow JAHS College office on Instagram:
@jahscollegeoffice

COLLEGE AND FINANCIAL AID APPLICATION COMPLETION

Tuesday's 2:00pm- 4:00pm
Room: 219

Things to bring:
CUNY
Social Security
(If Applicable)
Permeant Residents
(If Applicable)

Things to bring:
FINANCIAL AID AND STATE AID (TAP)
Social Security
Parent Martial Status/Date
Parent Drivers License Number
Federal and State 2020 Tax Returns

Got announcements? Email Ms. Morozowski to be posted in the next issue

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

[U.S. is losing 36 million trees a year](#)

Decline in tree cover are due to natural causes such as hurricanes, tornadoes, fires, insects and disease. Also, decreases in trees can be due to developing and construction on wooded areas. This article also highlights some benefits trees provide to the planet including; heat reduction, energy emissions reduction, water quality improvement, flooding reduction, noise reduction, protection from UV rays, encourage healthy wildlife habitats, improved aesthetics, & improved human health. Check the article to learn more about how & why!

[NASA launches spacecraft to test "nudging" asteroids away from earth's orbit for defense](#)

A rocket lifted off on 11/23 from Los Angeles. If all goes well the rocket will slam into Dimorphos, an asteroid that is 525 feet across, in September 2022 to test defensive strategies against asteroids.

[Pandemic treaty for the future is in the talks](#)

The WHO is holding a 3 day virtual summit to discuss a possible collaborative plan for future pandemics internationally.

INTERESTING NEWS

[Six ways shoebox-sized satellites are trying to change the world](#) - What started out to be a student educational tool made by Professor Bob Twiggs in 1999 now used for 6 important ways around the world; stopping deforestation, tracking endangered animals, exposing modern slavery, cleaning up space junk, fixing wind turbines, and exploring deep space.

SELF TLC

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SELF-CARE & WELLNESS PRACTICES



self-care

/ˌselfˈker/

noun

noun: **selfcare**

the practice of taking action to preserve or improve one's own health.
"autonomy in self-care and insulin administration"

- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
"expressing oneself is an essential form of self-care"

Self-care is an important practice that everyone needs to do habitually in order to keep the best mindset and to stay healthy! If you need support or more tips on how to manage self-care, reach out to us -- the PBIS team is here for you!! Check back on this section of the newsletter as we will continue to give you more "self TLC" strategies.





This week's issue will be about self-care through organization..

Self-care = Doing nice things for yourself and others


December Challenge: Do Good December Calendar

Each day of December, the PBIS team challenges you to complete as many "do good" actions on this calendar. Share with us how you fulfilled some of the days you completed & how it made you feel afterwards and you can earn Rack 'Em Up's!

December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
26 Get outside. Pick up litter or do something kind for nature	27 Give away Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
			29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	

ACTION FOR HAPPINESS **Happier · Kinder · Together**



How is being nice to others a part of self-care?

- It can help boost serotonin (chemical messenger in your body that stabilizes your moods) which increases feelings of confidence, happiness, and optimism.
- It can help you feel more in control - you have the power to make others feel good and in return making yourself feel good!
- Your positive actions can help encourage others to do the same.
- It can turn your day around. If you're having a tough day, doing something nice for someone else can bring some positivity in your day.

The Action for Happiness website creates a calendar monthly..
[check it out here](#) to see past months and look for upcoming ones!

CREATIVE CORNER



Check back for fellow students (staff too!) art work, drawings, poems, photography, cooking recipes - or anything else creative you've made that you'd like to share. Also featured is creative current news and announcements!

Want to see Broadway shows for cheap?

Download the Today Tix app or [go to their website here](#)

Create an account, then search New York shows.



TodayTix - Broadway Tickets (4.4)

Discover theatre in your city

TodayTix, LLC

★★★★★ 4.9 • 27.5K Ratings

Free

You can enter for Rush and Lottery tickets which will be cheaper. If you win the lottery tickets you only have to purchase (the discounted price) if you accept the tickets if you're available to go!

American Music Awards - AMA's

Incase you missed it!

Here are some of the winners:

Artist of the Year: BTS

New Artist of the Year: Olivia Rodrigo

Collaboration of the Year: Doja Cat feat. SZA, "Kiss Me More"

Favorite Trending Song: Megan Thee Stallion, "Body"

Favorite Music Video: Lil Nas X, "MONTERO (Call Me By Your Name)"

Favorite male pop artist: Ed Sheeran

Favorite female pop artist: Taylor Swift

Favorite pop duo or group: BTS

Favorite pop album: Taylor Swift, evermore

Favorite pop song: BTS, "Butter"

Favorite male country artist: Luke Bryan

[Click here for the full list of winners](#)

Vote Now! Search AMAs on  TikTok



To be featured in an issue please bring your creativity to Ms. Morozowski



NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, November 29th:

Tuesday, November 30th:

Wednesday, December 1st:

Thursday, December 2nd:

Friday, December 3rd:

Cyber Monday

Giving Tuesday ~ Cities for Life Day

World AIDS Day ~ National Hand Washing Awareness Day

National Mutt Day ~ International Day for the Abolition of Slavery

Make a Gift Day ~ National Roof Over Your Head Day



Monday, December 6th:

Tuesday, December 7th

Wednesday, December 8th:

Thursday, December 9th:

Friday, December 10th:

National Microwave Oven Day ~ National Gazpacho Day

National Letter Writing Day ~ World Trick Shot Day

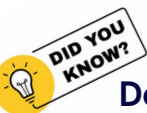
Pretend to be a Time Traveler Day ~ Panama Mothers Day

Techno Day ~ International Day of Veterinary Medicine

Nobel Prize Day ~ Human Rights Day



THIS DAY IN HISTORY



December 1st, 1955 - In Montgomery, Alabama, Rosa Parks is jailed for refusing to give up her seat on a public bus to a white man, a violation of the city's racial segregation laws. The successful Montgomery Bus Boycott, organized by a young Baptist minister named Martin Luther King, Jr., followed Park's historic act.

December 6, 1884 - in Washington, D.C., workers place a nine-inch aluminum pyramid atop a tower of white marble, completing the construction of an impressive monument to the city's namesake and the nation's first president, George Washington.

Check out other This Day in History dates on the [History Website](#)



TRIVIA

ISSUE 4 QUESTIONS/ANSWERS



What is the name of the theater where many of Shakespeare's plays were produced?

The Globe

Netflix was founded in 2002 - True or False?

False - 1997

Where do butterflies have taste buds?

Their feet

What does the WWW stand for in a web browser link?

World Wide Web

What is the rarest M&M color?

Brown

Which country invented ice cream?

China



ISSUE 5 TRIVIA QUESTIONS

What is the first letter on a computer keyboard?

What planet is known as the red planet?

What number is the bakers dozen?

What was the first sport to be played on the moon?

What does the "AC" button on a calculator stand for?

What year was bitcoin launched in?

Check back on Mindful Minute Issue 5 for the answers!

That's it for this week's issue of **MINDFUL MINUTE**

Please give us YOUR feedback!!

Students! We need *your help* in creating Mindful Minute - we want to hear YOUR voice!

Anything you think would be fun and interesting to see in your school's PBIS newsletter -- email Ms. Morozowski (taylor.morozowski@globalkids.org) or stop by room 234!

Thanks for joining us and check back for the next issue!!

..and remember, we're always here to support you :)



WITH LOVE AND SUPPORT,
your PBIS team