

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE SEVENTH
ISSUE OF MINDFUL MINUTE!

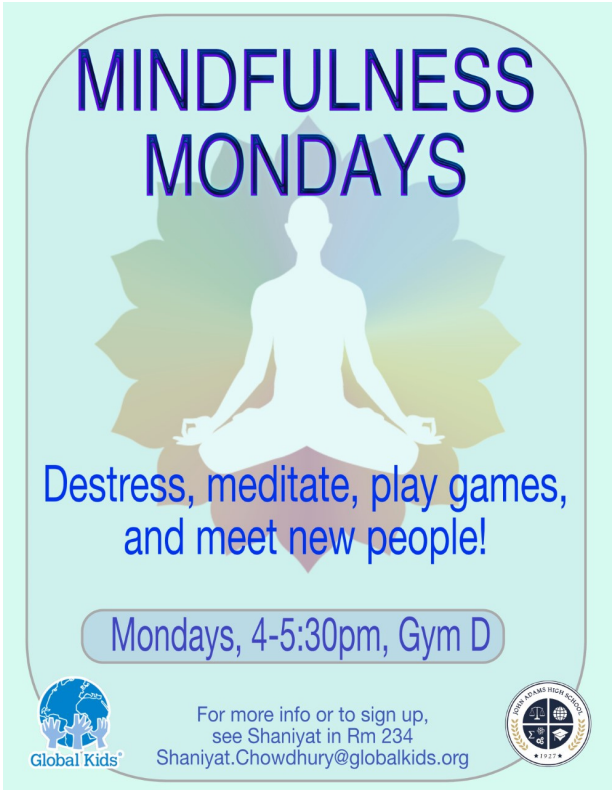
Mindful Minute is created by the PBIS team providing you with announcements, current news, self-care practices, trivia and more! New issues will be posted on the JAHS website every other Friday. Get involved!! Help us by sharing your ideas or feedback. We want this to be something you look forward to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

Happy reading! :)

WEEKS OF 1/3 AND 1/10

THIS ISSUES FEATURED
SECTIONS:

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



Student Ambassador Club:
will reconvene meetings Tuesday, January 4th - @1:50 room 206

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 Miss Taylor to be posted in the next issue

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

Health Care in Afghanistan is collapsing.

Sanctions imposed by the UN are directly affecting the health care and funding of facilities. These sanctions were supposed to encourage the Taliban to ditch their previously known ways of human right abuse. Donors who normally fund medical care have stopped paying. Medical staff are not being paid, medicine and other equipment necessary is running out, surgeries cannot be performed and so on.

Perfectly preserved dinosaur embryo found - estimated 66 million years old

The embryo was found in Ganzhou in southern China. Researchers believe it to be a toothless theropod dinosaur (oviraptorosaur).

INTERESTING NEWS

Meet Doug: Possibly the biggest potato discovered

The Craig-Brown family from New Zealand found a potato in their yard weighing in at 17.4 lbs. They named it Doug and have entered it into the Guinness Book of World Records. Prior to this discovery the biggest potato recorded was 11 lbs. Check out the article to see how big Doug is!

Imagine winning the Lottery.. now imagine winning the lottery twice!



SELF TLC

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SELF-CARE & WELLNESS PRACTICES



self-care

/ ,selfˈker/

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.

Self-care = Focusing on the things you CAN control

JANUARY CHALLENGE

Happier January Calendar

Each day of January, the PBIS team challenges you to complete as many days focusing on what you **can control** on this calendar as you can! *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!*

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

How is focusing on things you CAN control self care?

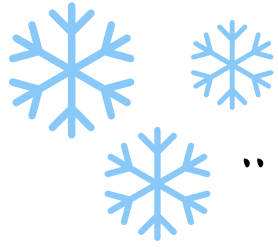
There are so many things in life that we have absolutely no power over, especially within this past year or so. It's easy to get wrapped up and consumed with being worried or stressed over things that are out of our hands.

Instead of wasting your time and energy on things that you can't control, conserve that energy and use it on things you can control. If you focus your time on controllable things, you will be able to make that much more of a difference rather than splitting up your time and energy.

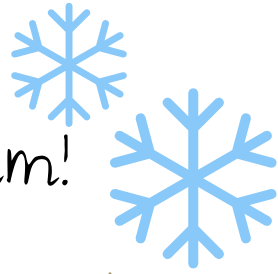
Focused energy = higher success rates

Higher success = happier!

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



Self care through goal setting
.. and constantly working towards them!



Okay so welcome to 2022!!! I hope you all had a great start to the year so far. The New Year is a great way to refresh your mindset and set new goals for the new year. Here are some steps to get you started!

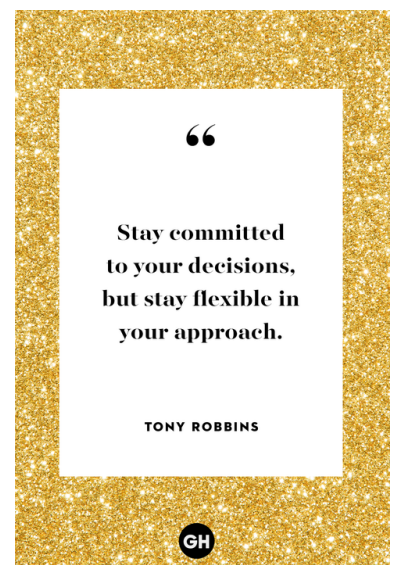
WHEN TRYING TO THINK OF A NEW YEARS RESOLUTION OR GOAL, USE ONE OF THESE PROMPTS TO GET YOU THINKING:

- I'M COMMITTING TO..
- I WANT TO..
- A CHANGE I WANT TO MAKE IN MY LIFE IS..
- IT'S IMPORTANT TO ME TO..
- IN ONE YEAR FROM NOW, I WANT TO BE/DO/HAVE/ACCOMPLISHED..
- A HABIT I'D LIKE TO BREAK IS..
- A HABIT I'D LIKE TO BUILD IS..

MAKE SURE THAT YOU ARE..

1. FEELING EXCITED AND ENTHUSIASTIC ABOUT YOUR GOAL(S) AND NOT JUST SO-SO
2. PUSHING YOURSELF OUT OF YOUR COMFORT ZONE AND THAT IT'S NOT A GOAL YOU CAN REACH AFTER JUST ONE DAY
3. PICKING A GOAL(S) THAT WILL MAKE YOU FEEL ACCOMPLISHED AND PROUD - NOT SOLELY DOING IT FOR OTHERS

MAKE SURE YOU SET MILESTONES FOR YOURSELF. IT'S OKAY IF YOU HAVEN'T FULLY REACHED YOUR GOAL(S) BY THE END OF THIS YEAR! BE PROUD AND CELEBRATE WHAT YOU HAVE ACCOMPLISHED SO FAR 😊



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!

2022 GRAMMYs Awards

The GRAMMYs are coming soon!

January 31st 8:00 pm EST

Host: Trevor Noah, comedian of "The Daily Show"

MONDAY
JAN 31
CBS



RECORDING ACADEMY®
**GRAMMY
AWARDS**

[Click here for the full list of nominations](#) and other artist news!

NFT art??

NFT = Non-fungible token. Okay so what does that mean? I've seen multiple headlines for people making tons of money off NFT art. My question (maybe yours too) is what is NFT art?

[Check out this article here to learn more.](#)

And here's one example of all the articles I've seen -- a 31 year old Brooklyn based artist making tons of money (\$200,000 in 10 months) off NFT art.

[Click here!](#)



Elise Swopes, a Brooklyn-based photographer and graphic designer. Courtesy of Elise Swopes

To be featured in an issue please bring your creativity to Miss Taylor



NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, January 3rd: International Mind-Body Wellness Day
Tuesday, January 4th: National Trivia Day ~ World Braille Day
Wednesday, January 5th: National Bird Day ~ National Screenwriters Day
Thursday, January 6th: National Cuddle Up Day
Friday, January 7th: Harlem Globetrotter's Day ~ Old Rock Day



INTERNATIONAL MIND-BODY WELLNESS DAY ACTIVITIES

Find your favorite mindful practice

Practicing mindfulness can be done in so many different ways! The key is to find a technique suited to your unique temperament and elemental type. Whether that be meditation or yoga, acts of kindness and service, mindful eating, or practicing daily self-care and appreciation, mind-body wellness plays a huge role in improving the quality of life.

Get a good night's sleep

Good sleep is foundational to lowering stress and keeping the body healthy. Before heading off to bed, try shutting off your devices at least one hour before bedtime. Allow your brain and body time to decompress, away from outside distractions and stressors. Aim to get at least 6-8 hours of sleep a night.

Create daily routines that support strong inner prosperity

Routines create habits, and positive routines can rewire your brain. The mind craves consistency! Try adding some positive self-affirmations to your daily routine. Take some time each day, just for you, doing something you love. This small act of self care can move mountains in terms of confidence building, self acceptance and overall well-being.

Monday, January 10th: National Clean Your Desk Day ~ National Houseplant Appreciation Day
Tuesday, January 11th: Paget's Awareness Day ~ World Sketchnote Day
Wednesday, January 12th: National Youth Day ~ National Curried Chicken Day
Thursday, January 13th: Make Your Dreams Come True Day
Friday, January 14th: National Dress Up Your Pet Day ~ Organize Your Home Day



THIS DAY IN HISTORY

January 6th, 1838 - Samuel Morse's telegraph system is demonstrated for the first time at the Speedwell Iron Works in Morristown, New Jersey. The telegraph, a device which used electric impulses to transmit encoded messages over a wire, would eventually revolutionize long-distance communication, reaching the height of its popularity in the 1920s and 1930s.

January 7th, 1789 - Congress sets January 7, 1789 as the date by which states are required to choose electors for the country's first-ever presidential election. A month later, on February 4, George Washington was elected president by state electors and sworn into office on April 30, 1789.

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





TRIVIA

ISSUE 6 QUESTIONS/ANSWERS



What is the largest state in the U.S.?

Alaska

What is the most consumed manufactured drink in the world?

Tea

Which marine animal is the only known natural predator of the great white shark?

Orca (Killer Whale)

In what month is the Earth closest to the sun?

January

What consumer electronics and video game company was founded in 1889 and originally produced playing cards?

Nintendo

What is the English translation for the name of the German automaker Volkswagen?

Peoples car

ISSUE 7 TRIVIA QUESTIONS

What bird can fly backwards?

How many feet in diameter is the New Years Eve Ball in Times Square?

Which two U.S. states don't observe Daylight Saving Time?

What is the most common letter in the English alphabet?

Which insect can indicate the temperature?

In what year were the first Air Jordan sneakers released?

Check back on Mindful Minute Issue 8 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 Miss Taylor (tmorozowski@schools.nyc.gov) 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