

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE EIGHTH
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 2/7 AND 2/14

THIS ISSUES FEATURED
SECTIONS:

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



JAHS ANNOUNCEMENTS

Monthly PBIS SEL Campaigns



- **JANUARY: RESPONSIBLE DECISION MAKING**
- **FEBRUARY: SELF AWARENESS & OPTIMISTIC THINKING**
- **MARCH: SOCIAL AWARENESS**
- **APRIL: RELATIONSHIP SKILLS**
- **MAY: SELF-MANAGEMENT/GOAL DIRECTED BEHAVIOR**

BE WELCOMING AND EARN RACK 'EM UP'S 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.

Global Kids

HAVE YOU THOUGHT ABOUT LIFE AFTER HIGH SCHOOL?

GLOBAL KIDS FUTURE FOCUS

Explore academic & career interests
College & career readiness
Build connections

✓ BEGINNING JANUARY 26, 2022
✓ EVERY WEDNESDAY 3:40PM-4:30PM ROOM 102

TO LEARN MORE, GO TO THE GLOBAL KIDS OFFICE ROOM 102 NEXT TO GYM A


**JOIN THE FUTURE FOCUS CLUB
WITH BLERINA!**





JAHs ANNOUNCEMENTS

**MOLD-EN OUR YOUTH FOR A BRIGHTER FUTURE (MOYFABF),
INC IS HOSTING A "BLACK HISTORY ESSAY CONTEST"**



The poster features the text "BLACK HISTORY MONTH" in large, bold, silver letters. The word "MONTH" is partially obscured by a circular graphic containing a globe. Below this, the words "Essay Contest" are written in a cursive, gold font. The background is dark with faint images of historical figures and an American flag motif.

Prompt: If "Black Wall Street existed today, how would it impact African Americans?

**1st Place \$300.00
2nd Place \$175.00
3rd Place \$150.00**

**Contest Ends on 2/28/2022
9th-12th Grade students only**

For more information visit

<https://moldenouryouth.com>

[Click here for all of the info, grading rubrics, and parent consent form](#)

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

[Honduras' First Female President](#)

[NYC Shortens Student Quarantine to 5 days starting January 31st](#)

[NASA's Probe Reached the Sun!](#)

December 14th Parker Solar Probe had successfully penetrated the Sun's corona (outer atmosphere). The probe was able to collect valuable samples of magnetic and solar particles. Information gathered through this mission will help scientists to understand how the Sun's corona can get to 27 million degrees Fahrenheit and why solar winds & solar flares happen.

INTERESTING NEWS

[Orangutans are artists too!](#)

A French study has researched that orangutans have distinct style, ability and even a state of mind - all from evaluating their artwork. Check it out to see their valuable "doodles".

[The immortal Jellyfish..](#)

[Kobe Bryant Statue at Crash Site](#)

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.

FEBRUARY CHALLENGE

Friendly February Calendar

Each day of February, the PBIS team challenges you to complete as many days connecting with others through acts of kindness 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!*

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while 
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today 	   					

ACTION FOR HAPPINESS

Happier · Kinder · Together

How is reaching out to others self care?

asking for help when you're not sure = find the answers, learn something new, save time
 meet someone new = you never know how that person can add to your life in a positive way
 letting someone know you care = keeps clear communication on how you feel
 complimenting others = makes that person feel good which in return makes you feel good!
 show support to others = feel supported in return

When YOU make others feel GOOD.. YOU will feel good too

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



Review of What We Did in January!..



Self care through responsible decision making!



1

IDENTIFY THE PROBLEM:

- IDENTIFYING THE PROBLEM CAN BE AS SIMPLE AS SAYING IT OUT LOUD TO YOURSELF
- BEING AWARE THAT THERE IS A PROBLEM THAT NEEDS TO BE RESOLVED

2

BRAINSTORM SOLUTIONS

- TRY TO THINK OF AT LEAST FIVE SOLUTIONS
- AT THIS STEP, NOT ALL SOLUTIONS HAVE TO BE A "GOOD" IDEA
- IF YOU'RE HAVING TROUBLE THINKING OF SOLUTIONS, REACH OUT TO A TRUSTED ADULT OR PEER

3

PICK A SOLUTION

- WEIGH OUT THE PRO'S AND CON'S OF EACH SOLUTION YOU'VE BRAINSTORMED. TO HELP YOU VISUALIZE YOU CAN WRITE IT DOWN. ANALYZE WHICH SOLUTION WILL HELP YOU RESOLVE YOUR PROBLEM IN THE MOST EFFECTIVE WAY WITHOUT CAUSING ANY OTHER NEW PROBLEMS
- MAKE SURE TO CONSIDER ETHICAL RESPONSIBILITY (DUTY TO FOLLOW A MORALLY CORRECT PATH)

4

TEST THE SOLUTION

- TRY OUT THE SOLUTION YOU PICKED!
- IF IT DOESN'T SUCCEED IN THE WAY YOU WANTED IT TO, PICK ANOTHER SOLUTION AND TRY AGAIN

5

REVIEW AND REFLECT ON THE RESULTS

- ASK YOURSELF HOW SUCCESSFUL WAS THE OUTCOME? WOULD YOU REPEAT THE SAME SOLUTION FOR NEXT TIME? WHAT WOULD YOU CHANGE IF ANYTHING? DID IT EFFECTIVELY SOLVE YOUR PROBLEM?

The SOLVE Decision-Making Strategy

Stop and think
What am I feeling?
How can I get ready to make a decision?

Objectively state the dilemma
What is the dilemma?

List possible options and outcomes
What are some possible choices?
What are likely consequences of each choice?

Voice your choice and act
What is the optimal choice?
How should I/we act on it?

Evaluate and adjust
Is it working?
If not, what can I/we do now?

Use the SOLVE Acronym
as an easy way to
remember these steps!



Looking forward in February: Self Awareness/Optimistic Thinking

Self care through Self Awareness

What is self awareness?

The conscious knowledge of one's own character, feelings, motives, and desires.

To be self aware is to:

be able to recognize our emotions, identify our triggers, and to emphasize with others.

Below is a "I am" Poem.

Fill in this poem to help you be more aware of your emotions, character traits, motives, and desires AKA to be more self aware! There is no right or wrong answers - it's all about you!

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves
I am someone who hates
I am someone who can't
I am someone who can
I am someone who will never
I am someone who has
I am someone who can't wait to
I am someone who would rather
I am someone who wishes
I am someone who tried to
I am someone nobody seems to
I am someone who everybody seems to
I am someone who just can't seem to get enough
I am someone who doesn't know how to
I am someone who usually forgets
I am someone who never forgets to
I am someone who is thankful for
I am someone who will probably end up

Anyone who emails or drops their
completed "I Am" poem to the
PBIS office will receive
Rack 'Em Ups!!

Your poem can also be featured in
the next newsletter!



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!

Picasso's Granddaughter to Release 1K+ NFTs

1,010 NFTs of a hand painted ceramic work by Picasso will be released at an auction in March by Picasso's granddaughter.

[Click here for more!](#)



Queens Museum Expansions

The museum has entered the final stage of it's expansion project, thanks to being awarded 26.4m last month. The expansions include; more galleries, educational space, art storage, conservations facilities, and educational center for children

[Click here](#)



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

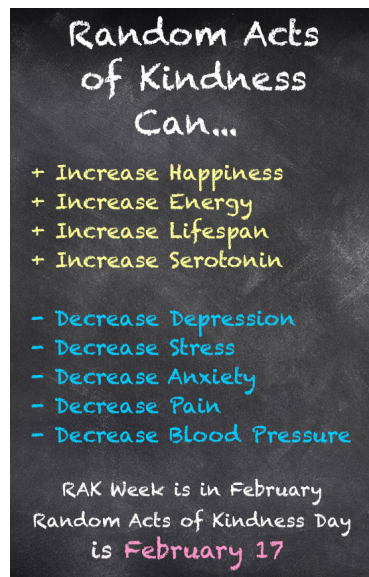
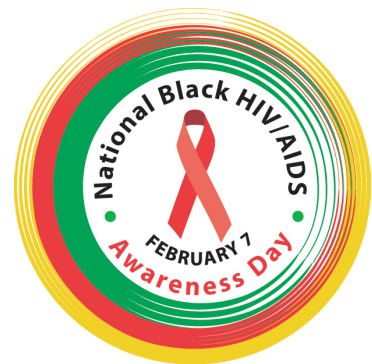


NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, February 7th:	National Black HIV/AIDS Awareness Day ~ National Fettuccine Alfredo Day
Tuesday, February 8th:	Safer Internet Day
Wednesday, February 9th:	National Pizza Day
Thursday, February 10th:	National Umbrella Day
Friday, February 11th:	National Make a Friday Day ~ Don't Cry Over Spilled Milk Day



Monday, February 14th:	Valentines Day ~ Library Lovers Day
Tuesday, February 15th:	Singles Awareness Day
Wednesday, February 16th:	Do a Grouch a Favor ~ Innovation Day
Thursday, February 17th:	Random Act of Kindness Day ~ World Human Spirit Day
Friday, February 18th:	National Caregivers Day ~ National Crab Stuffed Flounder Day

THIS DAY IN HISTORY

February 1st, 1884 - The first portion, or fascicle, of the Oxford English Dictionary (OED), considered the most comprehensive and accurate dictionary of the English language, is published. Today, the OED is the definitive authority on the meaning, pronunciation and history of over half a million English words, past and present

February 2nd, 1887 - Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.

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



TRIVIA



ISSUE 7 QUESTIONS/ANSWERS

What bird can fly backwards?

Hummingbirds

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

12 feet

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

Hawaii and Arizona

What is the most common letter in the English alphabet?

E

Which insect can indicate the temperature?

Crickets

In what year were the first Air Jordan sneakers released?

1984

ISSUE 8 TRIVIA QUESTIONS

What famous character is known for saying, "I'll be back"?

Prior to being called the Big Mac, what was this McDonald's menu item's previous name?

What is known as "the brain" of the Computer?

Which country has the most airports?

Where do bumblebees usually build their nests?

Somniphobia is the fear of what?

Check back on Mindful Minute Issue 9 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