# MINDFUL MINUTE 

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER


> WELCOME JAHS TO THE TENTH 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 4/11 \& 4/18

THIS ISSUES FEATURED SECTIONS:
-ANNOUNCEMENTS
-UPCOMING EVENTS
-JAHS SPORTS CENTER
-GLOBAL KIDS
-GLOBAL CITIZEN
-SELF TLC
-CREATIVE CORNER
-NATIONAL TODAY
-THIS DAY IN HISTORY
-TRIVIA


# meet the students who bring you the Mindful minute.. 

 Hi everyone! We're happy to introduce some students who have joined to help create the PBIS newsletter! Here are some Q\&A to get to know them!\author{

1. Name <br> 2. Grade Level <br> 3.SLC <br> 4. What are your goals or plans for the future? 5.What is your favorite class at JAHS? <br> 6. What is a fun fact about yourself? <br> 7. Aside from necessities, what is one thing you couldn't go a day without? <br> 8. What is the strangest food combination you enjoy?
}


## EDITOR

My name is Fatima Zahra. (I go by my last name, pronounced as Zara ) I am in the 10th grade. My SLC is law. My future goal is to go to college. My favorite class at JAHS is English. A fun fact about myself is that I love noodles. I can probably eat noodles everyday and not get tired of it! One thing I can't go a day without is drinking tea, coffee, or matcha ( I drink whatever depending on my mood). The strangest food combination I enjoyed is green apple with sriracha.

## Editor/Designer

My name is Angelina Jairam. I am in the 11th grade. My SLC is Media. My plans for the future are to attend a college where I can major in photography and minor in creative writing. My favorite class at JAHS is computer art. A fun fact about me is that I love baking. One thing I couldn't go a day without is music. A strange food combination I enjoy is fries dipped in a milkshake.

## EDITOR

My name is Elsah Dorvil. I am in the 11th grade. My SLC is Media. I plan on getting started on the process of getting my driver's license over the summer. I guess my favorite class would be world history. A fun fact about myself is the mispronunciations of my name, my favorite and most common is Elsha. I couldn't go a day without drinking coffee for breakfast. A strange food combination that I enjoy is the taste of water after eating ice cream!

## PRoduction Assistant

My name is Mohammed Sami. I am in 10th grade. My SLC is Stem. My future goals is to attend Columbia or NYU through scholarships and major in computer science. I want to create a foundation to raise awareness for children sold into prostitution in Nepal and travel around the world to identify issues people are dealing with and use technology to solve tackle those issues. I love Global History because it is interesting to know about the past and think about ways to prevent such atrocities to occur in the future! I love to read memoirs at night and journal! During my free time, I like watching Bollywood movies. I couldn't go a day without being productive.


## EdItor/Production Assistant



My name is Marissa Singh. I am in the 12th grade. My SLC is QBI. My future goals is to make sure whichever major/career I end up pursuing in college, I really enjoy but also can help make a difference in the lives of many people. My favorite class at JAHS is government and economics because I enjoy learning about the government throughout history. A fun fact about myself is that I love reading and I definitely cannot go a day without picking up a book before I go to bed. A weird food combination I enjoy is ice cream and fries!

## REPORTER

My name is Tenzin Namdol. I am in the 11th grade. My SLC is QBI. I want to travel around the world and explore as many cultures as possible. My favorite classes at JAHS are History and Math. A fun fact about myself is that my favorite ice cream flavor is mint chocolate chip. I couldn't go a day without my hair tie. I'm not sure if this is a strange food combination, but toast with cream cheese with jelly topped with boiled egg.

## PRODUCTION ASSISTANT

My name is Christina Creary I'm in 10th grade My SLC is Pre-med. My goals for the future is to complete my education. My favorite class at JAHS is English. A fun fact about me is I constantly re-watch Grey's Anatomy lol. One thing I couldn't go a day without is music. I don't really have a strange food combination that I enjoy.

## Production Assistant

My name is Kennedy Byer. I'm in 11th grade and in the Law academy SLC. One of my goals is to become a forensic scientist. My favorite class is Spanish. A fun fact about myself is I work and go to school. I wouldn't be able to go a day without ginger ale. The strangest food combination I like is Ice cream and fries.

## PRODUCTION Assistant

My name is Amanjyot Kaur. I'm in the 12th grade/ Senior. My SLC is Media. I plan to go to college and work as a paralegal for some time before pursing law school. My favorite class at JAHS is Pre-Calculus with Ms. Batra. I like to garden with my mom. I couldn't go a day without seeing my little brother (He's annoying, but really sweet).

I like peanut butter and jelly sandwiches with pickles.

## REPORTER

My name is Angel Fuentes and I'm in 12th grade. My SLC is FELA. My goal is to succeed in everything I do and never quit Favorite classes are Art and gym because no matter what happens I always have fun. I also like Ap Bio class because Mr

Tong doesn't make the class boring and makes it easier to learn in the class. A Fun fact about myself is that I played American football for 4 years of high school at 5ft 3, 130 pounds and at the same time achieved Principal honor roll, met many great people and experienced so many things that not everyone gets to do. I also like meeting new people and building relationships. I love food too. I can't live without going to the gym, gotta stay strong, never catch me lacking. The strangest food combo for me is putting a little bit of everything in one bite that people would usually eat one at a time, but I haven't discovered my favorite combo yet.


EDITOR<br>Ouwakorede Adeoye

## Photographer/Designer <br> Brianna Rugen



PHOTOGRAPHER
Ashley Igbinovia
 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.

Next Rack Em Up Redemption Day is planned for may roth during lunch periods in the cafeteria!

Come check out all the awesome prizes you can redeem your rack 'em up's for!!! If you're not sure how many REU you have - we can check for you!

Some of the prizes include:
croc pins, headbands, beanies, colored pencils, board games, adidas crossbody bag, adidas slides, fake lashes, drawing books, anime books, wireless earbuds, Adidas duffle bag, Nintendo Switch games, phone chargers, figurines, reusable water bottles, make up brush set, Apple watch bands, drawing set, journal, yoyo's, drawstring back packs.. AND SOOO MUCH MORE!


## Appreciation Corner!

Shout out to Pre-Med, the Leadership team, Ms. Golub \& Ms. Ciccone for putting together the Blood Drive on March 31st, 2022.

They had 123 students and staff come to donate blood - receiving 94 pints of blood!!!


# April School Appreciation Days PARAPROFESSIONAL DAY 4/3 SCHOOL LIBRARIAN DAY 4/4 ASSISTANT PRINCIPAL APPRECIATION WEEK 4/5-4/9 ADMIN PROFESSIONAL DAY 4/27 

## Show your appreciation to JAHS Staff!

Thank them personally, leave a positive sticky note, or send them an appreciative email! Get creative to show your appreciation!

## JAMS ANNOUNCEMENTS

## Shout out to the JAHS students

 who did a two day Peer Mediation training hosted by NYCID!

## JA凡S ANNOUNCENENTS

## SOME EXCITING EVENTS COMING UP!..



Want to get involved? Stop by to see Mr. Shaniyat to learn how


ALL are welcome to participate in a teacher/staff \& student style bracket tournament.

There will also be skills competitions, PBIS halftime report, and more!

Must have 20 Rack 'Em Ups \& be fully vaccinated to participate.

Sign up in Rm 234 or 132-11. Email schowdhury30@schools.nyc or kramos20@schools.nyc.gov for questions.

> APRIL $27 \mid 3: 45-5: 30 P M$ GYMA

you can help out at the event!

PBIS and Emerel after-SChool club present:


WEDNESDAY MAY 11 ${ }^{\text {TH }}$
STAFF AND STUDENTS ARE INVITED!
TAKINE PLAEF IN JAHS AUDITORIUM

## 15 RAGX EW' UPS PERENTHEF

Visit room 132-11 or room 234 to sign up

## Contact Mr. Ramos:

kramos20@schools. nyc. 50 w
tickets can ALSO BE REDEEMED ON RACKEE UP REDEMPTION DAYS IN THE CAFETERIA. adDITIOMAL DETAILS WILL BE PROVIIDED UPON TICKET REDEMPTION.


## JAルS ANNOUNCEMENTS ATTENTION JUNIORS..



## Aprill 13th

TRADE SCHOOL

Interested in learning more about your post-secondary
options?

Come and meet with representatives from: - 4 Year Colleges - 2 Year Colleges -Military Branches If you have any questions please stop by room 319

Made with Posterlyywall.com


For all 11th Grade Students!
**Invites to follow from your SLC Counselor**


## Private Colleges

Marymount Manhattan College
Monroe College
St. Joseph's College - Brooklyn
St. Thomas Aquinas College
Syracuse University
University of Bridgeport
University of Hartford
Utica University
Vaughn College of Aeronautics and Technology
Aveda Arts \& Sciences Institutes
Empire Beauty School
Trade Schools Lincoln Technical Institute
New York School for Medical and Dental Assistants
NYADI The College of Transportation Technology
Air Force
Army
National Guard
Navy


2022 College \& Trade Fair List of Schools Attending

NY - Kingsborough Community College
CUNY - LaGuardia Community College
CUNY - Queensborough Community College
CUNY - Stella and Charles Guttman Community College
SUNY - Alfred State College of Technology
SUNY - Cortland
SUNY - College at Old Westbury
SUNY - Fashion Institute of Technology
SUNY - Geneseo
SUNY - Nassau Community College
SUNY - New Paltz
SUNY - Oneonta
Adelphi University
ASA College - Manhattan
College of Mount Saint Vincent
Iona College
Manhattan College
hattan
Manhattanville College

## JAMS ANNOUNCEMENTS



> Mondays \& Thursdays Basketball 6:30-7:15a.m.


John Adams High School

## Adult



## SEL



## Tuesdays

## Swimming

 6:30-7:15 a.m. **Lifeguard will be on hand. Please bring a towel. **For questions please reach out to
Dr. Silverman (ssilver13@schools.nyc.gov)

## TO REGISTER, CLICK HERE

# JAルS SPORTS CENTER JaHs upcoming Games 

Saturday 4/9 Lacrosse Girls varsity at Midwood HS Athletic Complex

Monday 4/11 Badminton Girls Varsity at John Browne
Softball Girls Varsity at John Adams

TUESDAY 4/12
Badminton Girls Varsity at Campus Magnet Cricket Coed Varsity at Bailey Pond Park Flag Football Girls Varsity at John Adams Outdoor Track Boys at Benuamin N. Cardozo

Flag Football Girls Varsity at John Adams Handball Boys Varsity at John Adams handball Boys Varsity at Kissena Park Lacrosse Girls Varsity at Fort Hamilton Outdoor Track Girls at Benjamin n. Cardoza Softball Girls Jr. Varsity at Franklin K Lane Softball Girls Varisty at Springfield Gardens Tennis Boys Varsity at Police Officer Byrene Park Courts

Thursday 4/14 Baseball Boys Varsity at John Adams Lacrosse Girls Varsity at Randall's Island Volleyball Boys Varsity at John Adams

Angel Fuentes reporting on the girls varsity softball game:
 Tennis Boys Varsity at Beach Channel Volleyball Boys Varsity at John Adams John Adams At Jamaica @ Jamaica HS-FIELD on 3/18/22

JAHS lost 6-2 but showed "great effort and skills" "great hustle" and "efforts to boost team moral" \#3 Ariyanna - "tried our best" "I would take getting hit by the ball for the team"

# Global Kids 

®



Global Kids
HAVE YOUTHOUGHE ABOUT LINE ANNE HIGH SCHOOL:

GLOBAL KIDS FUTURE FOCUS
Explore academic \& career interests
College \& career readiness
Build connections

EVERY WEDNESDAY 3:40PM-4:30PM ROOM 122 Blerina in $132 A-5$ more info! for more info!

TO LEARN MORE, GO TO THE GLOBAL IKIDS OFFICE 132A room 5
$\square$ $\qquad$


## GLOBAL KIDS

JOHN ADAMS HIGH SCHOOL

## Performing Arts

THE PERFECT PROGRAM IF YOU LOVE:

- DANCING
-DRUMMING
-POETRY
- SINGING
- \& MORE!


Thursday

## Global Kids ${ }^{\circ}$



## COME AND JOIN THE FUN <br> WITH THE GK TEAM:

Ralph, Blerina, Keanne, Shaniyat \& Taylor!

# (GLOBAL CDTRZEN 

CURRENT EVENTS - GLOBAL AWARENESS

The Homeless Need Safer Places To Go

A Day In Pictures - Around the World

East Africa's Growing. Food Crisis

INTERESTING NEWS

April fools is the longest running_joke

Trying to find a free bathroom in NYC - this tik toker is her to help!

$$
\text { License plate numbers win } 25 \mathrm{~K}
$$



## SELF-CARE \& WELLNESS PRACTICES

## 4) self-care

/ self ker/
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.


# APRIL CHALLENGE <br> active April Calendar 

Each day of April, the PBIS team challenges you to complete as many days on this calendar as you can by being active! 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!


How is being active self care?
Regular exercise/being active can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. As the weather starts to get nicer, being more active gets easier! Get out there and get moving for Active April!
"Take care of your body. It's the only place you have to live." - Jim Rohn
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 March: Social Awareness/Anti-Bullying Self care through Social awareness What is social awareness?
The ability to take the perspective of and emphasize with others, including those from diverse backgrounds and cultures.

## To be self aware is to:

be socially conscious, socially concerned, "woke", and culturally sensitive

Here are some great posters relating to the March SEL campaign made by our JAHS student Ambassadors!


SA8



JUST


STOP
BULLyING


STOP LOBBYING
$\lambda$



Please be aware that even if you say "no offense," people sill have feelings. Jokes that are sensitive can really impact someone's day. Also, bullying does not have to be the traditional power imbalance face to face: cyber bullying s also an issue. You can be socially aware to solve this! $s$


What is Social Awareness?

It's the ability to understand other perspectives \& show empollyy towards other. This includes different backgrounds, cultures, and identities.

Why should I be aware?
Lack of social awareness can cause bullying due to the individuals mobility to understand the negative
 effect of their actions.
What can I do to be socially aware?

- Be Empathetic
- Be kind whenever possible
- Communicate with others
- Take a minute to assess the situation through all perspectives
- Imagine how you would feel if that happened to you.

MESSAGE FROM: PBIS MEMBER (Tenzin)


* ability to understand other perspectives + show empathy with others
Lincludes individuals from
diverse backgrounds, cultures + beliefs!
Lincludes individuals from
diverse backgrounds, cultures + beliefs!

Compassion
Respect

- Kindness
- mercy


\# Embrace yourself for boeing different.



## Creative Corner

64TH Annual Grammy AWARDS
After being delayed, the 2022 Grammy Awards finally took place on April 3rd at 8 p.m. Many artists and fans had a lot to celebrate after some major wins. Jon Batiste won 5 Grammys, one being for the Album of the Year. Batiste is the first Black artist to win this award in 14 years. Additional winners included Silk Sonic (Song $\mathcal{E}$ Record of the Year, Best RE̛B Performance, Best RE゚B Song), Olivia Rodrigo (Best New Artist, Best Pop Vocal Album, Best Pop Solo Performance), Doja Cat and SZA (Best Pop Duo), and many more!

See the full list of winners here


Missed the red carpet? Check out your favs' Grammy looks here!

## TH SHOWS, MOWES, AND BOONS RECOMMENDED

## BY THE MMDEU MMUOTETEMM

## TV SHOWS:

- Greys Anatomy - Netflix \& Hulu
- Station 19 - Hulu
- Brooklyn 99 - Hulu
- Criminal minds - Netflix \& Hulu
- Friends - HBO Max
- HAIKYUU - AMAZON PRIME
- SNOWDROP - DISNEY+



## MOVIES:

- West Side Story - hBO Max
- Red Notice - Netflix
- Tyler Perry's Why Did I Get Married - Hulu
- No Exit - Hulu
- Your name - Amazon Prime



## BOOKS:

- Pride and Prejudice by Jane Austen
- Belle Morte by Bella Higgin
- Lore Olympus by Rachel Smythe
- The Great Gatsby by Scott Fitzgerald
- LEGENDBORN by Tracy Deonn
- The Gift of Everything by Lang Leav
- Better Than the Movies by Lynn Painter



SOCIAL MEDIA HOLIDAYS

Monday, April 11th: National Pet Day ~ Education and Sharing Day
Tuesday, April 12th: National Grilled Cheese Day ~ National Licorice Day
Wednesday, April 13th:
Thursday, April 14th:
Friday, April 15th:

National Make Lunch Count Day
International Moment of Laughter Day ~ National Gardening Day
National Anime Day ~ National Laundry Day


Monday, April 18th:
Tuesday, April 19th:
Wednesday, April 20th:
Thursday, April 21st:
Friday, April 22nd:


## National High Five Day



National Wear Pajamas to Work Day ~ National Garlic Day National Banana Day ~ National Cheddar Fries Day

Earth Day ~ National Jelly Bean Day

## 

March 30,1981 - President Ronald Reagan is shot in the chest outside of Washington, D.C. hotel by a drifter named John Hinckley Jr.

March 31,1889- the Eiffel Tower is dedicated in Paris in a ceremony presided over by Gustave Eiffel, the tower's designer, and attended by French Prime Minister Pierre Tirard, a handful of other dignitaries, and 200 construction workers.

April 15, 1947- Jackie Robinson, age 28, becomes the first African American player in Major League Baseball when he steps onto Ebbets Field in Brooklyn to compete for the Brooklyn Dodgers.


ISSUE 9 QUESTIONS/ANSWERS
What is the monkeys name in "Aladdin"?
Abu
What is the most expensive home in the world?
Buckingham Palace
What mammal does not have vocal cords?
Giraffe
Which organ do insects not have?
Lungs
What letter in the alphabet does not appear in the name of any US state?
Q
What does "Dorito" actually mean?
Dorito is spanish for "little golden things"
ISSUE 10 TRIVIA QUESTIONS

What year was the first iphone released?

Originally, Amazon only sold what kind of products?

Who was the first woman to win a nobel prize?

How many circles are there in the Olympics sign?

Which collage did Bill gates drop out of?

What country are pandas from?

Which state is Hollywood located?

What is the national animal of Scotland?

What is the last state of the US?

What is the largest state in the US?

## 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 :)


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