

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE NINTH
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 3/7 AND 3/14

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.



CHAT, MAKE FRIENDS, PLAY GAMES, CONNECT!

GLOBAL KIDS LUNCH CLUB

LIMITED TO ONLY 25 STUDENTS PER DAY!

6TH PERIOD: TUESDAYS AND THURSDAYS ROOM 119

4TH PERIOD: WEDNESDAY ROOM 122

TO LEARN MORE, GO TO THE GLOBAL KIDS OFFICE IN OFFICE 132A ROOM 5

Want to go somewhere other than the cafeteria during lunch?


Want opportunities to make new friends?

Want to give yourself a break, play games & chat?

Join Global Kids Lunch Club!



JAHS ANNOUNCEMENTS



Global Kids


HAVE YOU THOUGHT ABOUT LIFE AFTER HIGH SCHOOL?

GLOBAL KIDS FUTURE FOCUS

- Explore academic & career interests
- College & career readiness
- Build connections

✓ EVERY WEDNESDAY 3:40PM-4:30PM ROOM 122

TO LEARN MORE, GO TO THE GLOBAL KIDS OFFICE 132A room 5



WEDNESDAYS AT 3:40PM

**JOIN THE FUTURE FOCUS CLUB OR
PERFORMING ARTS CLUB.. OR BOTH!!
WITH BLERINA!**



GLOBAL KIDS
JOHN ADAMS HIGH SCHOOL

Performing Arts

**THE PERFECT PROGRAM
IF YOU LOVE:**

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



Thursday

AFTER
SCHOOL IN
GYM-D

THURSDAYS AT 3:40PM

MAINTENANCE WORKER DAY 3/4



SCHOOL SOCIAL WORKER APPRECIATION WEEK 3/7 TO 3/12

March is a great time to show appreciation towards JAHS maintenance and social workers! Thank them personally, leave a positive sticky note, or send them an appreciative email! Get creative to show your appreciation!

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

[Check out the 2022 Winter Olympic Results here!](#)

[Mayor Adams ends masking mandate in schools](#)

[European Union members propose temporary protection for people fleeing Ukraine](#)

[World Bank to use frozen Afghan trust funds for aid](#)

INTERESTING NEWS

[Worlds largest strawberry weighing in at a little above a half pound!](#)

[Love french fries? Well now you can smell like it! French fry perfume!](#)

[MLB Lock out](#)



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.

MARCH CHALLENGE

mindful march calendar

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

Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life	 	

ACTION FOR HAPPINESS

Happier · Kinder · Together

How is being mindful self care?

"Mindfulness, the practice of being fully present in the moment—noticing thoughts and letting them go, without judgment—can help you make the most of your self-care practices. With this shift in mindset, the benefits of your self-care routine will be amplified, and you'll see a boost in your mood as well."

When you're in good company, enjoy it - When you exercise, work out without judgement - When you eat, taste your food - When you treat yourself, relish it - When you're listening to music, actively tune in to it - When you're reading a book, immerse yourself in it - When you're mediating, just breathe.

-MBGMindfulness

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 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 empathize with others.

Coming up in next issue of Mindful Minute is the March SEL Campaign:
Social Awareness!

In the last Mindful Minute issue, the "I am Poem" template was posted and asked students to fill it out to help them be more aware of their emotions, character traits, motives, and desires.



Thank you to all who participated!!

Here are some of the poems shared by JAHS Students:

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... to make people smile
 I am someone who hates... negativity
 I am someone who can't... be fake to others
 I am someone who can... make others laugh
 I am someone who will never... bring someone down
 I am someone who has... determination
 I am someone who can't wait to... graduate from college and help my parents out.
 I am someone who would rather... be alone than to have bad company.
 I am someone who wishes... to help out my parents
 I am someone who tried to... be the best version of myself every day.
 I am someone nobody seems to... notice when in a room.
 I am someone who everybody seems to... go to when they need to talk.
 I am someone who just can't seem to get enough... of anime
 I am someone who doesn't know how to... drive
 I am someone who usually forgets... names
 I am someone who never forgets to... be polite to others
 I am someone who is thankful for... being alive
 I am someone who will probably end up... teaching in a school

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... to sleep
 I am someone who hates... judgmental people
 I am someone who can't... argue with people
 I am someone who can... do her job without people's help
 I am someone who will never... do something that will hurt people
 I am someone who has... the ability to work in pressure
 I am someone who can't wait to... go to college
 I am someone who would rather... watch Vampire Diaries 10 times.
 I am someone who wishes... to be the most helpful person on the world.
 I am someone who tried to... stop sleeping 12 hours every day.
 I am someone nobody seems to... know a lot in school.
 I am someone who everybody seems to... disrespect in my family.
 I am someone who just can't seem to get enough... time to live a happy life.
 I am someone who doesn't know how to... be more social since I am an introvert.
 I am someone who usually forgets... that I'm 18 and act like a child
 I am someone who never forgets to... text my best friend
 I am someone who is thankful for... having some amazing friends.
 I am someone who will probably end up... being a successful person.

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... peace
 I am someone who hates... conflicts
 I am someone who can't... get angry on other people for a long time
 I am someone who can... be a good listener
 I am someone who will never... disrespect others
 I am someone who has... a big heart
 I am someone who can't wait to... go to go home
 I am someone who would rather... listen to music
 I am someone who wishes... everyone to be happy
 I am someone who tried to... like dogs but can't
 I am someone nobody seems to... care that much
 I am someone who everybody seems to... think they can tell me anything
 I am someone who just can't seem to get enough... little babies
 I am someone who doesn't know how to... make people understand my feelings
 I am someone who usually forgets... important details
 I am someone who never forgets to... brush my hair
 I am someone who is thankful for... everything in my life
 I am someone who will probably end up... in a good college

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... music
 I am someone who hates... math
 I am someone who can't... do math...
 I am someone who can... laugh
 I am someone who will never... do a crime
 I am someone who has... 2 siblings
 I am someone who can't wait to... drive
 I am someone who would rather... sleep
 I am someone who wishes... to be rich
 I am someone who tried to... knit
 I am someone nobody seems to... see angry
 I am someone who everybody seems to... see angry happy
 I am someone who just can't seem to get enough... sleep
 I am someone who doesn't know how to... cartwheel
 I am someone who usually forgets... names
 I am someone who never forgets to... bring my keys
 I am someone who is thankful for... family & friends
 I am someone who will probably end up... graduating

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... food
 I am someone who hates... rats
 I am someone who can't... swim
 I am someone who can... remember my dreams
 I am someone who will never... go skydiving
 I am someone who has... 3 siblings
 I am someone who can't wait to... graduate
 I am someone who would rather... wake up later
 I am someone who wishes... I could dance
 I am someone who tried to... eat a hot pepper
 I am someone nobody seems to... deal with
 I am someone who everybody seems to... like
 I am someone who just can't seem to get enough... sleep
 I am someone who doesn't know how to... ride a bicycle
 I am someone who usually forgets... to do chores
 I am someone who never forgets to... eat
 I am someone who is thankful for... my parents
 I am someone who will probably end up... living the best life

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... chocolate
 I am someone who hates... judgemental people
 I am someone who can't... sing
 I am someone who can... read for hours
 I am someone who will never... be dishonest for silly reasons
 I am someone who has... traveled to Jamaica
 I am someone who can't wait to... become a surgeon
 I am someone who would rather... stay inside than socialize
 I am someone who wishes... I achieve my goals in life
 I am someone who tried to... beat my brother in checkers
 I am someone nobody seems to... be mean to
 I am someone who everybody seems to... be polite to
 I am someone who just can't seem to get enough... of the Vikings TV show
 I am someone who doesn't know how to... speak another language
 I am someone who usually forgets... everything by the end of the day
 I am someone who never forgets to... complete my assignments
 I am someone who is thankful for... my family and friends
 I am someone who will probably end up... as a great surgeon in the future

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... dancing
I am someone who hates... crowds
I am someone who can't... believe in myself
I am someone who can... help others
I am someone who will never... give up
I am someone who has... a passion
I am someone who can't wait to... become a doctor
I am someone who would rather... be humble than show off
I am someone who wishes... to be patient
I am someone who tried to... learn Spanish
I am someone nobody seems to... understand
I am someone who everybody seems to... judge (social media)
I am someone who just can't seem to get enough... motivation
I am someone who doesn't know how to... draw
I am someone who usually forgets... to make my bed
I am someone who never forgets to... be thankful
I am someone who is thankful for... friends & family
I am someone who will probably end up... successful

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... oatmeal
I am someone who hates... mushrooms / rats
I am someone who can't... become president
I am someone who can... start a business
I am someone who will never... give up
I am someone who has... two siblings
I am someone who can't wait to... graduate high school
I am someone who would rather... be cold than hot
I am someone who wishes... to have a pet for moral support
I am someone who tried to... watch a horror movie
I am someone nobody seems to... find physically strong
I am someone who everybody seems to... find sarcastic
I am someone who just can't seem to get enough... sleep / Netflix
I am someone who doesn't know how to... moonwalk
I am someone who usually forgets... my early childhood memories
I am someone who never forgets to... birthdays
I am someone who is thankful for... my family and friends
I am someone who will probably end up... being successful and happy.

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... coffee / anime
I am someone who hates... reptiles
I am someone who can't... become president
I am someone who can... help others
I am someone who will never... give up
I am someone who has... a son
I am someone who can't wait to... graduate high school
I am someone who would rather... wake up late
I am someone who wishes... to be patient
I am someone who tried to... draw
I am someone nobody seems to... understand
I am someone who everybody seems to... like
I am someone who just can't seem to get enough... anime
I am someone who doesn't know how to... bicycle
I am someone who usually forgets... everything by the end of the day
I am someone who never forgets to... complete assignments
I am someone who is thankful for... friends, family and my cat
I am someone who will probably end up... living my best life

I am Poem

Complete the sentences below about yourself.

I am someone who...

I am someone who loves... fashion
I am someone who hates... hot looking my best
I am someone who can't... fix their sleep schedule
I am someone who can... speak another language
I am someone who will never... be disrespectful to people older than me
I am someone who has... 2 siblings
I am someone who can't wait to... graduate
I am someone who would rather... stay up late
I am someone who wishes... to be successful
I am someone who tried to... going to the gym but wasn't consistent
I am someone nobody seems to... be mean to
I am someone who everybody seems to... like my aesthetic / how I dress
I am someone who just can't seem to get enough... making memories and trying new things
I am someone who doesn't know how to... stop laughing in serious situations
I am someone who usually forgets... to eat on time
I am someone who never forgets to... record an OOTD video
I am someone who is thankful for... my friends and family
I am someone who will probably end up... being an influencer on the side

I am Poem

Complete the sentences below about yourself.

I am someone who...

- I am someone who loves plants and neutral colors
- I am someone who hates racism, bright colors and clutter
- I am someone who can't be in a crowded place, or small place
- I am someone who can be creative
- I am someone who will never bully or make fun of something that can't be changed,
- I am someone who has tried to break bad habits
- I am someone who can't wait to move out and be independent
- I am someone who would rather have fruits over sweets.
- I am someone who wishes the world was a better place
- I am someone who tried to play a sport
- I am someone nobody seems to start drama with.
- I am someone who everybody seems to be friendly
- I am someone who just can't seem to get enough of Netflix
- I am someone who doesn't know how to whistle
- I am someone who usually forgets to charge my school device
- I am someone who never forgets to water my plants
- I am someone who is thankful for my parents
- I am someone who will probably end up being a pediatrician

I am Poem

Complete the sentences below about yourself.

I am someone who...

- I am someone who loves to watch asian dramas and listen to BTS
- I am someone who hates when there is too or more tests in one day
- I am someone who can't speak confidently in front of a large crowd
- I am someone who can play an instrument which is the piano
- I am someone who will never smoke / vape
- I am someone who has an older sister
- I am someone who can't wait to visit China / Korea
- I am someone who would rather watch tv then sleep
- I am someone who wishes to go to a BTS concert
- I am someone who tried to bake bread and cake
- I am someone nobody seems to mind when I talk about BTS
- I am someone who everybody seems to know that I watch asian dramas and listen to BTS.
- I am someone who just can't seem to get enough sleep
- I am someone who doesn't know how to draw / dance
- I am someone who usually forgets study for my tests
- I am someone who never forgets to do my homework
- I am someone who is thankful for my family / friends
- I am someone who will probably end up in a BTS concert

I am Poem

Complete the sentences below about yourself.

I am someone who...

- I am someone who loves being around good & positive energy
- I am someone who hates being sad, or feeling emotional
- I am someone who can't stop being energetic
- I am someone who can always put a smile in people's faces
- I am someone who will never give up on my dreams
- I am someone who has a lot of motivation to make a change
- I am someone who can't wait to be successful
- I am someone who would rather be alone than be surround with bad energy
- I am someone who wishes to make this world a better place
- I am someone who tried to perfect
- I am someone nobody seems to be very competitive
- I am someone who everybody seems to be proud of
- I am someone who just can't seem to get enough of having good grades
- I am someone who doesn't know how to deal with certain emotions
- I am someone who usually forgets everything sometimes
- I am someone who never forgets to try harder
- I am someone who is thankful for life, family, and love
- I am someone who will probably end up being the best version of themselves

I am Poem

Complete the sentences below about yourself.

I am someone who...

- I am someone who loves hearing, understanding,
- I am someone who hates seeing myself
- I am someone who can't give up completely
- I am someone who can try
- I am someone who will never continue negative cycles for years
- I am someone who has patience
- I am someone who can't wait to have independence + have a stable and successful future
- I am someone who would rather close those around me than include myself in groups
- I am someone who wishes to help those who are in Greed, negative, toxic cycles + those who have substance, mentally, etc.
- I am someone who tried to give my best advice to others
- I am someone nobody seems to ignore (I'm really quiet / reserved)
- I am someone who everybody seems to
- I am someone who just can't seem to get enough of my time
- I am someone who doesn't know how to earn a great amt. of confidence
- I am someone who usually forgets dates, conversations with others
- I am someone who never forgets to miss work even if late
- I am someone who is thankful for those who work in / out of my life
- I am someone who will probably end up N/A my future would be like I could only work my hardest now and hope for the best

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!

"Rain bomb" storm hitting Australia puts artwork at risk

A heavy rain storm creating flooding is damaging or threatening to damage art work at various museums

[Click here for more](#) info



"Sustainable Theater?"

This group is working to create plays that will have a small carbon footprint on the world. [Check it out here.](#)

To learn a little about how theater has an impact on the climate, [click here!](#)



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

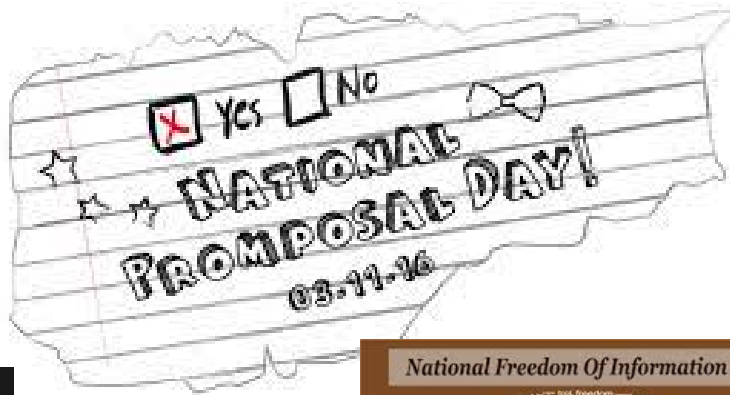


NATIONAL TODAY

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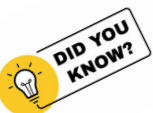
SOCIAL MEDIA HOLIDAYS

Monday, March 7th:	National Be Heard Day ~ National School Breakfast Week
Tuesday, March 8th:	International Women's Day ~ National Proofreading Day
Wednesday, March 9th:	National Crab Meat Day ~ National Meatball Day
Thursday, March 10th:	National Ranch Day ~ International Day of Awesomeness
Friday, March 11th:	National Promposal Day ~ Middle Name Pride Day



Monday, March 14th:	National Napping Day ~ International Day of Mathematics
Tuesday, March 15th:	National Shoe the World Day ~ World Social Work Day
Wednesday, March 16th:	No Selfies Day ~ Freedom of Information Day
Thursday, March 17th:	National Close the Gap Day
Friday, March 18th:	Global Recycling Day ~ Awkward Moments Day

THIS DAY IN HISTORY



March 11th, 2011 - the largest earthquake ever recorded in Japan causes massive devastation, and the ensuing tsunami decimates the Tōhoku region of northeastern Honshu. On top of the already-horrific destruction and loss of life, the natural disaster also gives rise to a nuclear disaster at the Fukushima Daiichi nuclear plant. The Fukushima disaster is considered the second-worst nuclear disaster in history, forcing the relocation of over 100,000 people.

March 15th, 1965 - President Lyndon B. Johnson addresses a joint session of Congress to urge the passage of legislation guaranteeing voting rights for all.

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



TRIVIA

ISSUE 8 QUESTIONS/ANSWERS



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

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

What is known as "the brain" of the Computer?
Central Processing Unit

Which country has the most airports?
USA - there are more than 13,000

Where do bumblebees usually build their nests?
Underground

Somniphobia is the fear of what?
Sleep

ISSUE 9 TRIVIA QUESTIONS

What is the monkey's name in "Aladdin"?

What is the most expensive home in the world?

What mammal does not have vocal cords?

Which organ do insects not have?

What letter in the alphabet does not appear in the name of any US state?

What does "Dorito" actually mean?

Check back on Mindful Minute Issue 10 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