DECEMBER 2021 | ISSUE 6

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER

WELCOME JAHS TO THE SIXTH 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! :)

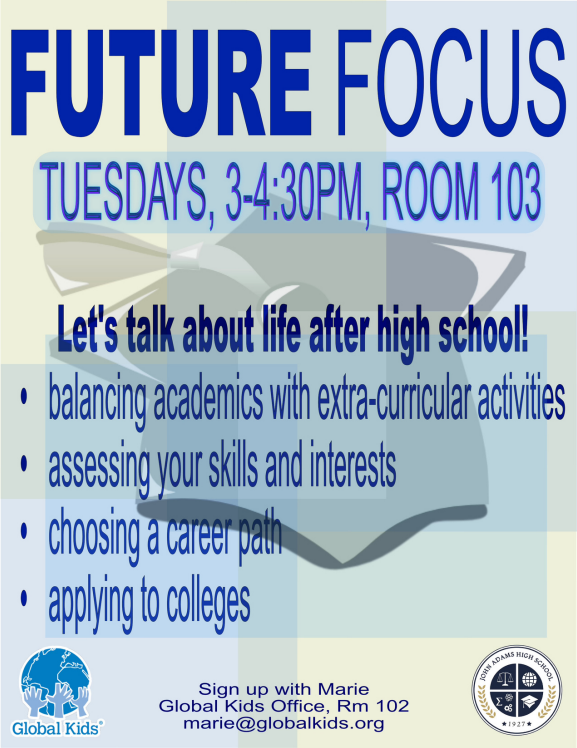
WEEKS OF 12/13 AND 12/20

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 happening!

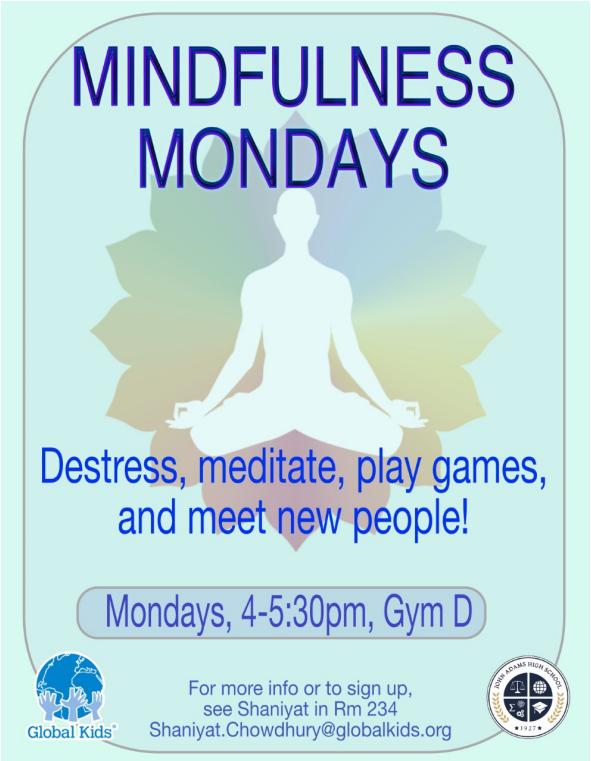


Tuesdays 3:00pm Room 103

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

Mondays 4:00pm Gym D



CONGRATULATIONS

to the following students for being selected as

JAHS PBIS STUDENT AMBASSADORS

AALIYAH CAMERON
AMANJYOT KAUR
AMOY HIGGINS
ARLYN PACHECO
ARSHDEEP SINGH
ASHLEY HALLEGOS
ASHLEY IGBINOVIA
DANNIEL WHITE
DIVYA SINGH
DOMINIQUE JIMENEZ
FATEMA KHATUN
FULFILMENT FAKEYE
HUSSAIN KAZISHAKAWAT
IVELISSE TERZI
JORDY ESTRELLA
JOSHUA ROBINSON
LUSIAM KAMARA
MOHAMMED SAMI
RAHANA FILS-AIME
SAJIA MEHRIN
SALENA DILRAJ
SARAH SEENATH
SHANIA JOHNSON
SUBAH RAHMAN
SYKA MAMATAJ
TAYLORMARIE BITTAN
TENZIN NAMDOL
VIDYA DINDIALL

Next RacK 'Em Up Redemption Day will be Friday, January 7th

Ask your teachers how you can earn Rack 'Em Up's in your classes to redeem prizes!!

Got prize suggestions?

TAYLOR.MOROZOWSKI@GLOBALKIDS.ORG OR VISIT ROOM 234

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!

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

CURRENT EVENTS - GLOBAL AWARENESS

The U.S. plans to cold shoulder the Beijing Olympics

The U.S. is taking a stand against Beijing due to human rights abuses against the Uyghur population (a minority Muslim group in Bejing). The Chinese government has detained more than 1 million people and rumors that they have been forced into labor camps. The U.S. is boycotting the Olympics. They will send their athletes but will not send any U.S. diplomats or delegations.

Hundreds of people still waiting to evacuate Afghanistan

People who have been approved to evacuate to the UK are still unable to do so. Their bags have been packed since mid summer and have little luck with getting in contact for updates.

INTERESTING NEWS

Dubai, The United Arab Emirates will be one of the few countries in the Middle East to operate on a Western work schedule.

They will follow a Monday to Friday work schedule starting next month. Originally they have went based on a Sunday to Thursday work schedule. The change is occurring in hopes to boost business & tourist appeal in order to help emerge from the affects of COVID-19 and compete with stiffer competition such as Saudi Arabia.

BBC's 100 Most Inspiring and Influential Women of 2021 from around the world

SELF TLC

SELF-CARE & WELLNESS PRACTICES

self-care

/ˌself ˈker/

noun

noun: **selfcare**

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

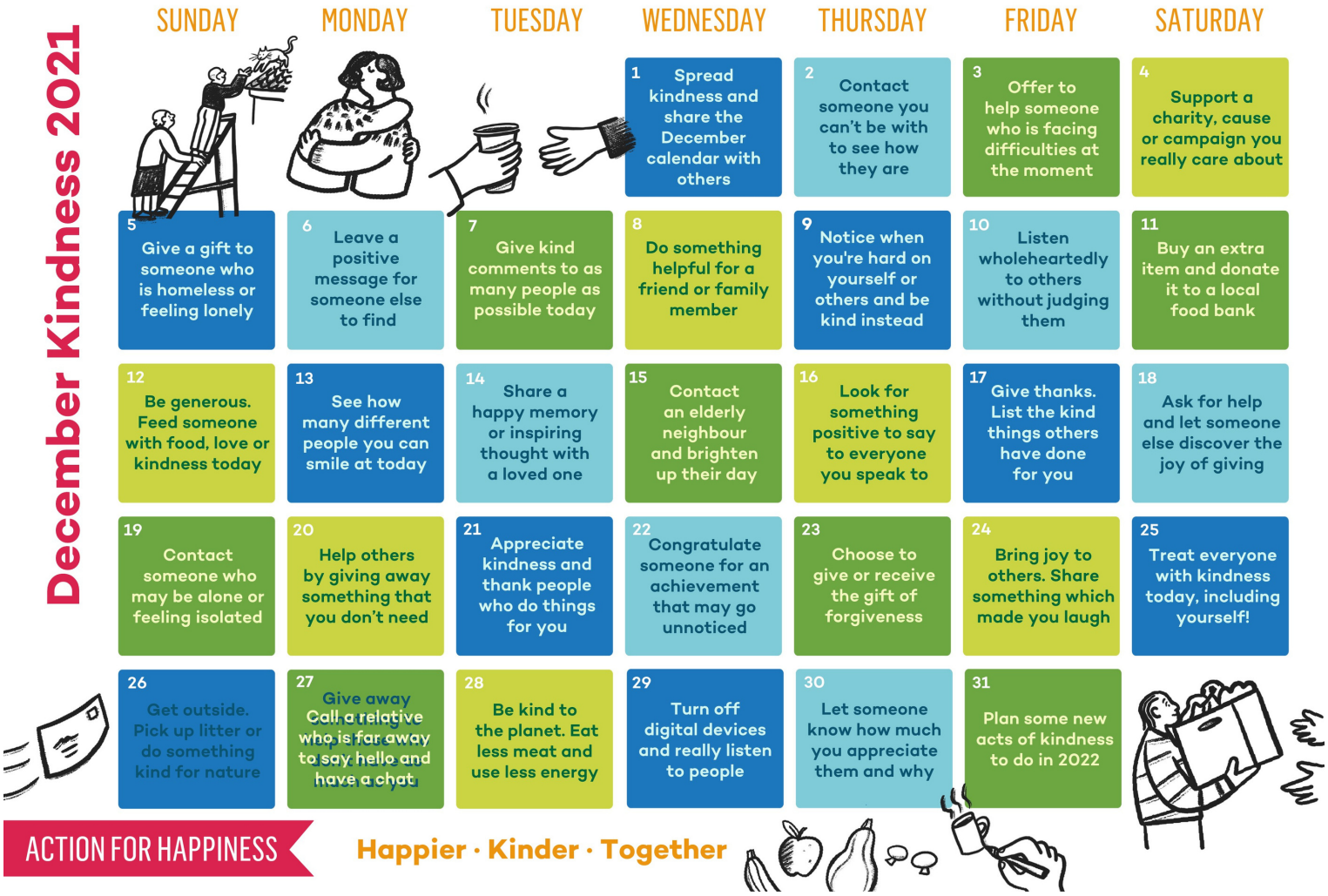
- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
  "expressing oneself is an essential form of self-care"

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 = Doing nice things for yourself and others

Keep it going!! December Challenge Continued: 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!



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!

Keep the Self Care going all through winter break

If you have a few minutes...

- Take some time to stretch and do a guided breathing exercise with the free Breathe2Relax app.
- Try gratitude journaling and jot down a quick list of things you are grateful for.
- Plug in your headphones and listen to your favorite song or watch a funny video.
- Make positivity lists of accomplishments you're proud of, places you'd like to go someday, things you like about yourself, improvements you've made, etc.

If you have a couple of hours...

- Borrow a book from the library and find a comfortable spot to read.
- Take a walk, stretch, hike, do yoga or watch YouTube videos on different exercises.
- Take some time to learn stress-management techniques, click here for some ideas.
- Try out a crossword puzzle, Sudoku, word search or other mind-engaging game. Most are available as free apps.
- Call a friend or family member and reconnect. Get new Netflix or other streaming recommendations, share updates from your life, exchange recipes—whatever keeps the conversation flowing and positive for you!

If you have a day...

- Try a new hobby, such as drawing, cooking or martial arts. Find free online tutorials or videos to get you started.
- Google and take advantage of local low-cost and free entertainment (check out the creative corner for a link to win cheap broadway tickets).
- Find a cause you care about and look into volunteer opportunities. Research shows when our actions align with our values, we tend to feel more relaxed and have a more positive outlook.

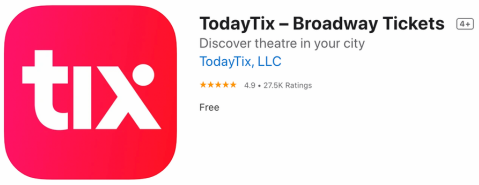
adapted from: https://www.colorado.edu/today/2018/12/06/student-affairs-self-care-tips-winter-break

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.



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!

Sylvester Stallone Reveals he used to sell his paintings for 5$ for bus fare

60 years ago Sylvester Stallone bought canvases for 2$ and sold for 5$ so he could take the bus to school. He has had them hidden in his closet until now - the pieces he has left are being exhibited Osthaus Museum in Hagen, Germany.

Check out the full article here!

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

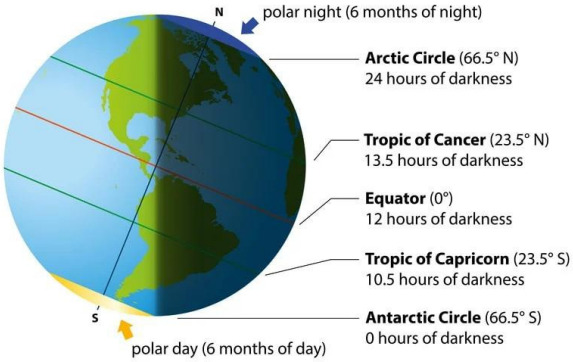
NATIONAL TODAY

SOCIAL MEDIA HOLIDAYS

Monday, December 13th: **U.S. National Guard Birthday ~ National Ice Cream Day**
Tuesday, December 14th: National Energy Conservation Day ~ National Free Shipping Day
Wednesday, December 15th: **Bill of Rights Day ~ International Tea Day**
Thursday, December 16th: Vijay Diwas ~ National Chocolate Covered Anything Day
Friday, December 17th: **National Ugly Sweater Day**

Monday, December 20th: Games Day ~ Go Caroling Day
Tuesday, December 21st: **Winter Solstice ~ Look on the Bright Side Day**
Wednesday, December 22nd: Mathematics Day ~ National Cookie Exchange Day
Thursday, December 23rd: **Festivus ~ National Roots Day**

winter solstice (December 21)



THIS DAY IN HISTORY

DID YOU KNOW?

December 14th, 1911 - Norwegian Roald Amundsen becomes the first explorer to reach the South Pole, beating his British rival, Robert Falcon Scott.

December 17, 1903 - Near Kitty Hawk, North Carolina, Orville and Wilbur Wright make the first successful flight in history of a self-propelled, heavier-than-air aircraft. Orville piloted the gasoline-powered, propeller-driven biplane, which stayed aloft for 12 seconds and covered 120 feet on its inaugural flight.

Check out other This Day in History dates on the History Website

TRIVIA

ISSUE 5 QUESTIONS/ANSWERS

What is the first letter on a computer keyboard?
Q

What planet is known as the red planet?
Mars

What number is the bakers dozen?
13

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

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

What year was bitcoin launched in?
2009

ISSUE 6 TRIVIA QUESTIONS

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

What is the most consumed manufactured drink in the world?

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

In what month is the Earth closest to the sun?

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

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

Check back on Mindful Minute Issue 7 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 :)

Global Kids®

Be Welcoming, Be Mindful, Be the Solution
JOHN ADAMS HIGH SCHOOL
PBIS
Positive Behavioral Interventions & Supports
Raising The Bar!

WITH LOVE AND SUPPORT,

your PBIS team