

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE THIRD
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 11/15 AND 11/22

THIS ISSUES FEATURED
SECTIONS:

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



JAHS ANNOUNCEMENTS



ATTENTION ALL JAHS SENIORS!

?

**Are you currently in the
College & Career Office's
Google Classroom?**

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**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)

ATTENTION ALL SENIORS!

Are you currently in the College & Career Office's Google Classroom?

If not, you can **use the code in the flyer** to be added (C53VS4L). This google classroom is a hub for Seniors with all the resources that you'll need to complete your college applications, apply to financial aid, research and apply for alternative options to college and more!

If you have any questions please feel free to visit room 319 or email Ms. Higgins (ahiggins5@schools.nyc.gov)

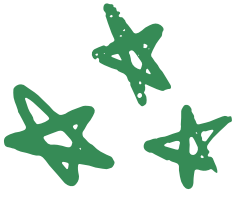


Follow JAHS College office on Instagram:

@jahscollegeoffice

for up to date info!





Congratulations



to October's Students and Staff of the Month!!

Thank you all for making a positive difference at JAHS!!!

Students of the Month:

Amoy Higgins
Marcus Kemp
Afriq Ali
Jilissa Cassanova

Staff of the Month:

Kin Fung Leung
Cynthia Barrera
Renee DeRossi
Rachel Indig



JOIN US and be a part of our PBIS SEL (social-emotional learning) Center!!!

We are looking for student leaders who can uphold the PBIS values of *being welcoming, being mindful, and being the solution*. Through the SEL Center, **we will be recruiting student ambassadors - stop by room 234 for an application!** Some perks of being part of our team include; special prizes & apparel, community service hours, National Honor Society hours, recommendation letters and more! Not to mention it looks great on your portfolio for college and job applications.

We will be selecting Student Ambassadors soon

Next Rack 'Em Up Redemption Day will be Friday, December 3rd

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

Got announcements? Email Ms. Morozowski to be posted in the next issue

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

Haiti Water Shortage Due to Gangs Blocking Access Roads

The situation of delivery drivers being extorted by gangs has escalated since the assassination by mercenaries of President Jovenel Moïse in July. The article states that gang leader, Jimmy Chérizier, has threatened that he would not allow fuel to be delivered until the Prime Minister, Ariel Henry steps down. Blocked deliveries equals fuel shortage which means people cannot pump water without fuel. [Click here](#)

The impact of COP26 goals to eliminate coal mining may have on Jharia

People of the town Jharia in Northeast India rely heavily on sifting through coal mines for coal to sell in order to feed their families. Check this eyewitness report out [here](#) to learn the other viewpoint of the effects of COP26 plans for the future.

INTERESTING NEWS

Tropicana toothpaste - Hate the taste of brushing your teeth after drinking OJ? Tropicana releases a OJ friendly toothpaste

Is it The Ball or The Shooter? - NBA players and fans are trying to decide if it's the players fault they are missing so many three pointers or is it due to the switch from Spalding brand basketballs to Wilson.

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.

This week's issue will be about self-care through organization..

why is being organized considered self-care?

Take action to promote and protect your mental and physical health and it is important, but so is planning for the future. Your future self will

- Disorganization can cause a wide range of feelings from mild irritation to annoyance, anger, resentment

- When you are organized you feel calmer, more focused, and more in control.
 - It also allows you to have systems in place so when life throws you curve balls you're more prepared to catch them!
 - Being organized helps you to focus more of your time and attention to things and people that are important to you.
- Organization is not a do once and move on kind of thing - it's an important skill that you will consistently use throughout your life and have to maintain, upkeep, and adjust as you go.

→ Organize your schedule →

See what you need to be doing and

1. Get an agenda book, or print one of these daily, weekly, or monthly planners below (whichever style works better for you). Bring this planner with you daily to add new items or check off completed ones.

- * If you want a PDF copy sent to you contact me or visit me in the PBIS room to print some out for you. *

[illegible][illegible][illegible]

2. Write down all of your known assignment due dates in the weekly or monthly planner. As another option to a planner, you can also write assignments in your phone calendar and set alerts to remind you at your chosen time.

3. Break up big assignments or projects into smaller sections. Decide how you want to break it up and assign each one a due date (prior to the date due by your teacher). This way you set small goals to finish parts of a larger assignment. It helps to stay on track and not to feel so overwhelmed by doing it all at once.

4. Mark the days you have tests, and the days you plan to set aside time to study. If you reserve time in your schedule to study - you'll have less test anxiety the day of and feel more prepared.

5. Add any other activities you have on to your calendar or planner such as an after school club, team practice, extra help, etc.

6. If you want to be super organized, add other outside of school commitments on your calendar or planner as well so you maximize your managed time!

Organize your school work

1. Order your binder or notebooks by class subject according to your schedule. For example: If you have english first period, math second period, science third period - English will be the first subject in your binder/notebook then math then science. Have designated folders for each section and keep notes and handouts in each. If things start to get messy - take a few minutes to re-organize.

2. Clean out your backpack regularly. Keep it neat and clean so it's easy to see what you have in there and don't lose things.

Here are some Do's and Don'ts of school organization:

Do's:

- DO know your deadlines.
- DO make a calendar of stages and final due dates.
- DO include social events on this calendar for time management.
- DO understand the assignment and expectations.
- DO give yourself a quiet place to study with all the materials you need.
- DO give yourself brief breaks.

Don'ts:

- DON'T put work off until the last minute; you'll be too frantic to focus.
- DON'T do your homework late at night or in bed.
- DON'T let yourself be bored. Find the aspect of the project or paper that interests you. If you're dying of boredom, something's not right.

Adapted from: <https://kidshealth.org/en/teens/focused.html> and <https://aloveleyear.com/being-organized/>
Click the links to read more!

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

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!

How to deal with feedback and criticism
on your creativity (and in general life too!)

[Read this article](#)

"You can't control what other people say to you, but you can definitely control how you take it, how to react to it, and how to learn from it in order to grow."

American Music Awards - AMA's

Sunday, November 21st @ 8pm
or streaming on Hulu November 22nd

~Cardi B to host
~BTS, Megan thee Stallion, Olivia Rodrigo,
and Bad Bunny are set to perform

Vote Now! Search AMAs on  TikTok



8 Tips for Keeping Yourself Out of Harms Way in Big Crowds

Mehdi Moussaïd, a scientist who studies crowd behavior, gives very important tips after the tragedy at the Astroworld Festival in Houston. [Read it here](#)

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



NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, November 15th:

Tuesday, November 16th:

Wednesday, November 17th:

Thursday, November 18th:

Friday, November 19th:

National Recycling Day ~ Odd Socks Day

National Fast Food Day ~ National Entrepreneur Day

National Hiking Day ~ National Homemade Bread Day

Apple Cider Day ~ Use Less Stuff Day

National Mens Day



Every business starts
with a bright idea!



HAPPY NATIONAL
ENTREPRENEUR'S DAY



Monday, November 22nd:

Tuesday, November 23rd:

Wednesday, November 24th:

Thursday, November 25th:

Friday, November 26th:

Go For A Ride Day

National Cashew Day ~ National Espresso Day

Celebrate Your Unique Talent Day

White Ribbon Day ~ Shopping Reminder Day

Buy Nothing Day ~ Day of Listening

Do you have any special talents?
Me:



BORROW SOMETHING
CREATE SOMETHING
BAKE SOMETHING
PLAN SOMETHING
DONATE SOMETHING

BUY NOTHING

treadingmyownpath.com

THIS DAY IN HISTORY



November 15th, 1867 - The first stock ticker is unveiled in New York City. The arrival of the ticker ultimately revolutionized the stock market by making up-to-the-minute prices available to investors around the country. Prior to this development, information from the New York Stock Exchange, which has been around since 1792, traveled by mail or messenger.

November 23rd, 1936 - The first issue of "Life" is published featuring a cover photo of the Fort Peck Dam's spillway by Margaret Bourke-White.

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



TRIVIA

ISSUE 3 QUESTIONS/ANSWERS



What is the worlds fastest animal?

Cheetah

Who did Forbes name the youngest “self-made billionaire ever” in 2019?

Kylie Jenner

What is the name of the alternate dimension in Netflix’s Stranger Things?

The Upside Down

What NFL team was originally called the ‘New York Titans’?

New York Jets

Which planet has the most moons?

Jupiter - has 67 known moons

Who painted the "Mona Lisa"?

Leonardo da Vinci



ISSUE 4 TRIVIA QUESTIONS

What is the name of the theater where many of Shakespeare’s plays were produced?

Netflix was founded in 2002 - True or False?

Where do butterflies have taste buds?

What does the WWW stand for in a web browser link?

What is the rarest M&M color?

Which country invented ice cream?

Check back on Mindful Minute Issue 5 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 :)



WITH LOVE AND SUPPORT,
your PBIS team