

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 11/1 AND 11/8

THIS ISSUES FEATURED
SECTIONS:

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



JAHS ANNOUNCEMENTS

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

“Respect for All” Anti-Bullying Essay and Poster Contest!!

October is Anti-Bullying Month and all JAHS students are encouraged to submit an essay and/or poster! This contest is NYC DOE wide and is a great way to get involved to stand up to bullying!

Any questions, information on the grading rubrics, or to submit your work see Ms. Jagannath in room 234.

Last few days to submit your work into the contest! - DUE: November 5th

Here are the details from the NYC DOE for each contest below.

Essay Contest Criteria:

- The theme of the essay contest is “From Bystanders to Allies”.
- Essay responses should be no more than 400 words, on 8 ½ x 11 letter paper, 10 Arial font size, single-spaced, with page numbers. Essays submitted on larger paper sizes will not be accepted.
- All essay responses must have the name of school and the name of the student with grade level.
- Address **one** of the following four prompts:
 - Describe a time when you stood up for someone other than yourself. Explain how this act or acts have affected your life.
 - Describe a time when someone has helped you in a time of need. Explain how their actions have affected you.
 - Why do you think people have trouble accepting others who are different from them? How can you encourage others to be more accepting of those who are different?
 - The end of bullying begins with you: What have you (or someone you know) done to inspire, involve, or help others in preventing or ending bullying? Please give examples.

Poster Contest Criteria:

- The theme of the poster contest is “Friends do make a difference”.
- Create a poster that incorporates your experience and understanding of bullying and anti-bullying. The intent of this contest is to raise awareness around bullying issues through the healing power of art. Art helps us tell stories, express pain, and share hopes. Your poster can reflect any of these perspectives.
- When you submit your artwork, please write a brief statement about what your poster means to you.
- The poster size must not exceed 11”x17”, must relate to anti-bullying, and must be an original work. Posters exceeding size limit will not be accepted.

Election Day - Tuesday, November 2nd

This is an attendance and asynchronous day.

Rack Em' Up's are back!!

On 10/29 we had our very first Rack Em' Up redemption of the school year. Thanks for stopping by the table during your lunch period to see & redeem the awesome prizes in store for you (get motivated!!), taking selfies with JAHS mascot, and requesting songs! Hope you enjoyed the Feel Good Friday during redemption. Keep being welcoming, being mindful, and being the solution to earn Rack Em' Up's from your teachers and staff.

Staff -- Be sure to recognize students (and fellow staff) you see doing great things by giving them Rack Em' Up's on Skedula!!

Here are a few of the cool prizes we have plus more to come..



Adidas Slides

Adidas Tote

Adidas Crossbody

Nerf Football

Lakers Face Masks

Jenga

Connect4

Taboo

Want to be involved with the Rack Em' Up fun? Visit room 234 for more info

Be sure to.. Be **Welcoming**, Be **Mindful**,
and Be the **Solution** to earn!

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

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

[First US passport issued with gender "X" classification - Click Here.](#)

The State Department is moving forward to offer a third option besides female or male gender identity on US passport applications. The application now allows an individual to self-select their gender instead of automatically applying their gender from previous documents.

[Grow a Burger, Print a Burger, Wrap a Burger](#)

New technologies and the push to create alternative food proteins is on the rise.

[mRNA vaccine technology is being researched to be used for the Flu, Cancer, Malaria, and HIV](#)



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 cover stopping and preventing bullying..

Ways to stop and prevent bullying from happening to you and others:

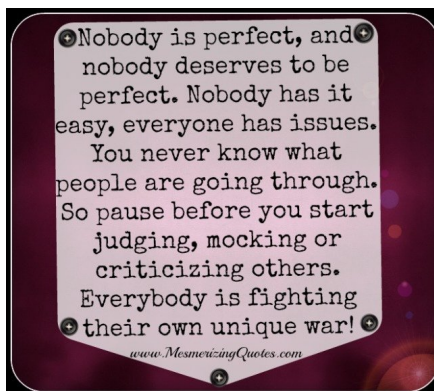
- **Treat everyone with respect:**

In follow up with last weeks article about respecting yourself and others, this also can apply to stop and prevent bullying.

- Stop and think before you say or do something that could hurt others.
- Side track yourself - if you feel like being mean to someone then find something else to do to take your mind off those feelings such as listening to music, reading a book, taking a walk, or talking to a friend.
- Talk to a trusted adult - they can help you brainstorm ideas on how to cope with negative feelings.
- Everyone is different - there is no "normal" type of person. Everyone comes from a different background, culture, religion, upbringing, etc and it's important to respect that.
- There is always time to make amends. If you have bullied someone in the past, apologize! You don't have to become friends, but it will feel great on both sides to clear the air.
- **What to do if you're being bullied:**
 - Look at the person bullying you and tell them in a calm, clear voice to stop. Try to laugh it off, it may catch the bully by surprise!
 - If this doesn't seem to work, walk away - don't fight back.
 - Don't keep your feelings bottled up - tell a trusted adult - it can help you feel less alone in the situation.
 - If possible, avoid places where the bullying tends to happen. Stick near other classmates or adults - bullying tends not to happen when others are nearby.
- **Protect yourself from Cyberbullying:**
 - Everyone is able to see what you post on the internet, so always think twice about what you put out there. Don't share things that can hurt or embarrass others.
 - Don't share your passwords with other peers - even your friends.
 - Talk to an adult about messages/comments that make you feel scared or upset.
- **Stand up for others!:**
 - When you see bullying happening, find a trusted adult nearby to help stop the situation.
 - Be kind to the person being bullied - ask them to come with you to get away from the bully, include them by asking them to sit with you or talk to them.

[Click here for the full article](#)

[Click here for NYC DOE Anti-Bullying Page](#)



CREATIVE CORNER



This is the spot to 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 with the JAHS community.

Broadway Blooms in November! Eight new marble flower sculptures starting from 64th and Broadway to Ilka Tanya Payán Park on Broadway and 157th Street. These marble flowers represent the interconnectedness of New Yorkers, regardless of where they live. "Why do we give flowers?" "the act can convey love, celebrate accomplishments, offer comfort in grief, repay hospitality, or simply beautify a space and bring personal joy" says the artist, Jon Isherwood. [Click Here for the full article.](#)



AMA's (America's Music Awards) live on ABC Sunday, **November 21st 8-11pm EST**. Some of the highlighted nominees include: Olivia Rodrigo, The Weeknd, Bad Bunny, Doja Cat, and GIVĒON. Artist of the Year nominees include Ariana Grande, BTS, Drake, Olivia Rodrigo, and Taylor Swift. They are also adding a few new award categories: Favorite Trending Song, Favorite Gospel Artist, and Favorite Latin Duo or Group.

[Click Here for AMA updates.](#)

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



NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, November 1st:

Tuesday, November 2nd:

Wednesday, November 3rd:

Thursday, November 4th:

Friday, November 5th:

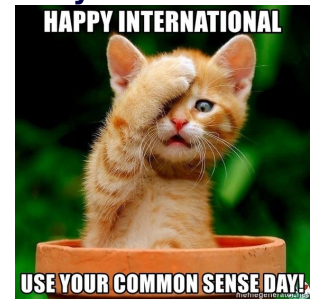
No Shave November ~ Job Action Day

Day of the Dead ~ Election Day

National Stress Awareness Day ~ National Sandwich Day

National Candy Day ~ Use Your Common Sense Day

National Redhead Day ~ American Football Day



Monday, November 8th:

Tuesday, November 9th:

Wednesday, November 10th:

Thursday, November 11th:

Friday, November 12th:

World Kindness Week ~ Cook Something Bold & Pungent Day

World Freedom Day ~ National Fried Chicken Sandwich Day

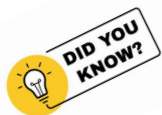
Forget Me Not Day ~ World Science Day for Peace & Development

Veterans Day ~ National Education Day

Chicken Soup For the Soul Day ~ World Pneumonia Day



THIS DAY IN HISTORY



November 3rd, 2014 - One World Trade Center officially opens in Manhattan. The new tower, along with the rest of the World Trade Center complex, replaced the Twin Towers and surrounding complex

November 11th, 1918 - At the 11th hour on the 11th day of the 11th month, World War I ends.

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



TRIVIA



ISSUE 2 QUESTIONS/ANSWERS

Is a pumpkin a fruit or a vegetable?

Fruit

Which holiday sells the most candy - Halloween or Valentines Day?

Halloween

True or False - A snail can sleep for 3 years.

True

What's the real name of Jay-Z?

Shawn Corey Carter

What vitamin does rain contain?

B12

Earthquakes have the ability to turn water into which element?

Gold



ISSUE 3 TRIVIA QUESTIONS

What is the worlds fastest animal?

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

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

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

Which planet has the most moons?

Who painted the "Mona Lisa"?

Check back on Mindful Minute Issue 4 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