

MINDFUL MINUTE

Be Welcoming, Be Mindful, Be the Solution

JOHN ADAMS HIGH SCHOOL PBIS NEWSLETTER



WELCOME JAHS TO THE SECOND
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 10/18 AND 10/25

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.

“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.

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.

Questions about COVID testing for students, vaccination sites, and health & safety in NYC schools?

Visit [NYC DOE Health & Wellness Page](#) for information.

Join **Global Kids Lunch Club!**

Take 10 minutes to eat your lunch in the cafeteria (no meals allowed during club) then come meet us to make friends, chat, and play games & activities! Use your smartphone to scan the barcode on the flyer below, or type in the web address to sign up for your lunch period.



The flyer is for the 'Global Kids Lunch Club'. At the top left is the 'Global Kids' logo, which features a globe with hands holding it. At the top right is the 'John Adams High School' seal, which includes a scale of justice, a book, and the year '1927'. The main text in the center reads 'CHAT, MAKE FRIENDS, PLAY GAMES, CONNECT!' in blue, followed by 'GLOBAL KIDS LUNCH CLUB' in large, bold, blue letters. Below this, it says 'Limited to only 25 students per day!'. The schedule is listed as: '5th period: Mondays and Fridays', '6th period: Tuesdays and Thursdays', and '7th period: Wednesdays'. A QR code is located in the bottom right corner. At the bottom, the URL 'https://tinyurl.com/GLOBALKIDSLUNCHCLUB' is provided, and a note says 'To learn more, go to the Global Kids office in Room 102 next to Gym A.' The background of the flyer features a colorful illustration of five diverse students in a dynamic pose.

CHAT, MAKE FRIENDS, PLAY GAMES, CONNECT!

GLOBAL KIDS LUNCH CLUB

Limited to only 25 students per day!

5th period: Mondays and Fridays
6th period: Tuesdays and Thursdays
7th period: Wednesdays

<https://tinyurl.com/GLOBALKIDSLUNCHCLUB>

To learn more, go to the Global Kids office in Room 102 next to Gym A.

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

GLOBAL CITIZEN

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CURRENT EVENTS - GLOBAL AWARENESS

[Call to action on climate change issues - Click here.](#)

About 25,000 people joined together in Belgium looking to spread awareness of climate change ahead of the U.N. Climate Change Conference.

[Click here](#) for the WHO's special report on climate change and health.

[Weather or Not](#)

Are we up for a cold winter this year in NY? Check this video/article out to learn more about a polar vortex that might send colder weather our way.

Scientists find hundreds of new species a year. Check out [9 of the new species discovered around the world in 2021.](#)

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.

Inspired by Respect For All Month, this week's issue will cover how to respect yourself.

Ways to Show Yourself Respect (And Teach Others to do The Same):

- **Find what makes you respect yourself.** What practices make you feel your best self? Once you figure that out - work on prioritizing those practices daily. Examples could be: going to bed by a certain time, making sure you eat breakfast or getting an allotted time of exercise in.
- **Be true to you - know who you are and who you aren't.** Lead with honesty - continue to focus on your interests, best talents, and best practices.
- **Take action on things that excite you.** Take chances on things that you believe in - you never know how it can end up. If it doesn't go as expected then it's a learning experience - if you surpass your expectations then way to go!! Did you know Steve Jobs started Apple in his garage? Anything is possible - you just have to go for it!
- **There is no such thing as "normal" - so stop trying to be it.** Stand out, be unique, get to know yourself (good and bad) and **learn to love yourself as you are.**
- **Define your own boundaries,** don't let people do it for you. Most people have good intentions or are trying to look out for you, but don't accept when others tell you things like "you'll never be able to do that" or "that won't work out for you". Different things work for different people - give yourself time to figure out what's true for you.
- **It's okay to say no!** When you learn to say no to things or people that don't interest you, you give yourself more time to stay true to you, your interests, and be around people who bring more positivity into your life. Time is precious - don't waste it on things that don't benefit you positively.
- **Choose a partner who respects you.** There can be compromise in all relationships (even friendships or family). Just make sure the relationship doesn't compromise too much of what makes you, you. And make sure they respect where you draw the line.
- **Let whatever you've done today be enough.** Don't gauge yourself on the completion of your to do list. Don't beat yourself up if you don't get everything you planned to do done. **Practice self-kindness** by telling yourself you did the most you could have. Prioritize more important or time sensitive things first - save the extras for another day if needed.
- **Make all your apologies sincere. An important part of apologizing is not making excuses for yourself.** Excuses can be disrespectful to others and to your integrity. It's not easy - but being accountable for yourself with no excuses is a key part in respecting yourself and allowing others to respect you.
- **Reality check.** It's important to be willing to **see things and people for who and what they are.** Sometimes it can be painful - but not dealing with it can prolong your situation, resulting in even more pain or stress. Checking in with reality allows you to be respectful of your time and energy - as well as others.
- **Mirror mirror on the wall.** Stop looking at yourself in the mirror and finding things to "fix". Instead, **find three things you love about yourself,** write them on sticky notes and post on your mirror, in the bathroom, your wallet, your tv, etc. to help you to feel good about yourself.

*[*Click here for the full article*](#)*

Once you learn to respect yourself - it makes it that much easier for others to respect you.

Treat yourself the way you want others to treat you.

Treat others like you would want them to treat you.

Learn more about anti-bullying and respect for all by [clicking here - NYC DOE](#)



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.

- Pumpkin carving anyone?? Here's a link with some [pumpkin carving templates!](#)
- [New art installation honors pandemic's fallen health care workers](#) on New York Life building.
- Yummy Halloween recipes? [Yes please!](#)

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



NATIONAL TODAY

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SOCIAL MEDIA HOLIDAYS

Monday, October 18th:

Tuesday, October 19th:

Wednesday, October 20th:

Thursday, October 21st:

Friday, October 22nd:

Health Care Aide Day ~ National No Beard Day

LGBT Center Awareness Day ~ National New Friends Day

National Day of Writing ~ International Sloth Day

Conflict Resolution Day ~ International Day of The Nacho

International CAPS LOCK Day ~ National Nut Day



Monday, October 25th:

Tuesday, October 26th:

Wednesday, October 27th:

Thursday, October 28th:

Friday, October 29th:

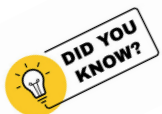
National Greasy Foods Day ~ National I Care About You Day

National Pumpkin Day ~ National Chicken Fried Steak Day

National Mentoring Day ~ National Black Cat Day

National Immigrants Day ~ National First Responders Day

Frankenstein Friday ~ National Breadstick Day



THIS DAY IN HISTORY

October 18th, 1867 - The U.S. formally takes possession of Alaska after purchasing the territory from Russia for \$7.2 million, or less than two cents an acre.

October 27th, 1904 - New York City Mayor George McClellan takes the controls on the inaugural run of the city's innovative new rapid transit system: the subway.

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



TRIVIA



ISSUE 1 QUESTIONS/ANSWERS

Which potion in Harry Potter and the Half-Blood Prince grants good luck?

Felix Felicis

Who is called the King of Pop?

Michael Jackson

Checkers (the game) was invented in which country?

Egypt

The Olympics are held every how many years?

Four

What are three back to back strikes in bowling called?

A Turkey

Through what part of the body do dogs sweat?

Paw Pads



ISSUE 2 TRIVIA QUESTIONS

Is a pumpkin a fruit or a vegetable?

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

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

What's the real name of Jay-Z?

What vitamin does rain contain?

Earthquakes have the ability to turn water into which element?

Check back on Mindful Minute Issue 3 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