

CELEBRATING *gifted!*

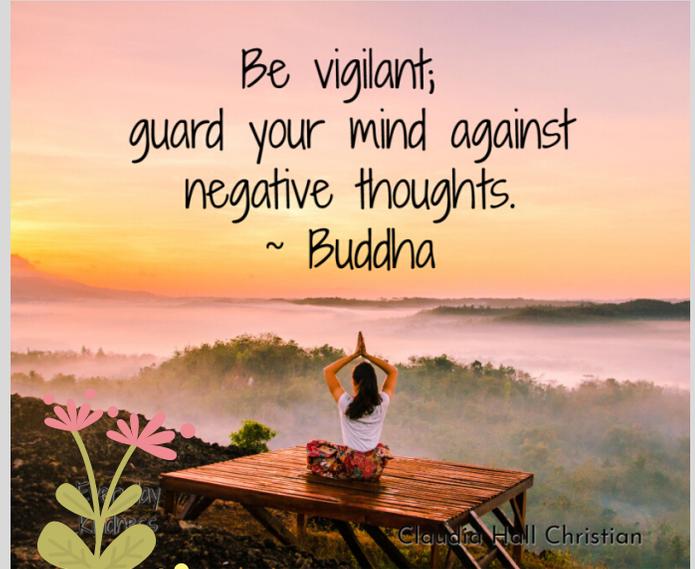
April 2020

From the Director

Greetings!

John C. Maxwell said “Change is inevitable. Growth is optional.” To this end, the GT department has made some changes and will seek to grow throughout the month. First, we have moved our March “New to GT” Parent session from in-person, to virtual, using a video format (see page 6 for additional information). Second, we have worked with curriculum coordinators and teachers to assure that GT opportunities are addressed as online learning begins. Third, we have cataloged some online resources with our GT students in mind – you can find them at <https://bit.ly/FBGTResources>. Fourth, stay safe, and, of course – clean those carpals!

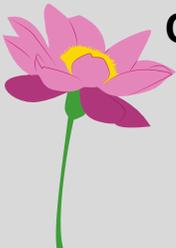
Dr. Laurie Westphal



Welcome!

We are happy to add many new families to our GT community!

Click on the flower to
subscribe to
Celebrating Gifted!



Stay Connected!

Twitter: @FBISDGT

Click on our logo for our website!

FBISD
INSPIRE • EQUIP • IMAGINE
GIFTED AND TALENTED

Learning from Astronauts

Former astronauts and former International Space Station residents Scott Kelly and Peggy Whitson shared some sound advice with the public last week for handling social distancing:

Get on a routine.

Schedule time for

- work
- rest
- chores
- exercise
- play

Interact

- Communicate with the people you are with - don't divide up all day.
- Stay connected with friends through video chat, not just social media.

Journal about your experiences each day and about how you are feeling. Journaling is therapeutic, but it will also serve as documentation of this historic event.

Focus on the higher purpose!
You are doing your part in slowing the spread and keeping others safe.

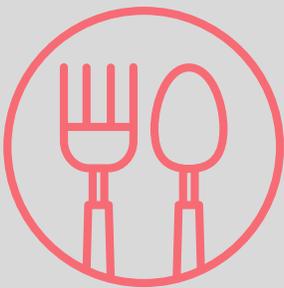
Source

<https://www.space.com/astronaut-tips-for-handling-isolation-coronavirus.html>

Positive Change Can Happen During These In-Between Moments

1. Encourage students to get in touch with a knowledge of the things they don't know. Is there something they have always wanted to learn more about or try?
2. Help find ways to explore that topic more deeply during this time. What resources and experts might be available?
3. Help students consider how new knowledge can change in their personal or global world. New viewpoints, creations, pathways, or personal connections are waiting to be made.

[Read the full article from NSGT](#) (National Society for the Gifted and Talented)



Feeding the Gifted Soul:

Helping Children Deal with Change and Stress



While the interruption of the school district's normal operations is not an everyday occurrence or typical stressor, this article from Bright Horizons has great tips for helping your child through change to become more resilient in the end.

Click on the globe for the article.

Need to

ESCAPE?



Do it with the family!

The virtual, educational escape room experts at BreakoutEDU are now offering FREE virtual escape room experiences for everyone from Kindergarten to Adult on a wide variety of topics.

Click on their logo to get started!

Breakout EDU

FUN@HOME

Parents, Mark Your Calendar

Free Webinar

Tuesday, April 7, 2020, 6:30 p.m.

A portrait of Colin Seale, a man with a beard and mustache, wearing a grey suit jacket over a light blue shirt. He is smiling and looking directly at the camera.

BEYOND "FULL POTENTIAL":
Reconsidering What Success Means for Gifted Children

Free Parent Webinar With
Colin Seale
thinkLaw

4/7 @ 6:30 p.m.
txgifted.org/webinar

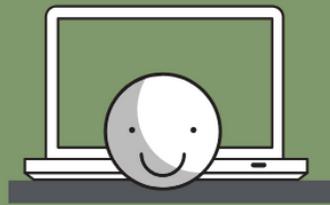
All parents want their children to be successful. But parents of gifted children often feel an added pressure to unleash their child's "full potential." This webinar will give parents of gifted children powerful, but practical tools to understand the harms of the "full potential" myth and practical tools to move towards a more healthy, hopeful, and happy path to set children up to excel.

Click on the photo to RSVP!



NEW TO GT

VIRTUAL PARENT SESSION



Available on Thursday, April 9, 2020

Please click on the FBISD GT logo at the top to go to the access page.

Learn about the district's curriculum, programs, and communication structure, as well as explore the unique nature and needs of gifted children.

"See" you there!