

# CELEBRATING *gifted!*

May 2020

## *From the Director*

Greetings!

Edwin Way Teale stated, "The world's favorite season is the spring. All things seem possible in May." He certainly could not have anticipated our situation this May, though. I know that it may not seem like all things are possible this month, but I have a challenge for our GT families! I would like to challenge everyone to look at perceived "impossibilities" caused by our current challenges through a different lens. Is there a way to creatively re-frame impossible into a different possible? GT minds love to think, problem solve, and explore – let's give them something to consider. Let's rethink "impossible" this month!

*Dr. Laurie Westphal*

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**For Our Parents - Free  
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GIFTED AND TALENTED



# Focus Your Wandering Mind

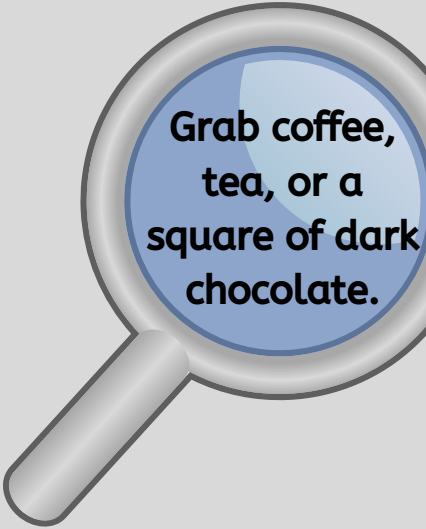
Hundreds of distractions beg for our attention while working or schooling from home that don't normally arise in the workplace or the campus setting. Keep them at bay with some easy techniques.




**Play music without lyrics.**



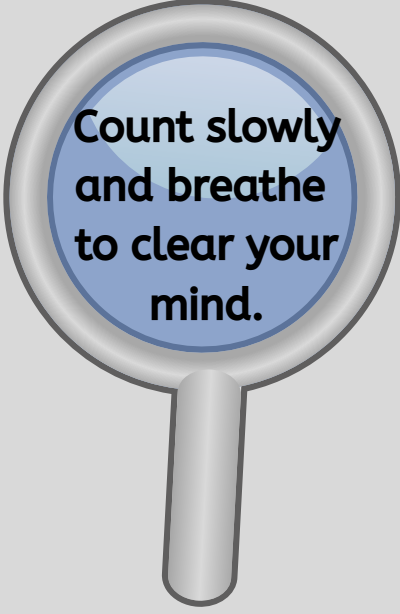
**Take short, 5-minute brain breaks.**



**Grab coffee, tea, or a square of dark chocolate.**




**Identify your stressors and set them aside.**



**Count slowly and breathe to clear your mind.**



**Take a minute to doodle (simple patterns or shapes work best).**



**Pay attention to what triggers a distraction so you can catch it sooner.**



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



**Chew gum! Spearmint is best!**

## Please support our seniors in GT Mentorship!

We are asking for our district GT community to come together to support our seniors who have worked alongside their mentors all semester on their research projects by going to the online showcase and **leaving feedback for the students.**

Instead of being able to celebrate this achievement with family, friends, and mentors, in person, the students' showcase has been moved to an online platform through the district's website.

To participate, please go to

**[www.fortbendisd.com/gtmentorship](http://www.fortbendisd.com/gtmentorship)**



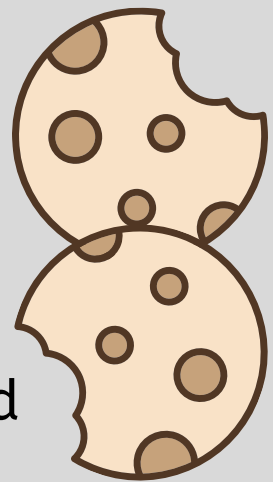
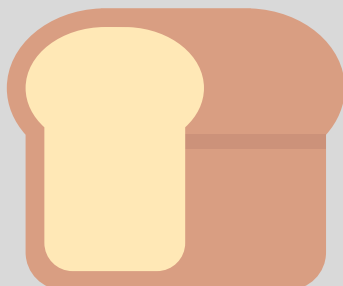
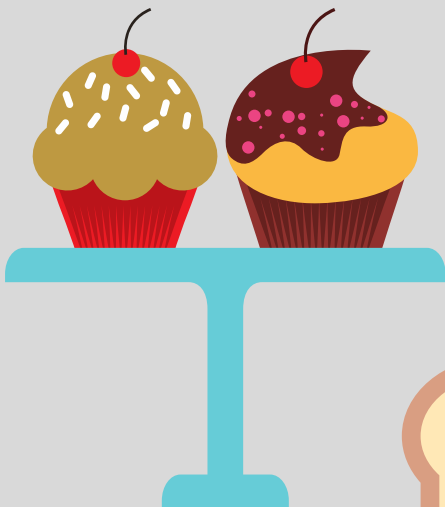
**SEE THE NEXT TWO PAGES FOR PROJECT DETAILS**



## *Feeding the Gifted Soul: Why Baking Makes us Feel Good*

You've probably noticed that flour, sugar, and yeast are in short supply these days. It seems like everyone is baking!

Click on the bread to read what psychologists say about how baking makes us feel good.



# GT Mentorship Class of 2020

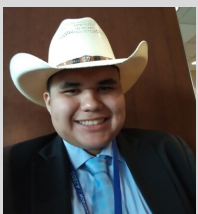


## \*ONLINE SHOWCASE\*

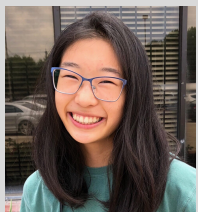
Click on the topic link to go directly to the student's showcase page.



**Neer Jain**, Dulles High School  
Mentor Site: Leaf Engineers  
Topic: [Energy Upgrade to Wheeler Fieldhouse](#)



**Rene Leal**, Travis High School  
Mentor Site: Methodist Sugar Land  
Topic: [Anti-Viral Resistant Superbugs](#)



**Emma Lee**, Clements High School  
Mentor Sites: Agmenity/Lettuce Live  
Topic: [Quarantine Cooking and Diets](#)



**Julie Mandimutsira**, Clements High School  
Mentor Site: Forward Science  
Topic: [Accessible Dental Hygiene](#)



**Allie Nguyen**, Elkins High School  
Mentor Site: Constellation Field  
Topic: [Marketing the Minor Leagues](#)







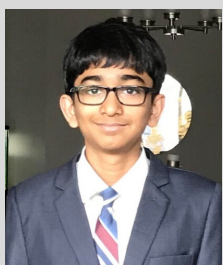
**Anthony Pierson**, Travis High School  
Mentor Site: Nitco, Inc.  
Topic: The Digital Divide



**Milcah Poothakary**, Elkins High School  
Mentor Site: Baylor College of Medicine  
Topic: Dry Eye Research



**Bhaavya Rastogi**, Clements High School  
Mentor Site: Houston Federal Credit Union  
Topic: The Cost of a Credit Score



**Malay Shah**, Hightower High School  
Mentor Site: Access Health Richmond  
Topic: Access to Care



**Kanika Talwar**, Dulles High School  
Mentor Site: Creative Consumer Research  
Topic: Understanding the Consumer



We will also have the roster of the  
GT Mentorship Class of 2021 posted!

Please join us!

# Family Fun!

Making edible and stackable  
LEGO candy (or anything else  
you can think of!)



Thanks to the [King of Random](#), there's a great boredom buster instructional video for making gummy LEGO, or anything else you have a mold for! This is a great activity for the whole family!

Click on the picture to get started!

Get creative and post your results on Twitter!

Tag us! @FBISDGT

# For Our Parents

Lisa Van Gemert is a renowned teacher, author, speaker, gifted education advocate, former administrator and home school mom that travels extensively to discuss her experiences as a gifted learner, parent and teacher, as well as practical strategies for enjoying the world that is giftedness. She is currently featuring free podcasts on which she has been a guest speaker about perfectionism through her website, [Gifted Guru](#).

Click on the cupcake to go directly to the podcast section.

## Perfectionism Podcasts

Listen & Learn for Free!



*GiftedGuru.com*

