

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

In this Issue:

**Focus Your
Wandering Mind**

GT Mentorship Support

**Why Baking Makes Us Feel
Good**

Family Fun with "Lego"

**For Our Parents - Free
Podcasts**



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INSPIRE • EQUIP • IMAGINE
GIFTED AND TALENTED

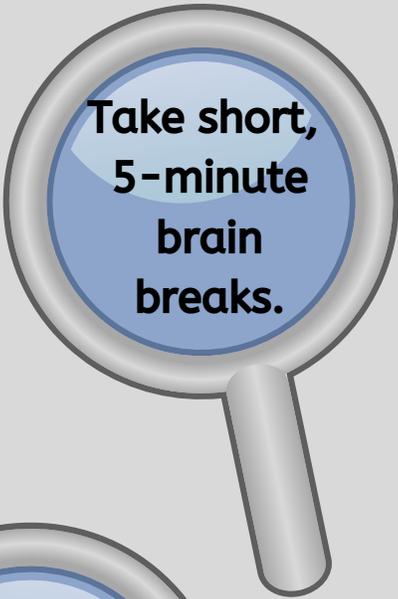


Focus Your Wandering Mind

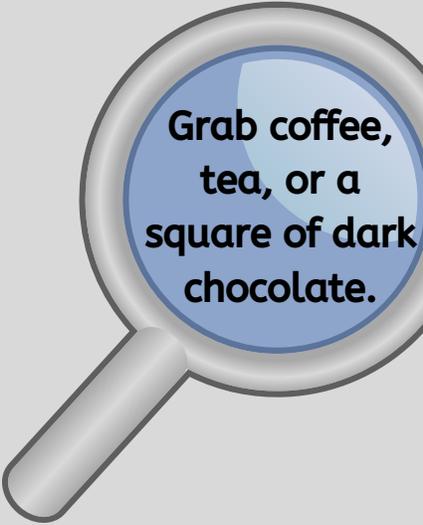
Hundreds of distractions beg for our attention while working or schooling from home that don't normally arise in the workplace or the campus setting. Keep them at bay with some easy techniques.



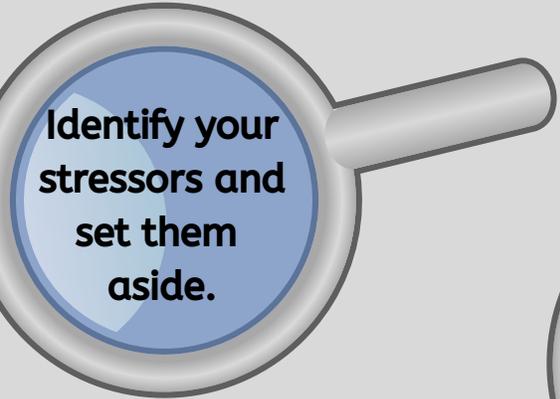
**Play music
without
lyrics.**



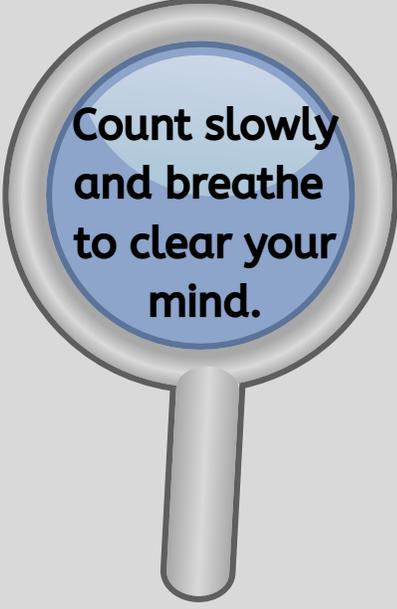
**Take short,
5-minute
brain
breaks.**



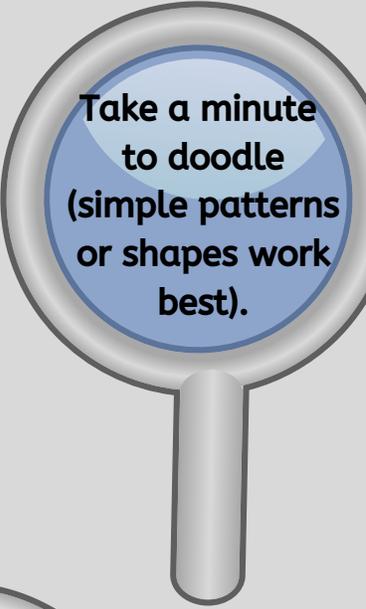
**Grab coffee,
tea, or a
square of dark
chocolate.**



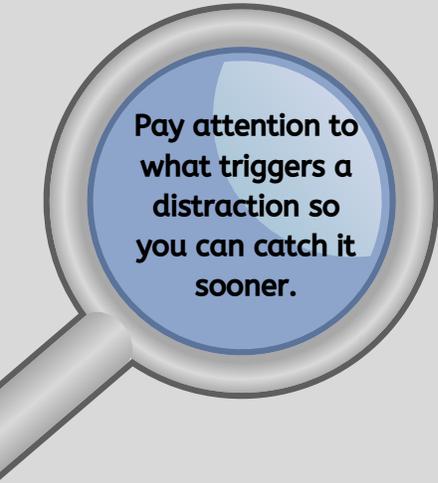
**Identify your
stressors and
set them
aside.**



**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



SEE THE NEXT TWO PAGES FOR PROJECT DETAILS

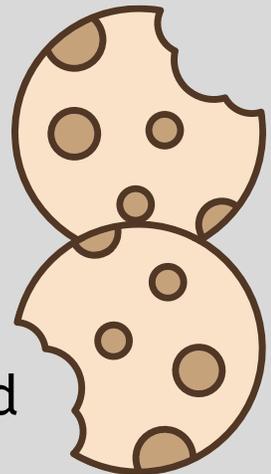
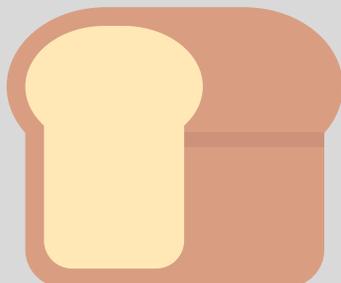


Feeding the Gifted Soul:

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

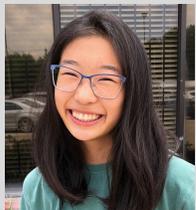
Click on the topic link to go directly to the student's showcase page.



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



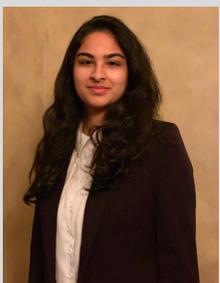
Milcah Poothakary, Elkins High School
Mentor Site: Baylor College of Medicine
Topic: Dry Eye Research



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 directy to the podcast section.

Perfectionism Podcasts

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