

# Gifted & Distractible

Newsletter for the Twice Exceptional Community



WITH UNDERSTANDING COMES CALM, LLC  
*Compassionate Guidance. Durable Strategies.  
For the 2e Community.*

This issue of "Gifted & Distractible" sponsored by:



# FITNESS FOR HEALTH

## THERAPEUTIC SERVICES & TRAINING CENTER

To sponsor an issue of "Gifted & Distractible," [fill out this form.](#)

Happy Holidays! Maybe?

This Issue of "Gifted & Distractible" takes advantage of the winter vacation coming up to suggest ideas to plan for success in the classroom upon your return and to contemplate ways to de-stress.

In this issue read:

- Julie's blog "Diversifying your Life Portfolio"
- To Learn Students Need to DO Something
- Freeing Students - and Teachers - from Homework
- Sleep Deprivation has a Two-Way Affect on Anxiety

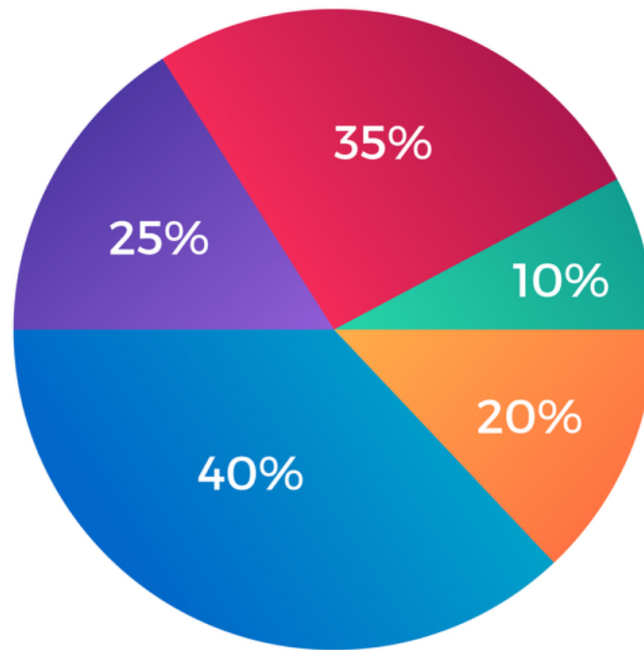
Read what people are saying about 2 Days of 2e Virtual Conference!

Find out where With Understanding Comes Calm has been and where it will be out in the Community.

Learn about Events for twice exceptional families and educators.

## Julie's Blog

## PIE CHART



This month Julie talks about [Diversifying Your Life Portfolio](#) - helping you identify ways to spend your time on other activities that may actually allow you to better focus on and attend to those emergency priorities that tend to take most of our attention.

## ARTICLES



CULT OF PEDAGOGY

Kinesthetic learning and multi modal teaching is the topic of [To Learn Students Need to DO Something](#). Enjoy this article and

the attached podcast to learn more about this excellent and necessary classroom strategy.

edutopia

Why NOT doing homework may inspire more kids to do work at home is explored in this article: [Freeing Students - and Teachers - from Homework.](#)

INVERSE

This article addresses the connection between sleep and anxiety. Hopefully you can use the upcoming winter break to allow everyone in the family to address their sleep debt. Read more in: [Sleep Deprivation has a Two-Way Affect on Anxiety.](#)

**With Understanding Comes Calm  
in the Community**



**2 Days of 2e  
Virtual Conference**

**Available through April 2019**

.Join Parents Educators and Clinicians from all over the world at

## [2 Days of 2e Virtual Conference!](#)

We are ON DEMAND through April 2019.

- Learn from **Renowned Experts** about everything from
  - identification,
  - misdiagnosis,
  - anxiety,
  - perfectionism, and
  - underachievement, to
  - strengths based strategies,
  - talent development, and
  - advocacy
- Build community in our parent and teacher **Chat Forums**
- Interact with over thirty resources in our **Exhibitor Hall**

[Register today!](#)

## *What people are saying about 2 Days of 2e Virtual Conference:*

*"I just finished watching all 10 sessions of the Virtual Conference and thoroughly loved every session. The idea of twice exceptional is not something I learned about in my educational studies (bachelors or masters programs). I had first hand experience with a 2e student in my classroom early on in my career... if only I had resources back then like you provided in this conference. I wish I could go back and fix things that could have been handled differently. While I am a former full-time teacher I am currently a stay at home mother of gifted children (1 possibly 2e) and things I learned in this conference will be used in my home with my children right away." -Parent and Educator*

*"Not only are you providing impactful information and strategies but the fact that it is a virtual conference you are able to reach so*

*many more people. Full time working parents who are busy but can watch sessions at night, teachers who can't afford to take a day off but can watch sessions on a Saturday, or parents and teachers watching sessions on their own but then being able to discuss the ideas in a group setting (grade level meeting times, etc.). Truly the virtual aspect of the conference opens the door to so many possibilities!!!" -Parent*

*"I really appreciated the reminder of what school is like for 2e students, and why it is so important that they have teachers who see their gifts, their strengths, and their potential. Even though we as educators are pulled in so many directions, we cannot afford to lose this population. We owe it to them to consider creative approaches to engage them in learning." -Educator*

*"Although the focus of the conference was 2e children, the content was applicable to other demographics, including in my case, as a professional working with and supervising some 2e adults. I gained a deeper understanding of 2e topics and learned practical tools for helping to empower 2e individuals to thrive. The conference made resoundingly clear that while 2e populations face challenges, they bring tremendous gifts to our world that we all have the ability to foster with proper knowledge and understanding." -Adult*

[Register to attend 2 Days of 2e Virtual Conference](#)  
[ON DEMAND through April 2019!](#)

The logo for FlexSchool features the word "FLEX" in a bold, orange, sans-serif font. The letter "X" is stylized with a vertical line extending upwards from its top right, ending in a small orange circle. To the right of "FLEX" is the word "SCHOOL" in a blue, sans-serif font. The entire logo is set against a white background within a blue-bordered box.

Sunday, December 9, 2018

Julie will join the new [FlexSchool](#) Rockville at an OPEN HOUSE

at Fitness for Health (where FlexSchool Rockville begins each day). Join Julie and meet Founder, Jacqui Byrne and Head of School Towanda Cofield to hear about the FlexSchool culture and how each campus meets gifted and 2e students where they are, allowing them to go deep and wide into their passions and interests and giving them a safe space to shore up their struggles.

Sunday, December 9, 4:00 pm 11140 Rockville Pike, Rockville Md. [Learn more and Register.](#)



Julie spoke with [Embracing Intensity Podcast](#) Producer, Aurora Remember, about intensity - why it's important to be intensely passionate, why it's okay NOT to turn down your intensity sometimes and how to pay attention to what you need as an intense person.





Julie looks forward to presenting in early 2019 to an audience of parents and educators in Ashkelon Israel. The Center for Gifted and Talented Students in Ashkelon is sponsoring this virtual event where Julie will discuss twice exceptionality and strategies for issues such as perfectionism, routines, school and family.

*If you would like Julie to speak to your school or group, in-person or virtually, contact [Julie@WithUnderstandingComesCalm.com](mailto:Julie@WithUnderstandingComesCalm.com)*

# 2e News

## **Opportunity for "Gifted & Distractible" Readers!**

Use code: RIRRMW9IW4\_WUCC at [www.2enews.com](http://www.2enews.com) to get \$10 off a full subscription to 2e News! This is a fabulous resource for parents, educators and professionals. All you have to do to sign up is click subscribe, enter your information, enter the code, submit payment and you are all set!



## UPCOMING EVENTS FOR FAMILIES, GIFTED AND TWICE EXCEPTIONAL CHILDREN

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- Dec. 8; 9:00 am - 3:00 pm; International Dyslexia Foundation presents: "Screen and Intervene," Adele H. Stamp Student Center, University of Maryland. [Register](#).

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- January 9; 7:30 pm - 9:00 pm; "Wednesday Workshops" presentation from The Chesapeake Center Clinical Director and Founder, Dr. Kathleen Nadeau facilitating a discussion on ADD/ADHD in girls and best practices for treatment and support. [Click here to register!](#) **Location:** The Chesapeake Center - 6430 Rockledge Dr, Suite 500, Bethesda, MD

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- January 29 - Feb. 2; Council for Exceptional Students Convention and Expo, [More info and to Register](#)

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- February 15-17; Learning and the Brain, Educating with Empathy Conference, San Francisco, CA, [Learn more and Register](#).

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- February 18-21; Annual LDA International Conference, Ft. Worth, TX. [Click here](#) for more information and to Register.

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- Feb. 22-24; California Association for the Gifted Conference, Palm Springs, CA [More Info and to Register](#).

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- Feb. 27; National Association for Independent School Conference, Long Beach, CA [Register](#).
- March 22-24; Women, Whisky and Wisdom, "Intensity and Transition," Louisville, KY, Gifted Unlimited, [Register](#).

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- July 18-21; SENG Annual Conference, Houston, TX, [More information and to Register](#).

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- ONGOING:
  - Through April 2019: 2 Days of 2e Virtual Conference; On Demand through April 2019! Content, Community, Collaboration. Learn from 2e Thought Leaders, build community and gain resources. [More Information](#) and [Register](#)

[Register.](#)

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- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#).
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- First Sunday evening of each month; Procrastination Webinar & Student Group Discussion. Includes discussion how procrastination is an emotional response to task aversion - includes current research and strategies to help avoid procrastination. Student group discussions for high school and college age students. **Contact Michael Bromley at [info@school4schools.com](mailto:info@school4schools.com).**
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- Mondays, Virtual Gifted Adult Support group, "The Intensity of Life," September 24 - December 10, with Kathleen Crombie, M.A., M.E.d., 2:00 -3:30 pm (EST) [Register](#)
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- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland [info@ccl-md.com](mailto:info@ccl-md.com) to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>
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- Tuesdays, September 25-December 11, Virtual Advanced Parent Discussion Group with Cathleen Crombie, M.A., M.E.d, 4:00-5:30, First Tuesday of the month. [Register.](#)
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- ***WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"***

***EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.***

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## **EDUCATORS AND PROFESSIONALS OF**

### What is With Understanding Comes Calm, LLC?

Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.

- **Mentoring Families** Understanding, Durable Strategies,

## Implementation Plans and Advocacy

- **Supporting Individuals** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

Contact Founder and President, [Julie Skolnick](#) with any inquiries.



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