

Gifted & Distractible

February 2017

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This month's Newsletter focuses on 2e kids and the classroom - addressing perfectionism, letting go of our adult egos, successfully diffusing challenging behavior, and noticing gender bias. The bottom line? Making personal connections allows us to be our best selves and brings out the best in others. In honor of **February as Gifted and Talented Education Month, check out these articles:**

- [Julie's New blog](#): "Good 'til the Last Drop - Understanding and Monitoring Triggers that Cause Explosive Behavior in our Children, Students and Ourselves"
- "2e: Twice Exceptional" Screening Event - buy tickets now!
- Camp Summit for the Gifted - Check out photos of NorthBay and Register now!

ARTICLES:

- How One Teacher Let Go of Control to Focus on Student-Centered Approaches
- It's Okay to Make Mistakes: How My Students and I Benefit from my Blunders
- Gifted Children and Non-Traditional Educational Choices
- Teachers Are Stressed, and That Should Stress Us All
- 20 Tips to Help Deescalate Interactions with Anxious or Defiant Students
- Leave Your Laptops at the Door to my Classroom
- Research shows young girls are less likely to think of women as 'really, really smart'
- [Julie's Movie Review](#): *Hidden Figures*
- [Julie's Book Review](#): *Scary Close* - A close look at intimacy and what keeps us from getting close

- from getting close.
- List of events relevant to the Gifted and 2e Community



Julie's NEW blog:

[**"Good 'til the Last Drop – Understanding and Monitoring Triggers that Cause Explosive Behavior in our Children, Students and Ourselves"**](#)

Read about overexcitability and when that one last "thing" causes emotions to overflow.

[**PURCHASE TICKETS**](#) FOR THIS AWESOME SCREENING EVENT!

- Watch award-winning documentary, "2e: Twice Exceptional"
- Meet Exhibitors of area resources
- Gain tons of information in our FREE give-away bags
- Enter our FREE raffle for meaningful prizes
- Mingle with like-minded parents, educators and professionals

Contact [Julie](#) to Exhibit or Advertise your 2e service or resource!



2e: Twice Exceptional follows the personal journeys of a unique group of high school students identified as "twice exceptional" – gifted or highly gifted individuals with learning disabilities or differences. They are geniuses, mavericks and dreamers. Among them may be the next Einstein, Mozart or Steve Jobs...if they can survive the American school system and their own eccentricities.

Winner of the Richmond Int'l Film Festival "Best Documentary Feature" and Silver Springs Int'l Film Festival "Audience Choice Best Feature"

SAVE THE DATE

Date: Tuesday, May 2, 2017

Time: 7:00 pm – 9:00 pm

Location: Silver Spring Civic Ctr, 8525 Fenton, Silver Spring MD.

Purchase \$8.50 Tickets at:

WithUnderstandingComesCalm.brownpapertickets.com

Join parents, teachers and 2e professionals for this incredible documentary and a chance to meet and greet experts in giftedness and learning differences.

For exhibitor and marketing opportunities contact Julie Skolnick at:
Julie@WithUnderstandingComesCalm.com



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Thank you to our current Exhibitors!

If you have a service or product that you would like 2e parents, educators and professionals to learn about at our May 2nd Screening Event, contact

Julie@WithUnderstandingComesCalm.com



Register NOW for (Overnight) Camp Summit for the Gifted!

"Every year I have to wait 51 weeks for Camp Summit!" Camper, age 11

Camp Summit East will open it's "cabin doors" **August 20 - 26**
at [North Bay Adventure](#) in Maryland.

If you have a gifted or 2e kid (ages 9-14) who loves:

Eco Lab Science on the Chesapeake Bay

Dungeons & Dragons

Zip Lines

Kayaking/Canoeing

Puppetry

The Arts

Rube Goldberg

High Ropes

Strategy Games

Philosophy

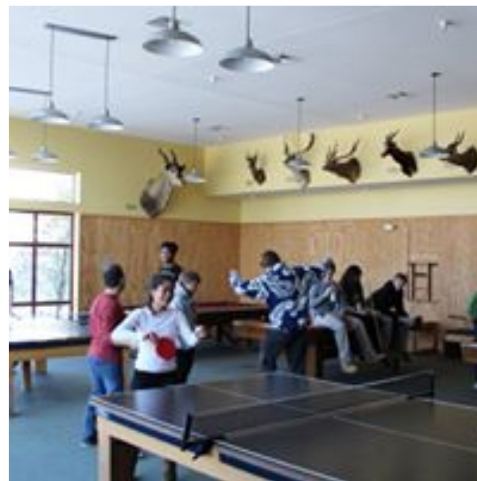
Digital Animation

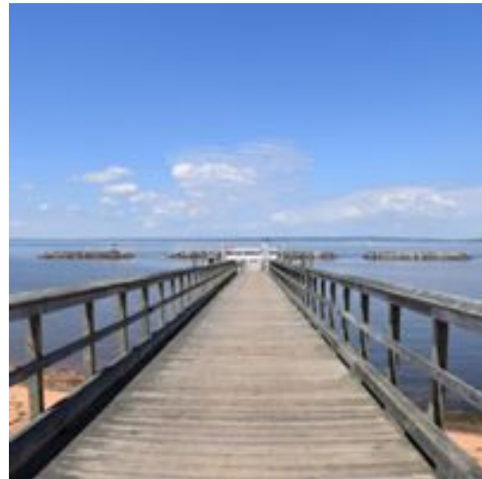
Then this is their camp! For more information contact Founder:
[Wendy Zinn](#)

Co-Directors: Julie F. Skolnick, M.A., J.D. and Mike Postma, Ph.D.

Check out our AWESOME location: northbayadventure.org

Check out these awesome photos from NorthBay Adventure where Camp Summit for the Gifted will happen this summer August 20-26!






ARTICLES:

MindShift How we will learn.

How One Teacher Let Go of Control to Focus on Student Centered Approaches
[Read it](#)

neaToday

National Education Association: It's OK to Make Mistakes: How my Students and I Benefit from my Blunders [Read it](#)

 *Crushing Tall Poppies*

Gifted children and Non-Traditional Educational Choices [Read it](#)

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Teachers are Stressed and That Should Stress Us All
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MindShift How we will learn.

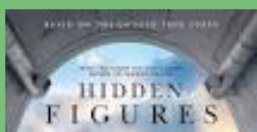
20 Tips to Help De-escalate Interactions with Anxious or Defiant Students
[Read it](#)

The New York Times

Leave Your Laptops at the Door to my Classroom.
[Read it](#)

The Washington Post

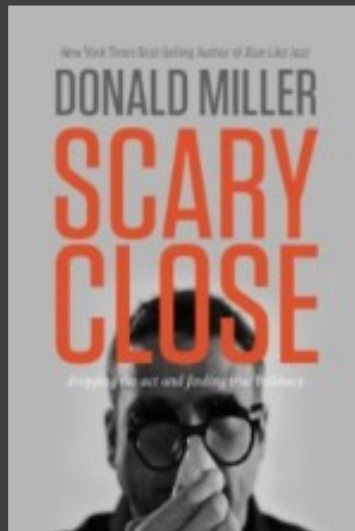
Research Shows Young Girls are Less Likely to Think of Women as 'really, really smart' [Read it](#)



Movie Review: Run, don't walk to see this film! Bring your daughters, your sons, your neighbors. An incredible look at grit and



neighbors. An incredible look at grit and gumption, at tenacity and talent, at patience and passion. Overcoming obstacles, balancing priorities, doing what it takes to get what they want and deserve - all with grace and class - those are the messages of this movie.



Book Review: Scary Close by Donald Miller takes a deep and personal look at the author's journey toward intimacy. Issues addressed include perfectionism, self doubt and fear. A great read with nuggets of brilliance like this one: *"We don't think of our flaws as the glue that binds us to the people we love, but they are. Grace only sticks to our imperfections. Those who can't accept their imperfections can't accept grace either."*



- February 2-6, Thursday nights, 7:30-9:00, ***An Individualized Approach to Raising Your Challenging Child with Dr. Dan Shapiro***, CESJDS, 11710 Hunters Lane, Rockville, MD. [Register](#).
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- February 7, Jack Kent Cooke Foundation begins accepting applications for their Young Scholars Program. For students who stand out from their peers based on ability and academic achievement and who have financial barriers to achieving their full potential. Contact [Nara Lee](#) for more information.
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- February 7, The Best and Worst of Middle School in FCPS, Twice Exceptional Advocate Moms, 7:15 pm Luther Jackson Middle School, 3020 Gallows Rd, Falls Church, VA 22042
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- February 8, 7:00 pm, **Screenagers documentary screening**, \$10, The Nora School.
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- February 9, 6:00 - 8:00 pm, "2e: Twice Exceptional" Documentary Screening, Q/A, Raffle featuring Julie Skolnick from With Understanding Comes Calm, LLC, The Auburn School, Baltimore, MD. Tickets \$7 in advance and at the door. Contact LAnderson@TheAuburnSchool.org
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- February 16, 5:00 pm - 8:00 pm; **Reception** in recognition of the Governor's Proclamation of February 2017 as Gifted and Talented Education Month **Celebrating Gifted and Talented Education in Maryland** featuring our annual awards celebration and the recipients of the **Excellence in Gifted and Talented Education (EGATE) School Awards**. [RSVP](#) if you plan to attend.
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- February 16; The Studypro Lunch & Learn, **No More Nagging: Fostering Internal Motivation** If you are tired of threatening to take electronics away and frustrated with your inability to "change" your child, please join our guest speaker, [Rachel Bailey](#), Certified Positive Discipline Parent Educator, who will provide both insight and key strategies on what we can do to ease conflicts and instill a sense of motivation in our children. [REGISTER](#)
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- February 16-19: LDA (Learning Disabilities Association of America) International Conference; Baltimore, MD [Information and Registration](#)
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- February 19 - March 26; Learning on the Move, Ages 4-6, Sundays 1:00-2:30, Fitness for Health, [Information](#)

- February 27: MELTDOWNS: HERE, THERE, AND EVERYWHERE, Dr Griffin Doyle, PhD, In this workshop you will gain insights and learn effective strategies to help you and your child. Contact [Sue Abrams](#).
- March 1, Deadline for **MEGGY Award submissions** (Md. Educators of Gifted Students), Download nomination form [here](#).
- March 2 - May 18, Thursday nights, **An Individualized Approach to Raising Your Challenging Child with Sarah Wayland**, 4451 Parliament Place, Suite A, Lanham, Maryland 20706. [Register](#).
- March 2, 9:00-10:30 am; "The Basics of Special Needs Financial Planning," presented by Colin Meeks, Part II at the Silver Spring Campus of The Auburn School. RSVP to Lauren Anderson, LAnderson@theauburnschool.org
- May 2; "2e: Twice Exceptional" Documentary Screening; Silver Spring Civic Center, Event includes: Award-winning documentary screening, Exhibitors, Give-away bags, Raffle, Light Refreshments; Tickets \$8.50 at www.WithUnderstandingComesCalm.brownpapertickets.com
- March 15- 16, AEGUS (Association for the Education of Gifted underachieving students) and quadprep conference , NYC scottone@quadprep.org

Ongoing:

- *Parent Footprint Awareness Training*; Dr. Dan Peters' new web-based, interactive training program for parents is based on the fact that the most important predictor of how we parent is how we were parented as a child. [LEARN MORE & SAVE 50%](#)
- [iParent 101 course](#) Dr. Adam Pletter's 2 hour course teaches how to protect your children by combining basic parental controls with proven behavior modification techniques to empower them to use technology safely!

If you would like to see your event advertised in "Gifted & Distractible" contact us:
Julie@WithUnderstandingComesCalm.com



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