

Gifted & Distractable

Newsletter for the Twice Exceptional Community



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

This issue of "Gifted & Distractable" sponsored by:

FLEXSCHOOL

Happy 2018! Congratulations, you've made it through another holiday season - a time of joy and unbridled excitement for some, overstimulation and a sense of false exuberance for others.

My mantra for 2018 is "No regrets" - thinking before speaking, considering the fall out before acting and doing a quick cost - benefit

analysis when reacting to a situation. Of course, the best way to protect oneself from regret is to understand. We must understand ourselves, our children, our students, our colleagues and our employees/employers to proceed wisely and without the unhappy and unintended consequence of regret.

In this month's issue read about what it's like to be an empath in Julie's blog, [Feelings, Nothing More than Feelings](#), and check out articles and information for parents, educators, 2e adults and practitioners. Each resource speaks to living and teaching without regret.

Articles:

- A Mindset Shift to Continue Supporting the Most Frustrating Kids
- An Overview: Understanding and Assessing Suicide in the Gifted
- "Flipped Classroom" Instruction
- Using Therapy Dogs in the Classroom
- 20 Tips to Help De-escalate Interactions with Anxious or Defiant Students

With Understanding Comes Calm - Out and About in the community; Spreading the word about the 2e Population

- December 6: Presentation to the public received great feedback, see photos
- March 10: Julie is presenting at Diamonds in the Rough Conference, Rockville, MD
- April 4; Julie guest lectures for an online course at Johns Hopkins University

Book Review

- Daily Meditations for Visionary Leaders - Check out Julie's contributions to this book of daily inspirational messages)

Upcoming Events for the 2e Community

What is With Understanding Comes Calm, LLC?



Julie's Monthly Blog: "*Feelings, Nothing More than Feelings*"

What is it like living life as an empath and what can we do to ensure a happy, fulfilling life for them? [Read Julie's blog](#) to find out.

ARTICLES

Mind/Shift How we will learn.

Day in and day out living with and working with challenging intense kids takes its toll. Change your perspective and gain tools in this article, [Mindset Shift - To Continue Supporting the Most Frustrating Kids](#)



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those we lost • reach out if yo

Last month there were several teen suicides in the news. I posted about it to my [Facebook Page](#) with the article [An Overview: Understanding and Assessing Suicide in the Gifted](#). I received a lot of grateful feedback. If you or someone you know is in crisis, please share the contact information above and consider reading the article.

St. Louis Public Radio
90.7 KWMU • 90.3 WQUB • 88.5 & 96.3 KMST

What is a "flipped classroom?" Read [this](#) to find out what happens when the lecture is via video at home and the deep dive happens collaboratively in the classroom.

JACKSON COUNTY CHRONICLE

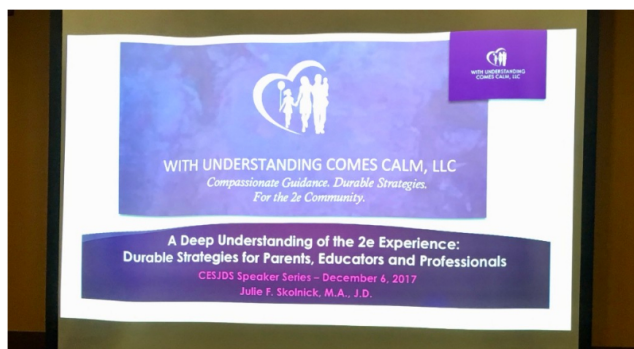
I love the idea of therapy dogs in the classroom. So great for sensory issues, anxiety, empathy and bringing our inner thoughts outside of our mind. [Read about it.](#)

Mind/Shift How we will learn.

Great suggestions here in this article, [20 Tips to Help De-escalate Interactions with Anxious or Defiant Students](#). Try them in your classroom or suggest them to your child's educators.

With Understanding Comes Calm out in the Community

Julie's presentation on December 6, "A Deep Understanding of the 2e Experience" was a powerful evening of learning and processing the great strengths and challenges of 2e children.



DIAMONDS IN THE ROUGH DC Area's Special Learning Needs Conference

Friday, March 9, 2018
CE Workshop for professionals
Johns Hopkins, Rockville Campus

Saturday, March 10, 2018
General Conference
Katherine Thomas School, Rockville, MD

If you missed Julie's talk on December 6 you can hear her speak at the [Diamonds in the Rough Conference](#) on March 10 in Rockville, MD.



JOHNS HOPKINS
UNIVERSITY

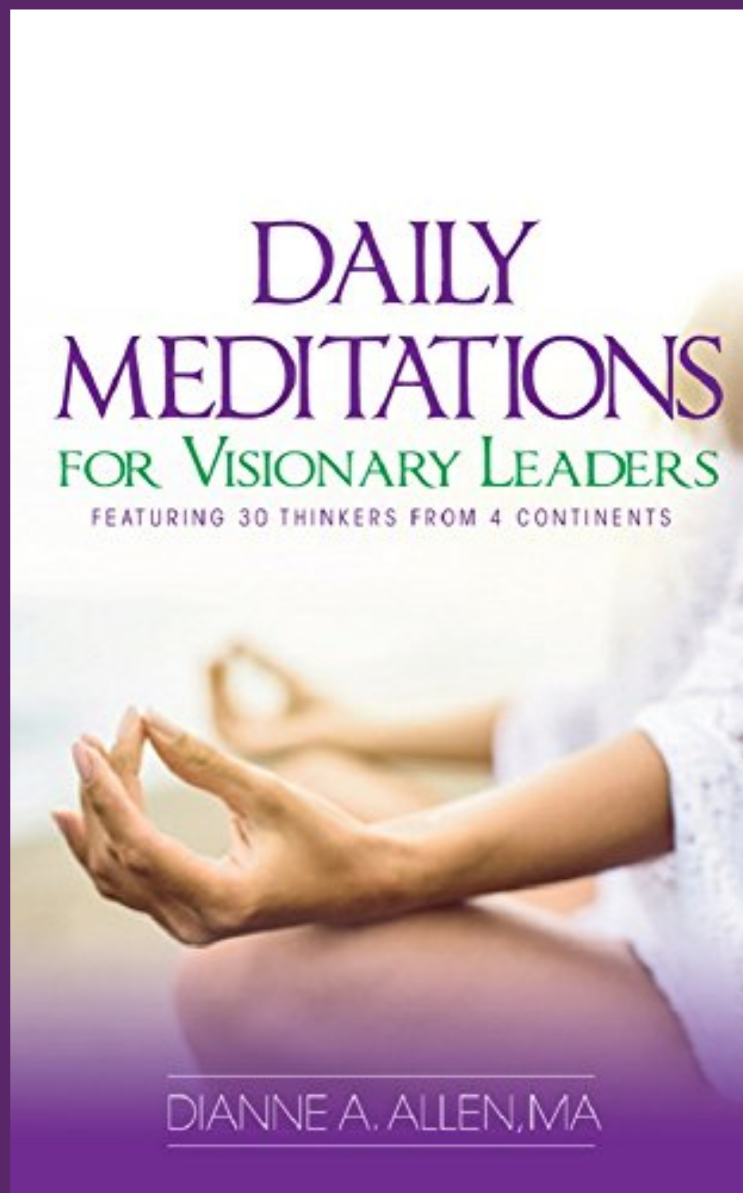
KRIEGER SCHOOL of ARTS & SCIENCES
ADVANCED ACADEMIC PROGRAMS

Julie is honored to guest lecture for Doctor Keri Guilbault's course on the

Social and Emotional Needs of the Gifted at Johns Hopkins University. Training educators is a passion of Julie's and she provides several educator workshop options. [Check out Julie's educator workshop options here.](#)

BOOK REVIEW

A great way to start 2018 - each day has a specific message and the opportunity to reflect. Julie's reflections are featured on day 68 "Optimism" and day 292 "Understanding." [Read more.](#)



Julie's quotes included in [Daily Meditations for Visionary Leaders](#):

Day 68 "Optimism"

There are always strengths. Whatever the challenge, there is always a positive spin. Find it. Make it yours. Embrace it. Smile. Feel the warmth of your personal sun shining on you from that place, maybe hidden in a crack, that reframe. It starts with a sliver of light, an idea, a way of looking at something differently and then BAM! Out from the crack comes your new perspective and the world is a brighter place.

Day 292 "Understanding"

With Understanding Comes Calm. If we don't understand we have chaos. The scale is tipped to one side. We are confused. We are hurt. We may not even take the time to wonder why because our sensitivities have taken over. Once we investigate, learn, and question, we gain understanding. The scale is tipped back. Equilibrium. We become calm. Now we have balance.



UPCOMING EVENTS FOR FAMILIES, EDUCATORS AND PROFESSIONALS OF GIFTED AND TWICE EXCEPTIONAL CHILDREN

- January 5 DEADLINE, Maryland Gifted and Talented students in public school grades 6-12 are invited to participate in an essay contest titled, "What have gifted education opportunities meant to me?" The first place winner selected from each category, Middle School and High School, will be awarded a **\$50.00** check from MCGATE, a **certificate**, and a **letter of recognition** that will also be sent to their local Superintendents. In addition, all winners will be given a **special invitation** to the Maryland State Department of Education's ***Celebrating GT Education Reception!*** Essays must be typed, double-spaced, 12-point font, and should be no longer than three pages. Essays should be submitted electronically as a Word document or mailed to: MCGATE, 1823 Morning Brook Drive, Frederick, MD 21750. All deadlines and dates are subject to change.

Forest Hill, MD 21050. Attach the completed application form to the essay. [MCGATE Essay Contest 2017-2018 Application](#)

- January 9; 9-10 a.m. The Sycamore School Tour; Interested parents, students, educational advocates and members of the community are invited to tour the school, speak with current students & staff and meet the Head of School. [Register](#).

- January 9; 7:00-8:30 p.m. Free Lecture for Parents on Parenting a Child with ADHD presented by Faith Halter, PCC, Hosted by The Sycamore School. [REGISTER](#)

- January - March, 10 Thursday Nights, Dan Shapiro's *Parent Child Journey An Individualized Approach to Raising Your Challenging Child*, 7:30-9:00 pm, Ivymount Maddux School, Pay what you can; [Register](#)

- January 10-March 14 (10 Wed. nights); *Parent Child Journey Parenting Classes: An Individualized Approach to Raising Your Challenging Child* with Sarah Wayland, The Parent Child Journey program is designed to help parents identify the source of their child's challenging behavior and learn what they can do about it. During each session, we will discuss proactive strategies for raising children with difficult temperaments and developmental differences. Learn more at [ParentChildJourney.com](#). COST: Pay What You Can - \$150 - \$350 for all 10 sessions, [Register](#)

- January 11 Webinar; How to Transform your ADHD into a Strategic Advantage at Work, Featuring Edward Hallowell, M.D., and Peter Shankman, FREE at 1:00 pm but must [Register](#)

- January 18; 7:30- 9:30 pm, Dan Shapiro's *Parent Child Excursions: Helping Siblings Get Along*, St. Columba's Episcopal Church, NW DC, Pay what you can; [Register](#)

- January 22; Gifted Homeschoolers Forum Classes for Gifted and 2e students begin, [Register Now](#)

- January 22; Hanen Orientation Session, recognized around the world for its research into how parents communicate with their children and how the communication skills of children with language delays can improve with their parents' help. This program provides strategies for children with general language delays between the ages of 0-5 years old. Register: <https://goo.gl/forms/uWW5Eo48JU2F19zO2>

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- January 24; CESJDS Speaker Series featuring Rebecca Resnik "Coping, Grit and the Growth Mindset" 7:30-9:00 pm, Rockville, MD. [Register](#)
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- January 29; Book Club - Raising Human Beings: Creating a Collaborative Partnership With Your Child by Ross Greene, Ph.D., COST: \$10-\$20 (pay what you can) [Register.](#)
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- February 3; Siena School, *Improving Reading Comprehension Workshop*; 8:30 am - 3:30 pm; will address the research behind what impacts comprehension and will present effective multisensory strategies to improve comprehension at the word, sentence, paragraph and extended text levels. This session is recommended for teachers, tutors and parents. \$120 including lunch. [Register.](#)
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- Feb. 21; Celebrating Gifted and Talented Education in Maryland Awards; North County High School.
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- March 1, 2018, 9:00am-10:00am, Colin Meeks, CERTIFIED FINANCIAL PLANNER™ Professional of Complete Money Management | *The Basics of Special Needs Planning: Getting Your Questions Answered*, Find out the answers to questions such as: What are planning "pressure points" over the lifetime of a child of special needs and the family? What is the difference between traditional financial planning and special needs planning? What are the benefits of both? **Link:** <https://www.theauburnschool.org/speakerseries>
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- March 3; Siena School, *Applying the Siena Multisensory Approach to Math*, 8:30 am-3:30 pm, This workshop will present an overview of how The Siena School teaches math using hands-on activities and incorporating art, music and technology. \$120 includes lunch. [Register.](#)
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- March 9-10; Diamonds in the Rough Conference, Johns Hopkins University, Rockville, MD [Register.](#)
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- March 10; 9:00 am-3:00 pm, *Exceptional in Two Ways: Understanding, Supporting and Connecting Gifted Students Who Have Learning Needs*, for parents and educators, Credit available, \$35, 420 Washington Ave, Cuyahoga Falls, OH, 44221, Register: <http://SummitESC.org/events>
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- March 9-10; Diamonds in the Rough Conference, Johns Hopkins University, Rockville, MD [Register.](#)

ONGOING:

- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#). All "Gifted & Distractible" readers enjoy a 20% discount using the code CALM.

- 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.**

- Wednesday Webinars from Johns Hopkins Center for Talented Youth check here for topics and to register: <http://ctyj.hu/tswwebinars>; and 18 minute long CTY webinar on "CTY's Special Support Services for Students" <https://ctyjhu.adobeconnect.com/pek072wwhqth/>

- The **Center For Communication & Learning** in partnership with **Alliance Pediatrics** is now accepting applications for our Winter/Spring **PEERS** program for Adolescents This is an evidence based social skills program for teens. Please contact us to begin the registration process. **Location:** 9711 Washingtonian Blvd. Gaithersburg, Md 20978; **Contact:** info@cclmd.com to receive our intake packet. Complete our PEERS Interest form-<https://goo.gl/forms/32FW3K0C7Y6htFz33>.

- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland Contact : info@ccl-md.com to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>

TO ADVERTISE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE" PLEASE EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.

What is With Understanding Comes Calm, LLC?

Our mission: 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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