

# 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:



**Fitness for Health®**

# FIITNESS FOR HEALTH

## THERAPEUTIC SERVICES & TRAINING CENTER

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

Summer is finally here and it's time for me to say "Get ready for next year!" Wait! Don't start sighing or rolling your eyes yet. Summer is the best time to catch your child doing something they LOVE - immersed in building, reading, doing something where they are completely engaged - even if it's just laying in the grass looking up at the clouds dreaming. These are photo opportunities for you to grab so you can share them with your child's team of teachers in the fall. Pictures really do tell 1000 words.

At WUCC, we are so excited for all the summer and fall opportunities.

- Julie is recording with Dr. Dan Peters on his "[Parent Footprint](#)" podcast.
- July brings the [SENG annual conference](#) and Julie is excited to share her experience and expertise as she talks about the "Cycle for Success" in parenting, teaching and counseling 2e kids.
- Get ready for the end of October when "[Let's Talk 2e!](#)" - the digital media arm of [With Understanding Comes Calm](#) - brings an incredible virtual conference straight to your computer! 2 DAYS OF 2e Virtual Conference will include incredible speakers, community building opportunities and loads of resources for parents, teachers, and clinicians.

In this issue of "Gifted & Distractible" enjoy Julie's blog, "[Practicing What We Preach: Using Cognitive Flexibility in Understanding 2e.](#)" We often speak about 2e folks needing to

take others' perspectives into account. How often do parents, teachers, colleagues, bosses take into account the 2e person's perspective and experience?

Read great-for-summer articles about:

- The importance of playing outside
- Sensory considerations during summer
- Brain based activities
- Camp

Remember, we don't publish in July so we look forward to seeing you again in August!



In her Monthly Blog, ["Practicing What We Preach: Using Cognitive Flexibility in Understanding 2e"](#) , Julie discusses the need to hear the 2e person's perspective. Over and over we try and teach our 2e kids to take into account other people's perspectives but how often are their perspectives ignored? With eliciting greatness as our goal for 2e individuals, we must listen and understand *their* experience before insisting they do things based on someone else's needs.

# ARTICLES

The Atlantic logo, featuring the words "The Atlantic" in a white serif font on a black rectangular background.

Just in time for summer, [The Perks of a Play-in-the-Mud Educational Philosophy](#) reminds us that unstructured time and spending time in nature is important to counter "nature deficit disorder."

The logo for "Understood" features the word "Understood" in a blue, sans-serif font. A horizontal line is positioned below the "d" and extends to the left.

for learning & attention issues

[understood.org](http://understood.org)

Brought to you by 15 nonprofit partners.

[Summertime Challenges for Kids with Sensory Processing Issues](#) gives tips on how to help your sensitive child get the most out of summer.

The "edutopia" logo consists of the word "edutopia" in a white, lowercase, sans-serif font, centered within an orange rectangular box.

THE GEORGE LUCAS EDUCATIONAL FOUNDATION

[Summer Fun with the Brain in Mind](#) offers fun activity ideas to

[Summer Fun with the Brain in Mind](#) offers fun activity ideas to spark interest, creativity and laughter with your children.



Get ready for another big transition - going to camp. Read [13 Tips for Helping Anxious Kids Enjoy Summer Camp](#).

## With Understanding Comes Calm in the Community



JUN  
07

**FlexSchool Gifted & 2e  
Learning: Md/DC/Va  
Exploratory Info  
Session**

by FlexSchool

Free

With Understanding Comes Calm, LLC is delighted to bring Jacquie Byrne, Founder the FlexSchool, to Rockville, MD to assess interest in opening a campus for this special school serving gifted and 2e learners.

When: June 7, 2018, 7:00 pm - 9:00 pm

Where: Stone Branch School of Art, 1331 M - Rockville Pike,  
Rockville, MD

FREE

[Register](#)



# CHANGING Maryland *for the Better*

## 2018 Maryland State G/T Equity Symposium

---

Julie is delighted to take part as a facilitator and moderator at this opportunity to bring together stakeholders in education to discuss ways we can address the excellence gap for gifted and talented students.



Julie is talking about "Bringing out the Best and Raising Self Esteem in Our Kids" with Dr. Dan Peters on his [Parent Footprint Podcast](#). Stay tuned for it's release!





The SENG (Supporting the Emotional Needs of the Gifted) conference, is July 19-22 in San Diego, CA.

Julie looks forward to presenting:  
**Cycle for Success: Bringing Out the Best and Raising Self  
Esteem in 2e Children**

Learn more and register [here](#).

The logo features the text "2 Days of 2e" in a large, bold, black font with a purple outline. Behind the text is a light purple silhouette of a family: a woman on the left holding a balloon, a child in the middle, and a man on the right holding a baby. The entire scene is framed by a large, light purple heart shape.

# 2 Days of 2e

Virtual Conference - October 2018

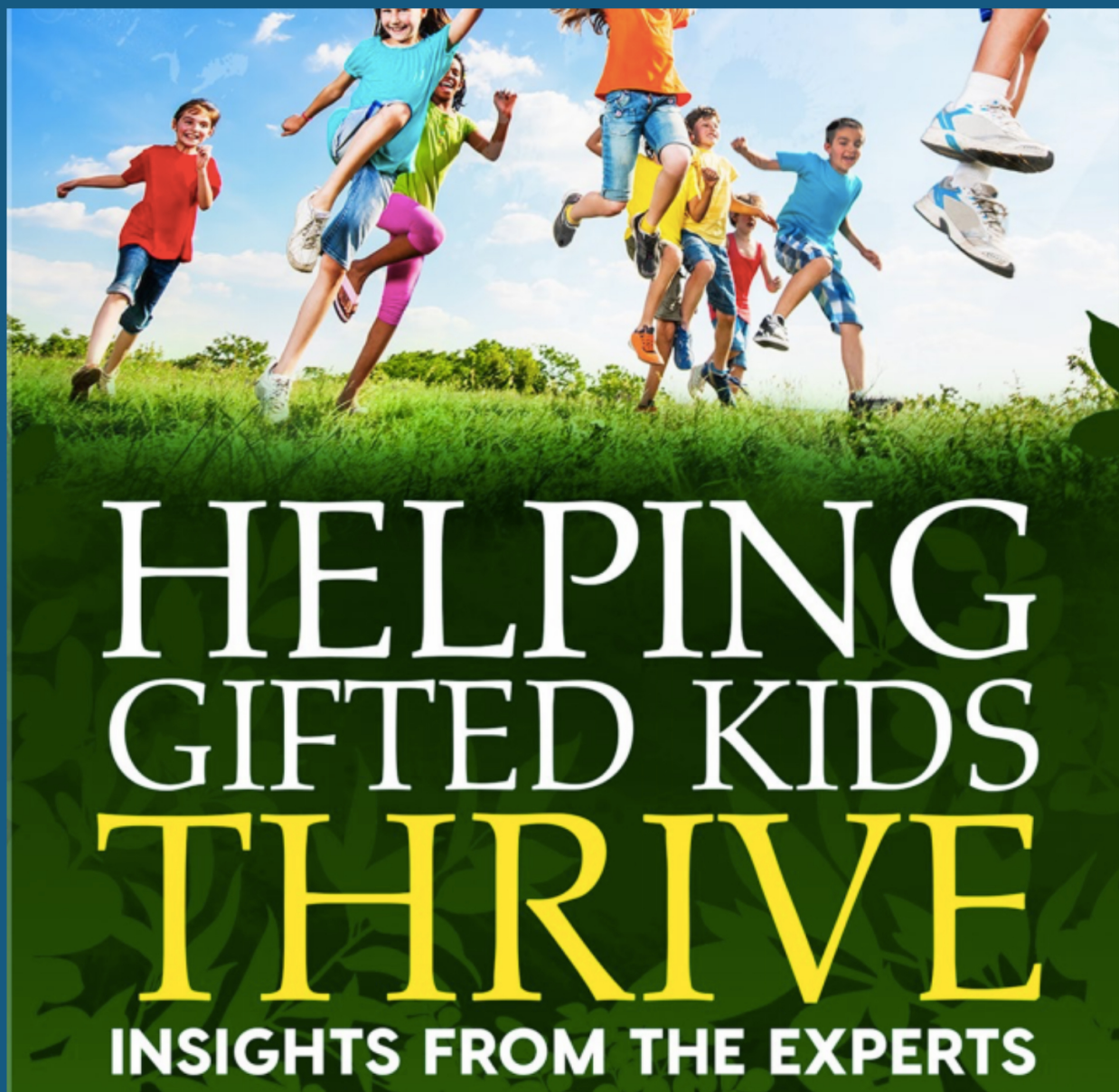
More information coming soon...

Confirmed Speakers include:

- Julie Skolnick, M.A., J.D., Welcome and Keynote

- **Joseph Renzulli, Ed.D, Sally Reis, Ph.D,** Renzulli Learning - Differentiated Instruction
- **Jim Delisle, Ph.D.,** Underachievement
- **Susan Baum, Ph.D., Robyn Schader, Ph.D.,** Suite of Tools for Personalized Learning
- **Edward Amend, Psy.D.,** Misdiagnosis
- **Lisa Van Gemert, M.Ed.T.,** Perfectionism
- **Stephen Chou, Psy.D.,** Identification
- **Dan Peters, Ph.D,** Anxiety

*Sponsored by "Let's Talk 2e!" the digital media division of  
With Understanding Comes Calm, LLC*



BOOK REVIEW



Julie contributed to this inspirational ebook, [Helping Gifted Kids Thrive](#). The question posed to 26 experts was:

*"What can parents do now to help their gifted kids thrive in the future?"*

Julie's answer (found on page 76) is Raise Self Esteem! Download the pdf [here](#)



## Toy Review

Check out this great card game (easy to pack for vacation and for camp)! [Top Trumps](#) comes in different topics and categories from Countries or Bugs to Harry Potter or Star Wars. Learn tons of facts and play against others by choosing a fact and seeing if your card trumps your opponent's card.



Hear Dr. Susan Baum [talk with Julie](#) about "talent plans" for 2e students!

[Subscribe](#) to WUCC (With Understanding Comes Calm) Videos on YouTube

[Subscribe](#)

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

- June 6, TECA (Twice Exceptional Children's Advocacy) Online Parent Support Groups, 8:00-9:00 pm EST, for parents of 2e kids under 13 yo, \$20 [Register](#)
- June 11, (Twice Exceptional Children's Advocacy) Online Parent Support Groups, 8:00-9:00 pm EST, for parents of 2e teens, \$20 [Register](#)
- June 14, June 28, August 9; Three-part interactive workshop designed for parents of struggling readers in grades 1-4; LDAMC, Learning Disabilities Association of Montgomery County, FREE, [Register](#).
- June 18-22; U.S. Chess Camp, 9:00 a.m. - 3:00 p.m. at Orange Hunt Elementary School in Springfield, Virginia, for students rising into grades 2 - 7. \$200 per week. Aftercare available until 5:00 p.m. for an additional \$60.

[More info.](#)

---

- June 20, TECA (Twice Exceptional Children's Advocacy) Online Parent Support Groups, 8:00-9:00 pm EST, for parents of all ages 2e kids, \$20  
[Register](#)
- June 25-29; U.S. Chess Camp, Half-day camps at Willow Springs Elementary School in Fairfax, Virginia. Mornings (9:00 a.m. - noon) for beginner-to-intermediate players entering grades 2 - 7. \$110 per week. [On-line registration](#) Afternoons (1:00 p.m. - 4:00 p.m.) for intermediate players entering grades 2 - 8. \$110 per week. [On-line registration](#)
- June 29-July 1 ASCD Conference on Teaching Excellence: Pathways to Equity, Grapevine, TX. [Register.](#)
- July 19-22, SENG (Supporting the Emotional Needs of the Gifted) Annual Conference, San Diego, CA, [Register.](#)
- July - STEAM Camp for 4th-8th grades, The Sycamore School, Camp Pursuit is a week-long mixed aged, academic summer camp based on the concept that campers pursue their passions and cultivate their talents. Choose your Favorite courses from a catalog of interdisciplinary, high-interest STEAM curricula that aligns with passions and curiosity. Full Day \$375 Extended Day \$450, 4600 N. Fairfax Drive Suite 300 Arlington, VA 22203. Contact [Karyn Ewart](#)
- August 8-11; ECHA (European Council for High Ability) Conference, Dublin, Ireland, [Register](#)
- August 11; SENG mini conference, The Point at Otterbein University, Columbus, OH, Topics include: supporting twice-exceptional students, empathy, mental health, gifted literary characters, using creativity as a window, facilitating dialogues, gratitude & growth, and what to do when a gifted student struggles in mastery learning. Continuing Education credits may be available. [Register.](#) On Friday, August 10, [SENG Model Parent Group](#) (SMPG) facilitator training will take place during the day, with a free SENG Parent Model Group Discussion Experience in the evening.
- ONGOING:
  - Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#) Through June, "Gifted & Distractible" readers enjoy a **50% discount** using the code CALM50. Prep for Summer Screen

Time and take advantage of this discount.

---

- 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).**
  - 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>
- 

***WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"***

***EMAIL [JULIE](mailto:julie@school4schools.com) 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 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.



*Copyright © 2018 With Understanding Comes Calm, LLC, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

