

# Gifted & Distractible

Newsletter for the Twice Exceptional Community



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

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It's been an intense month since our last "Gifted & Distractible" Newsletter. Stories in the news have been profoundly challenging, acrimonious political ads and rallies, so much of our days are filled with stories and experiences that challenge gifted and 2e people's sensitivities and intensities. We have to remember to take care of ourselves and educate ourselves so we can move forward and help our children and clients succeed in productive ways.

In this issue read:

- Julie's blog "Will Everything Be Okay?"
- Classroom strategies in "Refresh, Refocus, and Assess Your Students with Processing Breaks"
- How to spot and respond to low self esteem in girls in "The Confidence Gap for Girls: 5 Tips for Parents of Tween and Teen Girls"
- Using Dungeons and Dragons to spark reading interest in "Leveraging the Lore of 'Dungeons & Dragons' to Motivate Students to Read and Write"
- A state study and a proposed law to address increasing suicide rates in youth in "Following historically high suicide rates, Iowa schools become mental health 'gatekeepers'"

## Julie's Blog





["Will everything be okay?"](#) How many times have you thought this or said this out loud about your 2e child, student or self? In this month's blog, Julie explores time travel and acknowledgement as ways to address this worry.

## ARTICLES

### **The New York Times**

["The Confidence Gap for Girls: 5 Tips for Parents of Tween and Teen Girls"](#) helps us understand how to spot and respond to low self esteem in girls.

HOW WE WILL LEARN.

["Leveraging the Lore of 'Dungeons & Dragons' to Motivate Students to Read and Write"](#) gives us a glimpse at using interest based teaching to provide interesting learning opportunities.

## Des Moines Register

PART OF THE USA TODAY NETWORK

["Following historically high suicide rates, Iowa schools become mental health 'gatekeepers'"](#) explores a state study and a proposed law to address increasing suicide rates in youth

## 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

- strategy,
- 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 (and win prizes!) in our **Exhibitor Hall**
- Earn **Contact Hours** from the University of Connecticut (must watch by November 27, 2018)

[Register today!](#)

There are over thirty resources in our Virtual Exhibitor Hall!  
Thank you to our Conference Sponsors!



logo courtesy of The G Word film



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Quince Orchard Psychotherapy  
*Compassionate, Client-centered Care*

***Who in the world attended 2 Days of 2e Virtual Conference?***

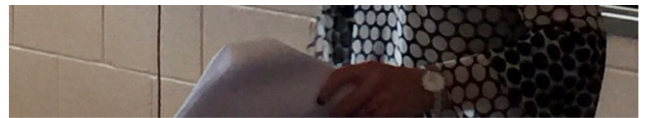
**FIFTEEN** Countries and **THIRTY-SIX** American States and Puerto Rico!  
(Canada, Australia, New Zealand, Singapore, Israel, Egypt, the UK, the Netherlands,  
France, Switzerland, Japan, Germany, Brazil, Italy and the USA.)

It's not too late for YOU to join the party. Register: [2Daysof2e.com](http://2Daysof2e.com) and meet new friends in our Chat Forums.



Julie had a blast speaking and exhibiting at the Maryland Educators for Gifted Students Conference on October 19. Thanks to all the parents and teachers who attended!





# FLEX SCHOOL

TOMORROW, November 7, 2018

Julie will join the new [FlexSchool](#) Rockville Campus (temporarily located in TenleyTown) at a "Coffee & Chat" to discuss what 2e students need and to help professionals and parents learn about the FlexSchool philosophy, teaching style and culture.

Questions? Call 301-637-3022. 11:00 am - 1:00 pm at 4750 Wisconsin Avenue N2, Washington, DC 20016. [Registration](#) appreciated but not necessary.

## Episode #130:

**Julie Skolnick on  
Supporting 2e Kids In  
Traditional Schools**



Julie spoke with [Tilt Parenting](#) Founder, Debbie Reber, on her [Tilt Parenting Podcast](#). Debbie has a way of honing in on just what parents want and need to know. The topics on her podcasts are always fresh and current. [Listen](#) in on episode 130 where Julie and Debbie talk about what 2e students need in school and how they best learn.

# 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

- Nov. 7, 11:00 am - 1:00 pm, Learn about the new [FlexSchool](#) Rockville, MD Campus (temporarily located in TenleyTown) at a "Coffee & Chat" to discuss what 2e students need and to help professionals and parents learn about the FlexSchool philosophy, teaching style and culture. Questions? Call 301-637-3022. at 4750 Wisconsin Avenue N2, Washington, DC 20016. [Registration](#) appreciated but not necessary. FlexSchool is the learning community for gifted and twice-exceptional learners from grades 5 through 12, with a curriculum for post-graduate students as well. If traditional school environments have not been a good fit for your student, please join us to learn about our philosophy of embracing differences and meeting students where they are. We accept students gifted in one or more areas, including those who have challenges ranging from dyslexia to ADHD to ASD to social anxiety. We are a strength-based program, focused on helping students develop their gifts and talents with the assistance of our expert educators.



- Nov. 8, 7:30 pm - 9:00 pm; [SENG](#) Webinar "Smart is not Easy, What Grit and Growth Mindset Really Means for the Gifted Child," [Register](#) Presented by Austina De Bonte, \$30 members, \$40 non-members.

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- Nov. 9; TECA - Twice Exceptional Children's Advocacy, Molloy College, Rockville Centre, NY. [More information.](#)

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- November 9, 2018: learn to calm the homework battles and motivation hurdles with a discussion of **The Homework Dilemma**, and then return after lunch for self-discovery and understanding as we discuss Cognitive Diversity and my appreciation for our humanity and **Non-Traditional Learners.** at **Greater Goods in Ojai** for
- Nov 10; 5th Annual Innovators in Education Conference, 8:00 am - 4:45 pm, Universities at Shady Grove, 9630 Gudelski Dr., Rockville, MD [Register](#)

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- Nov 13; 7:00 pm - 8:30 pm CHADD NoVA/DC presents: "Understanding ADHD" Lecture Series: "Mastering the Process of School: How to Help the Student Who Struggles with Executive Functioning". Presenters are The StudyPro Founders Kathy Essig, M.Ed., and Debbie Rosen. McLean Bible Church, 8925 Leesburg Pike, McLean, VA 22182  
FREE and open to the public! [Register](#)

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- Nov 15-18; NAGC Annual Conference, Minneapolis, MN, [Register.](#)

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- Nov. 18; 1:00 pm Community Workshop, "Defining 2e Kids; The Intersection of ADHD and Giftedness," Chesapeake Bay Academy, 821 Baker Rd., Virginia Beach, Free [Register](#)

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

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- March 22-24; Women, Whisky and Wisdom, "Intensity and Transition," Louisville, KY, Gifted Unlimited, [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.](#)

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- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#).
- 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).**
- 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](#)
- 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>
- 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.](#)
- ***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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### What is With Understanding Comes Calm, LLC?

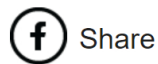
Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.

- **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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