

Gifted & Distractible

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Loads of resources, news, Julie's latest blog and information this month!

In this edition of "Gifted and Distractible" check out:

- New blog, "Avoiding Failure - Building Self Esteem and Resilience in Twice Exceptional Kids."
- Julie's experience presenting to Maryland State GT Supervisors.
- With Understanding Comes Calm exhibits at Diamonds in the Rough Conference.
- [2e Newsletter](#) - Julie's review of the 2e Center Workshop "Putting the Person into Personalized Learning."
- Article from JHU how the focus of American education on grade level performance is detrimental to those performing above grade level.

- Scientific American article on the importance of humanities education to balance out STEM.
 - **Nutrition** and the ADHD brain.
 - UN Panel calls for inclusive education.
 - Olympic star, **Simone Biles**, talks about her experience with ADHD.
 - Julie's Book Review: **My Twice Exceptional Murphy**.
 - Upcoming events and activities relevant to 2e families.
 - Survey of interest for a Parent Empowerment Group.
 - Pay it forward - Share "Gifted and Distractible" on social media in an effort to give information and resources to other 2e families and professionals.
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Julie's latest blog:

Avoiding Four Steps Towards Failure: Building Resilience and Self Esteem in Twice Exceptional Kids

"The complicated inner dialogue and perceptions of twice-exceptional kids has to be understood and validated for them to succeed. Behavior we see on the outside very often fails to reflect gifted and 2e kids' inner experiences."

Learn about Julie's theory as to why gifted kids with learning disabilities or differences exhibit challenging behavior and what to do about it.

[Read it.](#)



CHANGING
Maryland
for the Better

It was an awesome opportunity presenting "The True Meaning of Giftedness and Twice Exceptionality" to 40 State Supervisors at the Maryland State Department of Education Quarterly GT Briefing!

Such a phenomenal group of dedicated administrators and educators learning and sharing strategies for bringing out the best and raising self esteem in 2e kids!

Contact us directly if you would like Julie to present to your school educators, administrators and/or parents! We are happy to help facilitate group presentations for multiple schools.

[Email us.](#)





It was great meeting so many fabulous parents and dedicated educators and professionals when we exhibited at the Annual Diamonds in the Rough Conference this month.

The topic, "Using the 'P' Word: Identifying and Developing Potential" included great speakers like the keynote address by Dr. Stephen Shore "College For Students with Disabilities: We do Belong."



For parents, educators, & other professionals.
Helping 2e children reach their potential.

Last month you heard about Julie's experience at the 2e Center as a participant in Sue Baum's and Robin Schader's workshop. This month you can read Julie's review of the "Put the Person into Personalized Learning" Workshop in September's [2e Newsletter](#).



Institute for Education Policy

"How Can So Many Students be Invisible? Large Percentages of American Students Perform Above Grade Level"

Read about it [here](#).

SCIENTIFIC AMERICAN

Check out this Interesting [Scientific American](#) article on the importance of humanities to balance out STEM. ***"If ... advocates of a STEM-only curriculum look more closely, they will find that the student who graduates after four years of pursuing physics plus poetry may, in fact, be just the kind of job candidate sought out by employers."*** [Read it here.](#)

ADDITUDE

Strategies and Support for ADHD & LD

Nutrition and the ADHD brain. This article by the ADDitude editors talks about the importance and effects of certain foods and vitamins as well as provides some suggestions and recipes.

Read about it [here](#).

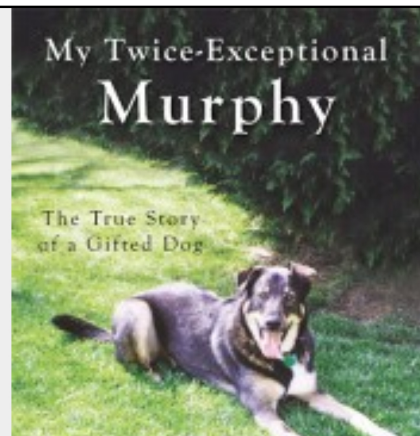
disabilityscoop

[Read](#) about the 24-page [document](#) known as a "general comment" recently adopted by the U.N. Committee on the Rights of Persons with Disabilities. Mainstreaming students with disabilities requires more than just seating all kids together in the same classroom.



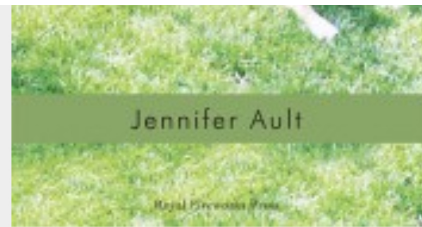
The National Resource on ADHD

Olympic gymnastics star, Simone Biles, talks about her experience with ADHD. "Having ADHD, and taking



medicine for it, is nothing to be ashamed of [and] nothing that I'm afraid to let people know." [Read more.](#)

Do you have friends or colleagues who should receive "Gifted and Distractable?" Subscribe [here.](#)



Julie's latest book review!
This heartwarming tale (tail?) about a gifted, sensitive, anxious dog is heartwarming and an all around great read!
[Read more.](#)



Upcoming Events for Families of Gifted and Twice Exceptional Children:

- October is Dyslexia Awareness Month. Check out these Virginia [Resources](#) and [Facebook](#) and [International Dyslexia Association](#)

- Foundations in Raising Your Challenging Child
October 6 - December 15; Ten Thursday nights at St. Columba's in NW-DC [Register](#)

- [2016 State Conference on Gifted and Talented Education](#) October 21, 2016
(STOP BY JULIE'S EXHIBITOR TABLE!)
George Washington Carver Center for Arts and Technology in Towson, Maryland (Baltimore County). Keep track registration information [here.](#)

- "A Parent's Guide for Navigating Alternative Educational Resources"
October 26, 9:00 am
The Auburn School Baltimore Campus [Register](#)

- Sparking Teen Motivation
October 26, 7:00-8:30 pm

- MENSA TESTING

(October is MENSA testing month so look for discounts below):

--Oct. 2, 9-11am, Loudoun County Sheriff's Office, Dulles South Station, Chantilly, VA (max: 12 seats; must pre-purchase voucher)

--Oct. 9, 2-4pm, Insight Wealth Management, Gainesville, VA (max: 6 seats)

--Oct. 15, 1:30-4:30pm, Feynman School, North Bethesda, MD (max 8 seats, possibly as many as 16)

--Oct. 22, 4-7pm, St. Luke Orthodox Church, McLean, VA (max 8 seats; those attending today are invited to stay and join us for the party we are holding at this venue later in the evening) [NOTE: This is the Culture Fair test -- intended (but not exclusive) target is those where English is not their native language, learning disabilities or severe test anxiety, or not qualifying via the standard Mensa Admission Test.]

To guarantee yourself a seat, please RSVP and make sure to specify which of the dates you want.

Please note that October is Mensa Testing Month, so any test taken in October will be half-price, at \$20. Our preference for payment is pre-payment of a voucher at <https://www.us.mensa.org/join/testing/testingvoucher/> (and mandatory at the Chantilly location) -- just make sure to select the \$20 radio button, but at the other venues we also accept credit card, check, and (least preferred) cash. Sunday's test (seats still available) is the standard \$40 fee.

- iParent101 courses - showing parents how to use built-in restrictions on electronic devices paired with age-appropriate Digital Access Boxes™ with Dr. Adam Pletter

- October 14; Digital Citizenship Conference for Parents and Teachers, Los Angeles, CA [Register](#)
 - October 23; Medical Society of Northern Virginia (MSNVA) Digital Health Expo, Tysons Corner, VA [Register](#)
 - October 28; Digital Citizenship Summit, San Francisco, CA [Register](#)
 - February 7; Parent Speaker Series, 7:30-9:00, CESJDS 11710 Hunters Lane, Rockville, MD [Register](#)
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- Fairfax County Public Schools Mental Health and Wellness Conference
Saturday, October 29

Saturday, October 29

8:00 Am

Fairfax High School - 3501 Rebel Run, Fairfax, VA

- What Works with Teens, Effective Ways to Connect with your Teen

November 2, 7:00-8:30

The Nora School, 1607 Grace church Rd., Silver Spring, MD [RSVP](#)

- NAGC's (National Association for Gifted Children's) 63rd National Conference

November 3-6, 2016

Walt Disney World, Orlando, Florida

[Information and Registration](#)

- Supporting Twice Exceptional Students in Secondary School

November 9, 7:00 pm

From the Fairfax County Public School Resource Center at the Dunn Loring Administrative Center 2334 Gallows Rd., Dunn Loring, VA. For more information join Twice Exceptional Advocate Moms Meet up [here](#).

Courses by Center for Communication and Learning

- Parent University : Executive Functioning Boot Camp

November 9 with Dr. Carey Heller

Location: Har Shalom ECEC Time: 7:15 -8:30 P.M.

[Register](#)

- Be Social Kids - Limited availability for Social Smarts, The Detective Agency, Social Adventure and Teen Talk. We teach the “why” behind social skills. [Register](#)

Managing Challenging Behaviors at Home

November 10, 9:00 am

The Auburn School Baltimore Campus [Register](#)

-Educational Forum

December 11, 9:15 am - 4:00 pm

Presentations on anxiety, fear of failure, success in SAT/ACT and others. Nysmith School, Herndon, VA. [Learn more](#)

- College Planning and Preparation, Finding the Right Colleges for Students who Think Differently

February 8, 7:00-8:30

The Nora School, 1607 Grace Church Rd., Silver Spring, MD.

[RSVP](#)

If you have an event or workshop relevant to 2e families that you would like listed in "Gifted and Distractible," contact us [here](#). Publication is typically the first week of each month.



WITH UNDERSTANDING
COMES CALM, LLC

Interested in getting together with other parents of gifted and distractible children in a safe and confidential setting to discuss unique challenges and accomplishments that gifted children bring to families? As a SENG certified parent group facilitator, Julie will start a Parent Empowerment Group in Maryland based on interest. Please email her if you are

Maryland based on interest. Please email her if you are interested and specify whether you prefer morning or evening. Julie@WithUnderstandingComesCalm.com

If you like what you see in "Gifted and Distractible" please click the social media icons below and share widely so other families may benefit from the information and resources. Thank you!



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