



## C-FB Association for the Gifted & Talented Gifted Gazette E-dition

November 2010

### Am I a Member??

This time of year, we typically get this question. This E-dition of The Gifted Gazette has been sent to all current year members for 2010-2011, and those who were members during the 2009-10 year. Beginning with the December E-dition, The Gifted Gazette will only be sent to C-FB AGT MEMBERS for the current year, 2010-11. New members are welcome at any time. You may join by going to the website, [www.cfbgifted.org](http://www.cfbgifted.org), printing out the membership form and sending it in. That is the very best way to get it processed.

**This month we will send out membership notifications/e-news to:**

- **C-FB AGT members 2010-2011** - This will include confirmation that "you are a member" along with a membership 'card.' As we receive memberships during the year, this confirmation will also be sent to those newer members.
- **C-FB AGT Members from 2009-2010**, letting them know that unless they receive the 2010-2010 "you are a member" email, their membership has lapsed. (the membership year is July through June).

### Why are we doing this?

First - as a courtesy to you, we don't want to clog your email box if you are not interested in joining.

Second - to comply with the terms of the e-news service.

If you have any questions about your membership, please contact Sharon Mistry at [membership@cfbgifted.org](mailto:membership@cfbgifted.org) or either of us. Since our small board consists of volunteers, it may take a little time to get back with you - but we will!

Thank you for your understanding.

Have a GREAT THANKSGIVING HOLIDAY ... we hope to see you soon!

Alex Sagcal, President  
Timothy Isaly, Vice President

### Mark Your Calendars and Join Us!

#### Nov. 10th TAGT Professional Conference in Fort Worth.

Wednesday Grand Opening provides Free Exhibit Hall access and sessions geared to parents.

[WWW.TXGifted.org](http://WWW.TXGifted.org) has complete details

**January - Parent Program - with Center for Brain Health. Planning in Process**

### Living With Intensity

**(with resources from [A Parent's Guide to Gifted Children](#))**

This month we wanted to share some resources with our members. One hallmark of gifted people is INTENSITY. It is not unusual for gifted children to feel deeply and personally about whatever they choose to do: If they are involved in legos, it may be all they want to do. Read??? ditto. Create artworks?? ditto. Love animals? Every animal in every way.

Also, these intense passions are subject to change. And when they do change, expect similar intensity in a different direction. As the children mature, they may come to realize (or not) that these intense feelings are not often shared with their friends. Sometimes they 'go underground' or minimize and camouflage the depth of their feelings in order to better 'fit in.'

Like all of us, gifted children must learn to manage this stress. Everyone needs resilience and a system for coping with problems and difficulties when they occur. While the gifted child's mind can be their worst enemy in creating stress, it can be their greatest ally in managing it.

So what can a parent do??

- Be aware of what you teach and model, because your children are likely to adopt the values they see in your daily behaviors. Consider what is reasonable achievement for the child (and yourself) while still allowing time for leisure and play.
- Provide times to 'blow off' steam - take a walk, shoot some hoops, play some chess, if that's your thing... and do it w/ your kids.
- If you're perfectionistic yourself, make a mistake! Call it out on yourself in a way that your child can 'eavesdrop' on you. So go ahead, spill some water, laugh about it and wipe it up with a smile. "Lose" that word document, take a deep breath and start over with a grin. After all, we aren't perfect either. Let them see you recovering.
- Acknowledge their feelings and intensity, don't dismiss it because they are 'just kids.' Instead of saying 'that's something that you shouldn't worry about' say: "I can see you're very concerned about \_\_\_\_\_(fill in the blank)." Then pause. Let them take the lead in where the discussion goes. Affirm that he will discover what is right for him.
- Catch them doing something right, and praise them for it in 'Mindset' language: "I can see you worked very hard on \_\_\_\_\_(that project, cleaning your room, remembering to clear the table). Great job!"

Mark Twain said " I...have known a great many troubles, but most of them never happened." As parents, it helps to become more aware of our own intensities, perfectionistic tendencies and how we model resilience for our children.

### **More Resources on This Topic**

A few articles from [www.sengifted.org](http://www.sengifted.org)

[http://sengifted.org/articles\\_parenting/Lind\\_TipsForParentsOfIntenseChildren.shtml](http://sengifted.org/articles_parenting/Lind_TipsForParentsOfIntenseChildren.shtml)

[http://www.sengifted.org/SMPG/smpg\\_may10\\_column.shtml](http://www.sengifted.org/SMPG/smpg_may10_column.shtml)

Some books:

Living With Intensity by Susan Daniels

A Parent's Guide to Gifted Teens, by Lisa Rivero

The Smart Teen's Guide to Living with Intensity by Lisa Rivero

A Parent's Guide to Gifted Children by James Webb, Janet Gore, Ed Amend, Arlene DeVries

Mindset: The New Psychology for Success by Carol Dweck

These books may be available to borrow at C-FB ISD AAS's Lending Library. This resource is located in the Technology Learning Center Room 118. Librarians are Jeanne D'Amico and Dr. Carol Schelp. The books are barcoded and will be scanned when you check them out.

### PS on High School Options in C-FB ISD

Once again, it was a 'full house' as families attended the "Meet the Academies Night." Students and parents met some amazing high school students who were all smiles and enthusiastically shared information about their programs.

### In November, C-FB ISD is hosting 'Open Houses' at each high school campus for those who want to learn more about high school options for their students.

**While the audience is typically families with 8th graders, all are welcome.** The same program is planned for each campus, so don't think you need to go to ALL of the programs (although you are certainly welcome to!)

Each Academy will present a program at each open house from 7:00 p.m. - 8:30 p.m.

November 2 - Creekview High School

November 10 - Newman Smith High School

November 17 - Ranchview High School

November 30 - R.L. Turner High School

Early College High School only at Brookhaven, November 18

Eighth graders will be visiting the campuses in November also.

### ATTENTION FAMILIES OF 4th & 5th, 6th & 7th GRADERS DUKE TIP

Duke 4th & 5th grade Talent Identification Program offers the opportunity for 5th and 6th graders to enhance their academic skills. One opportunity is the Explore Test. This is an 'above level' (8th grade) test which provides the students practice in a more challenging testing environment and provides useful information to the family on the child's testing results.

If students were enrolled in the DUKE Talent Identification Program watch the website for registration dates for this test. Registration is typically in December for January testing.

For 7th graders, students must re-enroll in Duke TIP. November 12 is the deadline for paper registration, December 6th is deadline for online registration for the January SAT and/or February ACT. There are additional testing dates in January which have registration deadlines in December. Contact your teacher or AAS specialist for more details.

Enrollment in the Duke program is NOT automatic. The calendar of dates is here:

[http://www.tip.duke.edu/talent\\_searches/grade\\_7/calendar.html](http://www.tip.duke.edu/talent_searches/grade_7/calendar.html)

### A Note on the Proposed Draft Changes to Grading Policies

You may have heard there are some changes to grading policies being circulated in the district. C-FB AGT board members have spoken with members of the committee, including Dr. Maher.

**Dr. Maher will present the current state of this task force to C-FB ISD Council PTA on January 12. The meeting is**

### Webinar with Jim Webb

**Existential  
Depression in  
Gifted Children  
and Adults**

**open and will be held at the administration building at 9:45 a.m.** In the meantime, a few points for you:

- This is a process, not an event. The draft is just that, a draft. Feedback from teachers are being tabulated and there will be an opportunity for input from parents as the process continues.
- Parents may share their opinions and concerns with those who are directly involved in the process.
- C-FB AGT Board will investigate how to best get feedback from our members as the draft process moves forward. We know there are some controversial aspects in the current draft. Your voice is important to us and we want to ensure we accurately reflect your thoughts.

THANK YOU for sharing your concerns with us. Your C-FB AGT board is committed to supporting high achievement for all students, including our high-ability students.

November 18, 6:30  
- 8 Pm CST

In this SENGinar, Dr. Webb will address processes that lead to to existential depression, relating these to Dabrowski's theory of positive disintegration. Other psychological theories will be addressed as will some specific ways to address the depression

Cost is \$40.  
More information and registration information is here: [SENG](#)

It's not that I'm so smart, I just stay with problems longer !

Albert Einstein

Mary Lovell, Editor  
C-FB AGT  
[www.cfbgifted.org](http://www.cfbgifted.org)

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