

December 6, 2016

Jaya Ramesh, President Elect, called the meeting to order at approximately 6:30 PM at the LWSD Resource Center. Board members in attendance included Elizabeth Walkey, Anhaita Jamula, Sangeetha Jagadeesan, Anusha Rao, and Galeeb Kachra. Approximately 25 others were in attendance.

Announcements

- General Introductions. No Meeting in January, but we will meet in February.
- Nicole Kessler: National History Day Regional Competition, hosted by LWSD. Looking for volunteers to judge the East Puget Sound Regional Contest on March 4th, 2017 at Lake Washington High School. Bellevue, Issaquah, LWSD schools are covered through this program.

Heather Sanchez, Director of Accelerated Learning - Updates about Highly Capable Program

- Application Statistics
 - Total LWSD 2024 applications outside of 1st grade. Increase of 225 applications from 2015.
 - Total LWSD 1st grade students screened in classroom: 2,486.
 - 666 Kindergarten kids screened for COGAT.
- All 37 elementary HC staff participated in full day of learning on 11/22/2016.
- Staff participating in book study.
- K2-HC teachers providing professional development to general education teachers - how to provide differential instruction for highly capable students.
- HC Specialist delivering tailored curriculum to different schools.

Speaker Susan Jackson, M. Ed.: “Demystifying the Perfectionistic Child: Thoughts for educators, parents and community.” Certified SENG Facilitator. Educator for Bellevue and Northshore Gifted Program for 30 years.

Dubrowski’s Overexcitabilities – Living with Intensity book.

Genetically predisposed with the IQ; construed as needing to “over-react” to stimuli.

Websites for further learning:

www.bellevuewaseng.com/

<http://www.hoagiesgifted.org/>

Perfectionism (*definition*): healthy habits mean doing your best and then moving on. Unhealthy means continuously dissatisfied at the work and don’t consider it good enough.

- Combination of learned and inborn. More likely in first born children. More likely in environments with authoritarian, concrete influences.
- Define: is this a little problem or a big problem? Model self-talk. Name Feelings.
- Listen to the child beyond what they are saying. “I can’t do the book report,” could be redefined as, “I hear you’re worried about being able to do the book report.”
- Utilize Socratic Method: what is the worst that can happen?

Strategies:

- Calming Techniques – HALT – Hungry, angry, lonely, or tired.

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- View problems as opportunities. Resiliency.
- Whose problem is it? Mine, theirs? Somebody else's?
- Learn when to ignore and when to compartmentalize
- Relieve tension with humor
- Don't teach stress management during crisis.

Demystifying Myths –

- Gifted children don't need help. Yes, they do.

Judgement Lags behind Intellect –

- Judgement (executive functioning) is biologically driven. Usually between 16 and 20.
- Planning, Judgement, Inhibition of impulse, Attention (these areas develop last in brain).

Your strategy with your child:

Focus on building their skills in self-regulation; observe changes over time.

Notice what works, what doesn't.

Continue to check in with yourself first, then child, then people associated with child.

Change the Task:

Leave out a hard part or shorten it

Leave out an easy part

Make subtasks more explicit

Make it close ended

Make criteria for success clear

Shape (Change) it over time

Scaffolding (building upon) and Cueing:

Teach tasks explicitly

Utilize lists, charts, diagrams, cue cards

Employ non-human tech cues (alarms, timers)

Design the system together

Verbal mediation when necessary

Utilize metaphors and images

Work toward independence

Self-Monitoring: try to build upon child self-regulating

Fading over Time: less intense, less details, more internal work, wait for reliable success, ramp up expectations.

Places where children can learn these skills: school, community, volunteering, extra-curricular, family, small projects.

Books recommendation:

Collard, Szulgit, Rosemary S. Molly Rose Baxter – An Almost Perfect Little Girl.

Oliver K. Brand – An Almost Perfect little Boy.

www.creativespace.com/

Questions were responded to from parents in the group.

Meeting was adjourned at 8:08 p.m.