

A GIFTED MINUTE



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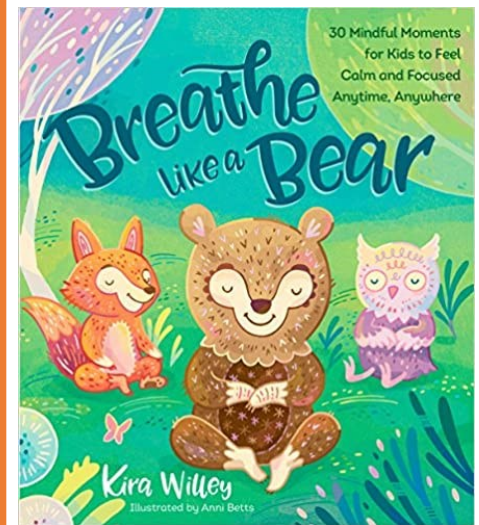
March 2021

Gifted Enrichment Schoology Group

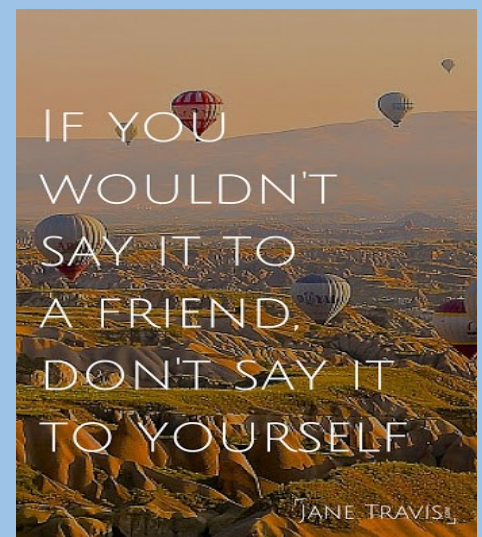
Each student is linked to a Gifted Enrichment Schoology **GROUP**. They are able to message and interact with me weekly. I share resources on our Schoology Group and hold discussion board posts. **Make sure to check out our resource folder for enrichment opportunities.** You will also find some enrichment opportunities posted directly on their Schoology page. Feel free to share their final products with me! You can email me the final product, or the student can send it to me via Schoology. They can also share out their projects directly on our Schoology Group. Some students have also been bringing their products to school to share with me.

Students have been provided weekly **enrichment/time management opportunities** via Wide Open School. Check their gifted Schoology Group. **It is updated every week!**

BOOK OF THE MONTH



POSITIVE Thought of the Month



Elementary: Stress Buster Strategies, Self-Care, Leadership, and Perseverance have been our hot topics.

Middle School: I am here for additional support for the students, you, and their teachers! A survey on Self-Care was added to our Middle School Schoology Group. Please make sure your student completes the survey.

Enrichment Opportunities & Discussion Board Posts: If your student completes any enrichment opportunities found on our Schoology page, he/she can submit a picture or video showcasing their work. You can also email me pictures or videos of their final product. Many students continue to participate in our discussion board posts (What's Up Wednesday? & Think About It Thursday). The idea is to get them thinking, sharing out ideas, and sparking additional creativity/critical thinking.



GPAC: The Gifted Parent Advisory Council meets four times per year. Parents of K-12 gifted students from throughout the district are encouraged to come to all of the meetings. Due to Covid-19, our meetings will be in this virtual platform. The topics covered in our most recent presentation include the following: Test Taking Anxiety, Calming Techniques, Mindful Meditation (audio & transcript), GPAC Progression Meeting Presentation, and Parent Advocacy Presentation.

You can view it here: <https://www.stjohns.k12.fl.us/ese/gifted/meetings/>

With the FSA right around the corner, what better way to spend our time than by providing students with exercises that we call, “Stress Busters?” A “Stress Buster” file can be found on our Gifted Schoology Group. Elementary students had an opportunity to practice some “weird” exercises that help to alleviate stress, work our brain, and get our bodies moving. There were also some wonderful breathing exercises. They learned what to do when their hand gets tired or when their eyes are blurry from reading. We also discussed how important it is to use their time wisely, even during their break! We will continue working on our “Stress Busters” in April.

Some of the “Stress Busters” for our Stretch for Success included the following:

- 60 second de-stress stretching (perfect for break time during the FSA)
- Stress Buster (morning workouts or day of test exercise)
- Eye workouts (for when the eyes are tired or blurry)
- Hand exercises for mobility, pressure points, and tendons (used when the hands are tired)
- Breathing exercises (4 Square breathing)
- Sitting Fix (what to do to stretch your body when you have been sitting for an extended period of time)

Cardboard Boat STEM Challenge!



Dyson Engineers create STEM challenges for people to attempt at home! In the video found on Schoology, students will watch engineers test out cardboard chair designs that can hold the weight of a person.

Student Challenge: Test your design and invention skills and try this challenge yourself! Can you design and build a chair from cardboard that is strong enough to hold you?

View the video: Click the link found on Schoology to watch the video of Dyson engineers taking on this challenge!

View the Engineering Challenge: Click the link found on Schoology to take you to their Engineering Challenge which has the steps and materials listed.