



Welcome to the 2025-26 school year! My name is Laura Sires, and I am the Gifted and Talented Facilitator at MVHS. I look forward to working together to help our gifted learners reach their highest potential.

This is my second year at MVHS, but I bring with me five years of experience as a GT facilitator from MRMS and 28 years in education. My goal is to ensure that our high ability learners receive the challenging and enriching experiences they need without experiencing burnout. We aim to balance academic rigor with attention to students' social and emotional needs.

As your child prepares for the 2025-2026 school year, I want to extend a warm welcome to both you and your gifted and talented (GT) student! At Vista, we are committed to providing an enriching and supportive environment for all students, including those identified as GT.

We are excited to welcome the incoming freshmen to our **Welcome Freshman Assembly on September 9, 2025 during SAS** time. This will be a great opportunity for them to learn more about Mountain Vista High School and what to expect.

We are also pleased to offer a **GEMS program (Gifted Education Mentor Support program)** for all freshmen. Through GEMS, they will be partnered with gifted and talented upperclassmen who can provide mentorship and support as they transition to high school.

If your freshman is interested in participating in the GEMS program, please complete this [form](#). If your upperclassmen would like to mentor a freshman please complete this [form](#).

Here's an overview of what programming looks like for GT students at the high school level:

**Mind Matters: GT Drop-In** provides a flexible opportunity for high school gifted students to address their social and emotional well-being. During SAS and Eagle Time, students can drop in for support and practical strategies related to areas such as time management, motivation, overcoming procrastination, increasing involvement, resolving peer conflicts, managing stress and burnout, and navigating perfectionism. This is an open, come-as-you-need-it environment to foster a healthy and balanced approach to learning and life, **classes and times will be posted on your Gifted and Talented Canvas Course.**

**GT Student Board:** We are proud to offer a platform for GT students to have their voices heard and make a positive impact within our school community through the GT Student Board. This board provides a forum for GT students to collaborate, share ideas, and advocate for their needs and interests. It also serves as a leadership opportunity for GT students to develop valuable skills such as communication, teamwork, and problem-solving. Click to complete [form](#).

**Academic Programming:** Mountain Vista High School offers a wide range of advanced, honors, CTE, and concurrent courses across various subject areas to further challenge and engage GT students. Our dedicated faculty and staff are committed to providing personalized support and guidance to help each GT student reach their full potential and achieve academic success.

**The GT Social Circle:** Throughout the year, we will be hosting social events for our gifted and talented students to connect and build community. Our upcoming GT Social Circle events include Monster Mini Golf, The Clue Room, Main Event, and Game Show Battle Rooms. These events offer a chance for students to socialize with peers who have similar interests outside of regular classes. As you know these events can be a financial burden for families, if you would like to make a donation to supporting our GT Social Circle or our GT Student Advocacy board, please [click this link](#). We appreciate your support! ***(Events and links will be posted on the Gifted and Talented Canvas Course)***.

**GT Expo/Showcase: March 10th 4pm-9pm @Legacy Campus.** More details later this year.

If you have any questions or concerns about programming for GT students at MVHS please don't hesitate to reach out. I look forward to welcoming your child to our school community and working together to ensure their continued growth and success.

Students can also make an individual appointment with me, [by clicking here:](#)

Sincerely,

Mrs. Sires, [MA.Ed](#)

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Gifted and Talented Facilitator/Intervention Specialist

[Mountain Vista High School GT Website](#)