



GIFTED & TALENTED EDUCATION PARENT SUPPORT GROUP

GRUPO DE APOYO PARA PADRES DE ESTUDIANTES DOTADOS Y TALENTUOSOS

February 20, 2026

INTRODUCTIONS PRESENTACIONES

Dr. Tracy Pumilia
Assistant Superintendent of Educational Services

Dr. Julie Kane
Director of Special Projects

Anne-Marie Mowad
21st Century Learning Coordinator

Sunny Tamrakar
Parent Leader

Parents

WELCOME



PARENT SUPPORT GROUP OBJECTIVES

OBJETIVOS DEL GRUPO DE APOYO PARA PADRES

- Create community / Crear comunidad
- Support student social emotional needs / Apoyar las necesidades socioemocionales de los estudiantes
- Support parents with communicating their child's needs / Apoyar a los padres a comunicar las necesidades de sus hijos

TOPICS FOR TODAY

TEMAS PARA HOY

- Welcome & Introductions / Bienvenida e Introducciones
- Data Share / Intercambio de Datos
- CASEL Learn and Talk / CASEL Aprende y Habla
- Resources / Recursos
- Summary & Next Steps / Resumen y Próximos pasos

LAST MEETING ACTIVITY

ACTIVIDAD DE LA ÚLTIMA REUNIÓN

- On chart paper, summarize what your children needs to grow and thrive / En un papel de tabla, resuma lo que sus hijos necesitan para crecer y prosperar
- Walk to each table group to read their summary / Camine hacia cada grupo de mesa para leer su resumen.
- Place a dot next to any idea that you strongly agree with / Coloque un punto al lado de cualquier idea con la que esté muy de acuerdo

LAST MEETING ACTIVITY

ACTIVIDAD DE LA ÚLTIMA REUNIÓN

Social-Emotional Growth / Crecimiento socioemocional

Need more self-awareness / más autoconciencia	16
Emotional intelligence/ Inteligencia emocional	14
Social Skills / Habilidades sociales	13
Empathy / Empatía	8
Shy / Tímida	9

Behavioral & Self-Management Support / Apoyo conductual y de autogestión

Tools to help with focus / Herramientas para ayudar con la concentración	11
Organization & structure / Organización y estructura	8
Downtime / Falta del tiempo	7
Sleep-bedtime / Sueño-hora de acostarse	4

**CASEL: COLLABORATIVE FOR ACADEMIC,
SOCIAL, AND EMOTIONAL LEARNING**
**CASEL: COLABORATIVA PARA EL APRENDIZAJE
ACADÉMICO, SOCIAL Y EMOCIONAL**



CASEL: 5 CORE COMPETENCIES

CASEL: 5 COMPETENCIAS FUNDAMENTALES

- Self-awareness / Autoconciencia
- Self-management / Autogestión
- Social awareness / Conciencia social
- Relationship skills / Habilidades de relación
- Responsible decision making / Toma de decisiones responsable



TABLE DISCUSSION / MESA DE DISCUSIÓN

Self-awareness / Autoconciencia

Gifted students often experience emotions intensely. What signs do you see when your child is feeling overwhelmed, bored, or deeply engaged?

Los estudiantes con alta capacidades a menudo experimentan las emociones con intensidad. ¿Qué señales observa cuando su hijo se siente abrumado, aburrido o profundamente involucrado?



TABLE DISCUSSION / MESA DE DISCUSIÓN

Self-management / Autogestión

Gifted learners may struggle with perfectionism or frustration. What strategies have helped your child manage stress or setbacks? How do you balance encouraging high achievement with protecting your child's well-being?

Los estudiantes con altas capacidades pueden tener dificultades con el perfeccionismo o la frustración. ¿Qué estrategias han ayudado a su hijo/a a manejar el estrés o los contratiempos? ¿Cómo equilibra el fomento del alto rendimiento con la protección del bienestar de su hijo/a?



TOOLS RECURSOS

WRITE YOUR OWN 2E DEFINITION

My child is intellectually talented and is diagnosed with dyslexia. Academically, this means that he is very capable of retaining lots of information, understanding complex concepts, working three grade-levels above in math; he's a tinkerer who likes understanding the "how" and "why" behind things. This also means he has challenges with reading and writing. He learns best when information is presented visually. Socially, this means that he thrives in situations where there are older kids or lots of math-y kids, and he has trouble with relating to many of his age-peers. Emotionally, this means that he feels things intensely and that he has difficulties with his self-esteem. Overall, his strengths are math, building things and theater, and he needs support in reading, writing and boosting his confidence.

My child is profoundly gifted and struggles with processing information quickly. Academically, this means that she is very capable of understanding advanced material and thinking well-beyond her age. This also means she has challenges with written output and timed tests. She learns best when she has time to read material and then discuss it with someone; she produces her best work when she's allowed to go at her own pace. Socially, this means that she thrives in situations where she has time to "warm up" before participating, and she has trouble with transitioning between activities. Emotionally, this means that she has a developed sense of justice and how things "should be" and that she has difficulties when she perceives people are being unfair or mean. Overall, her strengths are observation and intuition (she has a great sense of how people, things, and systems work), and she needs support in translating her ideas and thought process into standard forms of output.

TOOLS RECURSOS

NAGC Tip Sheet

TECHNIQUES TO MANAGE ANXIETY

Avoid Minimizing Concerns. To help regulate emotions, it is important that parents avoid minimizing a child's worries. Saying things like, "Don't worry about that," or "You're a child, these are adult problems," will not help a gifted child, according to Sal Mendaglio, Ph.D. He offers other practical tips in the *Parenting for High Potential* article, "Management of Anxiety Begins at Home."

Use Cognitive (Thinking) Strategies. In his book *From Warrior to Worrier: A Guide to Conquering Your Fears*, Dan Peters, Ph.D., suggests a 4-step approach in helping children manage anxiety:

- **Identify the thought.** Example: "Will someone in my family get sick from COVID-19?"
- **Challenge the thought.** "Do I have evidence to support what I'm thinking?"
- **Modify the thought.** "Data shows that the risk of getting sick is low if I practice CDC guidelines. Data also shows that the majority of people who get COVID-19 recover fully and return to their normal lives."
- **Replace the thought.** "If my family and I follow CDC guidelines and what the government is asking us to do, there is a low chance that someone in my family will get sick."

RESOURCES

RECURSOS

GC - article on mindfulness

https://core-docs.s3.us-east-1.amazonaws.com/documents/asset/uploaded_file/4964/JAS/4558150/Helping_Your_Child_Manage_Stress_through_Mindfulness.pdf

Management of Anxiety Begins at Home - NAGC

<https://fordhaminstitute.org/ohio/commentary/management-anxiety-begins-home>

SENG - resources

<https://sengifted.org/library/>

RESOURCES RECURSOS

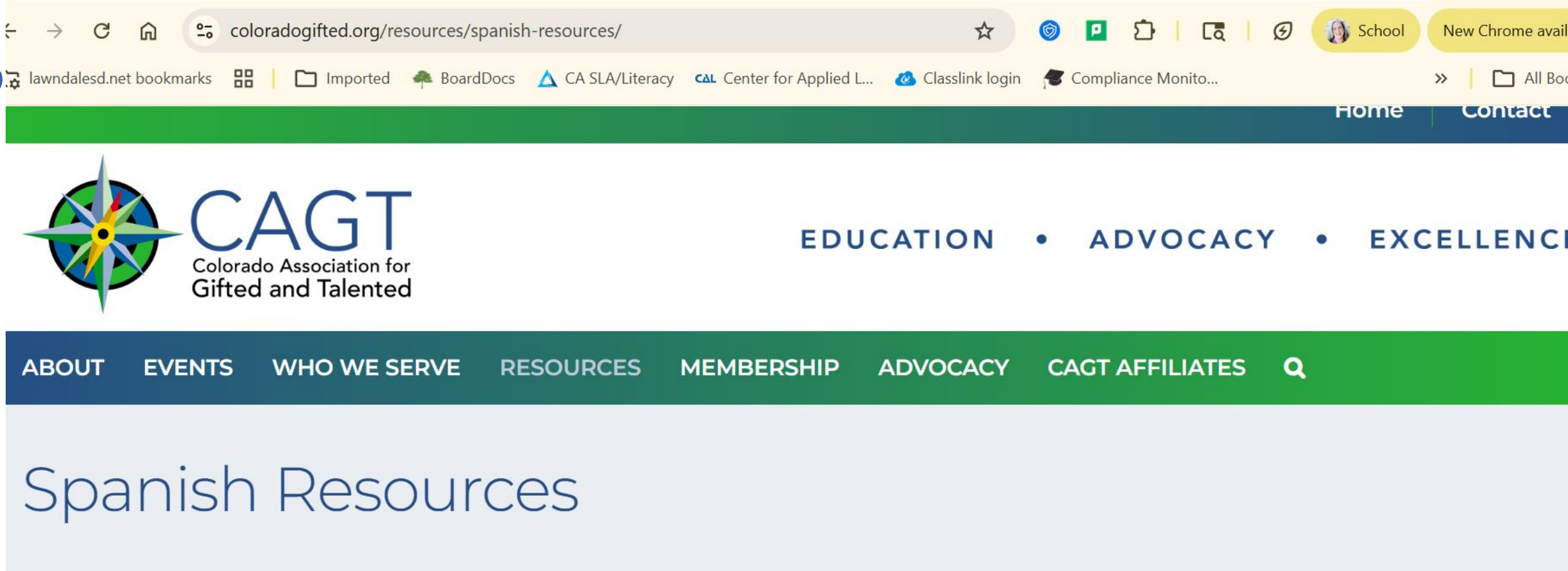
[Twice Exceptionality: A Resource Guide for Parents](#)

[Resources to Help Families Navigate Gifted Friendships and Social Skills](#)

The Parents Website: Emotional Intelligence

- [Part 1](#)
- [Part 2](#)

RESOURCES RECURSOS



The screenshot shows a web browser window with the URL [coloradogifted.org/resources/spanish-resources/](https://www.coloradogifted.org/resources/spanish-resources/). The browser's address bar and tabs are visible at the top. The website's header features the CAGT logo (Colorado Association for Gifted and Talented) and navigation links for EDUCATION, ADVOCACY, and EXCELLENCE. A secondary navigation bar includes ABOUT, EVENTS, WHO WE SERVE, RESOURCES, MEMBERSHIP, ADVOCACY, and CAGT AFFILIATES. The main content area displays the title "Spanish Resources" in a large, blue font.

CAGT strives to provide appropriate resources to as large a population as possible.
Please provide feedback or other articles to help us build this important resource!

CAGT se esfuerza en proporcionar los recursos apropiados para una gran población como sea posible.



<https://www.coloradogifted.org/resources/spanish-resources/>

SUMMARY & NEXT STEPS

RESUMEN Y PRÓXIMOS PASOS

- Friday, April 24th
 - 9:00am - 10:00am
- Viernes, 24 de abril
 - 9:00am - 10:00am



Next meetings

Próximas reuniones

DPAC

March 11th

Special Needs

**Family
Support
Group**

March 31st

AAPAC

March 31st

**Community of
Multilingual
Families (DELAC)**

April 22nd

GATE Parent Support Group April 24th

See you at the next meeting!! | *Nos vemos en la próxima reunión*

Thanks for attending! ¡Gracias por asistir!

POSITIVE SOLUTIONS

For Families

FREE
Parenting
Series!

This program is FREE for all Tennessee families!

Positive Solutions for Families (PSF) is an evidence-based, seven-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their child(ren), which in turn will support social and emotional development and address challenging behaviors.

Overview of Topics Covered

Session 1: Making the Connection: Talk about building positive relationships with children and the power of positive encouragement.

Session 2: Keeping It Positive: Learn how to use playful interactions to strengthen connection and understand how positively stated directions can help manage challenging behavior.

Session 3: Behavior Has Meaning: Become a behavior detective by practicing ways to determine the meaning of behavior and what influences it.

Session 4: The Power of Routines: Discuss how to set up successful routines and transitions through use of preventive strategies.

Session 5: Teach Me What To Do!: Learn how to teach emotions and feelings while promoting anger management and problem-solving skills.

Session 6: Responding With Purpose...: Discuss how we can respond (in a positive way that works!) when challenging behaviors occur.

Session 7: If I Knew Then...: Review past sessions and strategies while discussing best practices on prevention, teaching new skills, and responses to challenging behavior. Examine resources for continued education and identify supports for children.



Lawndale Elementary School District

FAMILY



Tuesdays, April 14th - May 26th

- ***Morning series: 9:00 - 10:00am***
- ***Afternoon series: 1:00 - 2:00pm***

LES D District Office



THANK YOU!
¡GRACIAS!