NEWS FROM THE ACADEMICALLY GIFTED DEPARTMENT
The Middle School Edition

Quarter 3

Join Guilford Gifted!

GUILFORD GIFTED
ADVOCATE TODAY FOR A GIFTED TOMORROW

Website: https://www.guilfordgifted.org/

Guilford Gifted is a 501(c)(3) non-profit organization supporting our community's brightest young minds with strong advocacy for the advancement of gifted education. We provide the tools to engage and empower all those involved with gifted children, thereby building tomorrow's leaders today. **It's FREE to join!**

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News From Our School:

From the AG Department:

Parent Tips: Supporting Your Gifted Middle Schooler

Did you know that the **North Carolina Association for the Gifted and Talented (NCAGT)** offers a parent-focused blog titled *Thinking Out Loud*? This blog features timely and insightful posts by **Dr. Danielle Sullivan**, former president of NCAGT, focused on topics families often encounter when raising gifted children.
Recent posts include:

1. **The Myth of "They'll Be Fine"**
2. **What Challenge Really Looks Like for Gifted Kids**
3. **Finding Your People**
4. **When School Isn't Enough**
5. **When Effort Feels Like Failure**
6. **Big Feelings, Bright Minds**
7. **When Friendship Feels Hard**
8. **Why Gifted Kids Sometimes Struggle**
9. **The Trouble with the Label: What "Gifted" Does and Doesn't Mean**

Access *Thinking Out Loud*, NCAGT's public-facing blog, by visiting the link or scanning the QR code below.

https://www.ncagt.org/parentblog

National Association for Gifted Children
Family Tip Sheets

The **National Association for Gifted Children (NAGC)** offers *Timely Information for Parents (TIP) Sheets* designed for parents and caregivers of gifted children. These resources are available to download, read, and share as your child's needs change over time.
Families can access TIP sheets focused on:

- Advocacy
- Creativity
- Understanding Giftedness
- Giftedness in the Classroom
- Social-Emotional Development

Visit the link or scan the QR code below to explore these helpful resources.

http://nagc.org/family-tip-sheets

Midyear Momentum: Supporting Gifted and Advanced Learners

Helping families nurture resilience, motivation, and joy in learning

Why Midyear Matters

The midpoint of the school year can feel like a turning point for many gifted and advanced learners. The excitement of a new school year has faded, academic expectations are rising, and schools are preparing for North Carolina End-of-Grade (EOG) assessments. This season brings unique challenges—both academic and emotional—that require support and understanding.

By taking proactive steps now, you can help your child stay motivated, balanced, and confident.

Understanding Gifted Learners

Giftedness is more than advanced cognitive ability—it includes distinct social-emotional characteristics that need intentional support.

- *Emotional Intensity*
  - Cognitive abilities may outpace emotional regulation.
- *Common Challenges*
  - frustration
  - perfectionism
  - disengagement
  - fear of mistakes or failing
- *Impact*
  - These factors can lead to task avoidance, underachievement, or intense emotional reactions.

Strong academic ability does not automatically mean strong coping skills. Families play a vital role in guiding emotional regulation, perseverance, and self-advocacy.

Strategies for Families

- Frame challenges as opportunities for growth
- Build emotional vocabulary beyond ‘mad’ or ‘sad’
- Model calm problem-solving by asking - “What strategy could you try next?”
- Encourage healthy regulation strategies:
  - physical activity
  - journaling
  - creative outlets (music, art, dancing)

Keeping Motivation High

During challenging or stressful times, focus on growth, effort, and learning rather than grades alone.

- Connect learning to your child’s interests and passions
- Offer opportunities for complexity, critical thinking, and creativity
- Celebrate the process and progress—not just the outcome
- Balance test preparation with perspective and maintain healthy routines:
  - sleep
  - nutrition
  - movement/play

Social Development & Self-Advocacy

Friendship and peer interaction can be challenging at any point in the school year, but these difficulties often feel greater during the midyear transition.

Families can help by:

- Creating space and time to listen
- Encouraging respectful communication of feelings
- Promoting self-advocacy and confidence through positive peer connections

Quick Tips for Families

- Keep learning positive and growth-focused
- Frame mistakes as opportunities to learn
- Model deep breathing and positive self-talk
- Encourage curiosity and creativity
- Provide space and time to recharge emotionally
- Emphasize effort and strategy over perfection
- Partner with your child's school and teachers to strengthen support

Family Reflection Checklist

- I listen and learn from my child's feelings.
- I emphasize growth, effort, and learning.
- I help my child manage frustration or anxiety.
- I encourage enrichment/extracurricular activities connected to interests.
- I support healthy routines.
- I remind my child that assessments are only one measure of their abilities.
- I encourage reflection and self-advocacy.

Families matter—your support helps your gifted and advanced learner develop resilience, self-awareness and joy for learning. By nurturing resilience, motivation and joy in learning now, you help your child build momentum that carries them confidently through the midpoint of this school year and beyond.

References

Davidson Institute. (n.d.). Social & Emotional Needs of Gifted Students. Retrieved January 12, 2026, from https://www.davidsongifted.org/prospective-families/social-emotional-resources/