

SPAN Meeting Minutes – November 13, 2014

Intro & Welcome

Apryl welcomed everyone and ask for introductions.

Announcements

New Synergy Middle School position has been filled

Reminder of SPAN Family Fun Night on Monday, Nov 17 from 6:30-8:30 pm at PLHS

Hands on science night gears toward Elementary students

\$5 donation per family

Please RSVP if you can at <http://mcgt.net/priorlake/calendar>

Round Table Discussion on Executive Function

Discussion revolved around the article:

Tips for Parents: Executive Function at Home and School by A. Yermish from Davidson Institute for Talent Development 2012

(http://www.davidsongifted.org/db/Articles_id_10523.aspx)

Discussion Notes:

Taking a look at the list of Executive Functions from the article, which do you see your gifted child/children struggling to master?

Time Management

Tempo Control

Flexibility

Organization

Metacognition

When it comes to time management, what are some tips?

Time warnings

Timer or visual clock

A smartphone/tablet as a timer (older children)

Allowing them to work in 15 minute intervals and then changing tasks

Child who struggles with Tempo Control leads to frustration at the inability to go faster.

This is a skill they need to develop. Frustration leads to guilt. What are some tips?

Is your child a perfectionist? That can play a role.

Is there an underlying issue that is causing lack of focus?

ADD/ADHD – this can cause a lag in development of EF skills

Medications can help if the issue is truly ADD

There are many medications out there and not all medications work with all kids; be sure you are working with a health care provider who understands the needs of gifted kids.

Visiting a Neuropsychologist for testing can be very valuable. They can look at ADD as well as sensory processing disorders. They can find learning disabilities like dysgraphia. Dr. Nippoldt-Baca was recommended as someone who gets gifted kids.

Signs that your child might have a problem that you might want to seek help for:

Handwriting

Inability to focus when you are talking to them

Inability to get ideas onto paper

The Book *A Mind at a Time* by Dr. Mel Levine was recommended.

Learned that you can have something minor that is causing issues in development.

Weaknesses

Are we asking the wrong questions?

Accepting our kids for how they work and finding activities that play to what they enjoy

What works?

Let them be themselves

Find what works for them

Fight or Flight Academy in Edina allowed one child to keep the joy

When kids notice something is wrong

Counseling can be an option

MCGT website has a list of people who work with gifted kids

Other types of schooling

Think of each year as a one-year decision

There are many options

Partial home school

Full home school

Charter schools

Alternative schools

Cautioned to look at both sides of your child – academic and social

MCGT Yahoo Group provides advice from parents who have been there

Ann Tyler Rinkenberger posted Mindquest: Stepping Up to Challenges which provides groups for gifted kids to help develop EF skills

(<http://tylerinstitute.org/mindquest>)

Meeting ended with a reminder of future meetings that are listed on the SPAN webpage

(<http://mcgt.net/priorlake/>)