



PEP TALK - 2020

Supporting the education and well-being of gifted learners of Belmont County

April

Calendar of Events (Pending School Closure)

12th - Happy Easter

16th - 19th - High School Art
Show at the Ohio Valley
Mall (tentatively scheduled)

22nd - Earth Day

24th - Gifted Advisory
Council @ ESC 9am-3pm
(tentatively scheduled)



Congratulations!

The winner of
March's drawing for
"Last Letter" is

Robin Schoene
from
Bellaire High School

Make sure you enter to win
the April game giveaway on
page 4.

Coordinator's Corner

Gifted PD Update

Teachers - (with Missing Modules & Ongoing Gifted PD)

With this unprecedented time of uncertainty in our education world (& the entire world), the last thing we want to do is add to your stress with Gifted PD. You need to take time to do what you need to with your school district and with your families.

That being said, many teachers have contacted us about being able to "work ahead" and complete the next, or even all of their Gifted Modules. IF this is something you are interested in doing, please send Lisa or Amber an email and we will invite you into your missing module(s). (lisa.stupak@ecoesc.org amber.toriseva@ecoesc.org)

Please know that although we are experiencing an alternative way of providing lessons, resources, etc. we are still available to you. If there is a particular need you see, please let us know and we will try to get you resources to help address this need.

Remember you are well trained educators. You have and can adapt to changing circumstances. This is what you do. Just take a deep breath, prioritize what has to be done, and this too shall pass.



5 Teacher Tips to Structure Your Time During this Unstructured Time

(Amid School Closures)

Credit: Kiesha Easley, March 19, 2020 EdWeek.org



1. Conduct essential self-care activities first, preferably right after you wake. Yes, you should still get up and brush teeth, comb hair, shave, and/or even put on makeup (where applicable) if you know at some point you'll need to be seen—even if only by video. (Importantly, during this time of uncertainty, you do not want to find yourself in an emergency situation in which you have to leave your home quickly. If you're already dressed, you'll be able to do this at a moment's notice.)

You will be tempted to just roll out of bed and tiptoe downstairs for some coffee. Then while you're conducting your morning browse of your notifications, news, and a myriad of other things we check on our phones when we have a quiet moment, you'll be tempted to respond to emails. That morphs into trying to problem-solve, and then you've somehow shifted into completing work activities.

2. Plan your week, and schedule the tasks you need to get done. That means you need to set specific times for specific tasks to maintain structure for your day. While a to-do list is a useful visual tool, if your tasks are not set for specific times and lengths of time, you will ultimately find yourself struggling to get things done.

Schedule the most important, must-get-done today, essential activities first. Checking and responding to emails can seem essential, but it can become a rabbit-trail activity that leads to more rabbit-trail activities that could likely end in hours passing of unproductivity.

Remember to schedule your household chores to determine which chores will get done and when.

3. Set some alarms on your phone to enforce structure. There will be no bells ringing to remind you that valuable time is passing. The key to making this work, is setting realistic time limits on your work. We often underestimate how long a task will take.

4. Meal prep the night before or first thing in the morning, especially if you have children at home.

And then be diligent about scheduling those meal and break times logically throughout your day.

Working from home can easily become a marathon of sitting in a chair and snacking while typing away at the computer until your body suffers. Just mindlessly snacking while you work can easily usher in an unhealthy eating habit. You can ward off burnout by carving out adequate time to take a break, actually enjoy what you're eating, and rest your brain.

5. Get out, and get some fresh air as much as possible. Seriously, take advantage of the flexibility that comes with working from home. You could even choose to set up your workstation on your patio or in your yard, if your internet range will allow it. If you have the capability to go to a park or another place you enjoy, do that, too.

Even though structure and time management are important, this is an unusual time in history, so allow yourself some flexibility. Every day won't go exactly according to plan, and that's okay. The point is to keep yourself healthy.

Brain-Boosting Websites

Looking for some fun websites to keep your students' brains thinking and learning? Brain teasers and puzzles are a fun way for learners to think of problems from many different angles. Students put to use critical and higher order thinking skills to solve puzzles. The skills students learn solving these puzzles/riddles/logic problems can carry over into academic areas.

Check out these links:



Brainzilla

<https://www.brainzilla.com/brain-teasers/riddles/printable/>

This website offers many riddles, logic puzzles, and brain games - You may select from easy to difficult and complete the puzzles/riddles through printable and online options

Braingle

<https://www.braingle.com/mind/home.php>

Stay mentally fit by clicking on the Mentalrobics tab and keep your brain active by completing these memory games and puzzles.

Brainteasers

<http://thebrainteasers.com/>

A great collection of brain teasers, riddles, and challenging problems

Brainfood

<http://www.rinkworks.com/brainfood/>

Give your brain a workout with a devious collection of word and number puzzles

Brain Bashers

<http://brainbashers.com/>

A collection of daily puzzles, riddles, optical illusions and more



For more information on gifted services, please contact:

Lisa Stupak

740-695-9773 x8403

lisa.stupak@ecoesc.org

Serving: Bellaire, Bridgeport, Martins Ferry, and Shadyside Schools



Amber Toriseva

740-695-9773 x8409

amber.toriseva@ecoesc.org

Serving: Barnesville, St. Clairsville, and Union Local Schools

MONTHLY GAME GIVEAWAY

Splitting Image

By Fat Brain Toys

Stretch your brain beyond the mirror!

Using nothing but the two patterned shapes and the included mirror, it's up to you to try and recreate the wild and weird images printed on each of the 31 challenge cards. Each one stretches your spatial reasoning skills to a whole new level of visual dexterity.

Are your mental muscles flexible enough to solve all the challenge cards?

Ages 6 and up



For the monthly game giveaway.....

Email your name and school district by **March 15th to:**

lisa.stupak@ecoesc.org

or

amber.toriseva@ecoesc.org



The 5 C's of Educating Gifted Students

(As noted by the National Education Association)

1. **Control:** Gifted students need to feel they have the power to change the situation if they're not learning.
2. **Choice:** Students should have choice in what is taught so they can have authentic learning with minimal repetition.
3. **Challenge:** Learning old material isn't challenging. Explore new material and topics through the use of a variety of strategies to teach and assess learning.
4. **Complexity:** Gifted learners want to delve deeper into content and explore learning in depth
5. **Caring:** Caring teachers that engage their students in learning