



RANGEVIEW GIFTED, TALENTED, AND ADVANCED PARENT CONNECTION NEWSLETTER



Upcoming Events to Note

- 1/14-1/18 Diversity Week
- 1/15 Open enrollment registration window opens
- 1/17 APS Theatre Festival (by invitation)
- 2/7 Board Game Night
- 2/8 Make-Up ALP Workshop
- 2/11 Freshman Showcase
- 2/15 & 2/17 Denver Metro Regional Science and Engineering Fair (by invitation)
- 2/21 CAGT Legislative Day at the Capitol

Make-Up Workshop for ALPs

There will be a make-up workshop for students who have missed their scheduled ALP meetings on Friday, February 8, during 5-7th period. Students who missed their original appointments will receive a notification during class during the week of February 4 with details about the time and location of the workshop.

Students who have not had their 2018-19 ALP meeting but would like to do it at this time can sign up with me in advance, space permitting.

The ABCs of GT Education

Become a better advocate for your child by understanding the different academic and social-emotional aspects of being gifted.



C is for CREATIVITY QUOTIENT

Creativity Quotient, or CQ, is one measure of a person's overall intelligence. The exact definition of creativity continues to be a scholarly debate, but it generally refers to a person's ability to produce something original and useful. Creative individuals tend to be better at relationships, more resilient when faced with stress, and less prone to depression and suicide. Gifted teens can boost their creativity with these tips (adapted from Galbraith & Delisle, 2011):

- Place constraints on a seemingly simple project. For example, make a three-course meal (appetizer, entrée, and dessert), but use only four ingredients.
- Collaborate with someone else on a creative project, with each person taking turns to contribute.
- Unplug from your computer and cell phone at least one day a week to generate defocused, more free-form brain attention.
- Spend time alone for deep reflection and freedom from interruptions.
- Play a musical instrument.
- Mix mediums. For example, set a math problem to music, act out a chemical reaction, or paint a philosophical idea.
- Act childlike. Make time each day to build something, deconstruct something, explore, and play—and don't forget to let your feelings flow freely, as kids do.
- Make messes. Being too organized and neat can stifle creativity. Designate one area of your living space where you can freely experiment and be messy.

The mission of Rangeview's Gifted and Talented program is to support high potential and gifted students intellectually, emotionally, and socially.

Dinner Conversations to Have With Your GT Child (You Talk, Too!)

1. If you could solve a problem with an invention, what problem would you solve and what would your invention be like?
2. Have you ever had a recurring dream? (Describe it.)
3. If you could only have one medium in your life, which would you choose: art, film, literature, or music? Why?
4. In what areas are you happy to be 'good enough'?
5. In what ways are you still the same person you were as a child?



A Strong Connection

Please take a few moments to
sign up for text message
updates: text **@raidergt** to
81010

Student Opportunities at Rangeview

How can students get involved at Rangeview? We have some fantastic opportunities coming soon!

Freshman Showcase

February 11, 6 PM

This fun Rangeview event highlights our academics, athletics, and activities. Families are welcome to come visit our school to see what we have to offer. Meet with teachers, coaches, and student ambassadors who will be happy to talk to you about the Rangeview experience and welcome you to the Raider Family.

Student Opportunities Beyond Rangeview

We have some upcoming opportunities for students to develop and showcase their skills:

- **Aurora Public Schools GT Board Game Night** will be on February 7 at 5:30 PM at the PLCC. All the board games are student-created. If your child is interested in creating and entering a board game, email Karin Rosedale at klrosedale@aurorak12.org by 1/31 to reserve a spot! Guidelines for entries are available from Ms. Rosedale or Mrs. Bakersky.
- **Legislative Day at the Capitol** will be on Thursday, February 21. This is an opportunity sponsored by the Colorado Association for Gifted & Talented (CAGT). Students who are interested should see Mrs. Bakersky for application information ASAP.

I will continue to highlight opportunities at Rangeview and in our community in each issue of the Parent Connection Newsletter. If you have an event or program you'd like to share with other parents, please let me know!