On Thursday, February 15, 2018 we hosted our GPAC (Gifted Parent Advisory Council) meeting at Bartram Trail High School.  We had a great evening together, talking about ways to build a strong foundation for giftedness within the family. Here is a summary of what was shared.  Please use this information and resources as you see fit.

* **Progression EP meeting explanation:** Parents of 5th or 8th grade gifted students will be receiving information in the near future concerning a progression EP meeting as their child prepares to move on to the next phase of his/her education (middle or high school).  The purpose of these meetings is to update the EP to be appropriate for the next three years (or four, in high school).  Meeting notices and corresponding information will be sent out soon.
* **Hoopla:** St. Johns County Public Library System has a **FREE** app where you can access many audio books, CDs, and movies (including picture books).  It’s like the popular app “Audible,” but without the fee!  You can download it in the app store for your mobile device, or you can access it via computer at [www.hoopladigital.com](http://www.hoopladigital.com) .
* **Resolution Words:** Megan Miller, one of our gifted consultative teachers, shared about the ways she and her students reflected on 2017 at the start of the new year.  She emphasized that these ideas can be used at any time, not just on January 1.  Choosing to reflect on the past and set projections for the future, either as an individual or a family, can strengthen us (and our gifted children) in social or emotional endeavors.  For many, it can be as simple as choosing one meaningful word on which to focus throughout the year.  The word can give you a new “lens” or intention through which you view all the circumstances of your life.
* **Love Languages:** Erin Arnold, another of our gifted consultative teachers, shared about the importance of family members understanding each other’s love languages in order to build a strong foundation within the home.  The concept of The Five Love Languages has been made popular through the work and writings of Dr. Gary Chapman.  It was originally used to address the relationship of couples, but the concept has been expanded to incorporate any type of relationship, including specific resources addressing children and teens.  It is valuable in relationships to understand the ways in which you personally give and receive love (what you deem as loving), as well as the ways in which those around you give and receive love.  Many times, conflicts are a direct result of not understanding one another in these areas.  Our gifted children, with their *intensified experience of emotions*, can truly benefit from a home where there is a deep understanding of the *ways* in which they need to be loved.  To learn more about the five love languages and to take a quiz to find out your own language, visit [www.5lovelanguages.com](http://www.5lovelanguages.com) .  Quizzes are available for adults who are single, couples, teens, and children.  This is a wonderful resource for strengthening the bonds of any family.  Please be sure to check it out.  \*\*If you want to listen to the audio book, be sure to download the **Hoopla** app described above!  It’s free!!!

**Conclusion:** Our meeting concluded with everyone sharing their takeaways from the evening.  It is always so encouraging to see everyone who comes out to learn more about supporting gifted children.   Hearing the takeaways is just the icing on the cake!  If you weren’t able to be with us, thank you for taking the time to read through these resources.  We trust that you will be able to find something useful for your family.  As always, please feel free to contact members of the gifted consultative team with any questions.