

GATE COUNSELING RESOURCE NEWSLETTER

November/December 2022 Edition
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Gifted and Talented Education Programs

As the GATE Counselor, I am sending quarterly newsletters with tips, strategies, and resources to support Gifted and Talented (GT) students, families, and staff. This month, I am highlighting important dates and upcoming events for some of WCSD's special programs, and resources to bolster resilience and well-being throughout the holiday season.

We know from extensive research, that cultivating a sense of purpose, hope, and optimism reduces stress and promotes resilience. We can foster mental and emotional well-being by being mindful of our stressors, practicing good self-care, and taking actions to strengthen resilience. Please feel free to contact me at mivans@washoeschools.net if I can provide additional resources or referrals. Thank you and happy holidays!

Application Dates and Upcoming Events:

- **SWAS Program:** Parents of students newly identified for the SWAS Program have been invited to attend a SWAS informational Zoom meeting on Monday, November 14 from 6:00-7:00 p.m. Families should have received the Zoom link via email. For more information on the SWAS model, please visit: <https://www.washoeschools.net/Page/16279>
- **Magnet Program:** Students interested in the Middle School Magnet Program may apply online from November 15 - December 9, 2022. Here is a link to the Program Application page: <https://www.washoeschools.net/Page/13962> . Parents are invited to attend a Magnet informational Zoom meeting on Tuesday, November 29 from 6:00-7:00 p.m. Families will be sent a Zoom link to join the meeting. For more information on the Magnet model, please visit: <https://www.washoeschools.net/Page/16264>
- **Procter Hug High School's GATE Institute:** Students interested in the GATE Institute may apply online from November 15, 2022 - January 15, 2023. Here is a link to the Program Application page: <https://www.washoeschools.net/Page/13962> . Families are invited to attend Parent Information Nights in the Hug Theater from 6:00-7:00 p.m. on Tuesday, December 6, 2022 (English speakers) and Wednesday, December 7, 2022 (Spanish speakers). Families will be invited via email. For more information on Procter Hug High School's GATE Institute, please visit: <https://www.washoeschools.net/Page/5317#Institute>
- **Signature Academy and CTE Programs:** 8th grade students may apply online for Signature Academy Programs from November 15, 2022 - January 15, 2023. "Themed programs are offered in Agricultural Science & Natural Resources, Business & Marketing, Engineering & Manufacturing, Information Technology, Media & Communications, Health Sciences & Human Services, International Baccalaureate, and Performing Arts." Here is a link to the Signature Academies Information and Application page: <https://www.washoeschools.net/Page/2256>

Resources to Bolster Resilience:

- **Ten Ways to Foster Resilience in Young Children:** This article by Karen Petty offers ten practical suggestions to support children in building the skills and confidence they need to navigate life's challenges and overcome adversity. [10-Ways-to-Foster-Resilience.pdf \(inclineboosters.com\)](#)
- **Building Your Resilience:** The American Psychological Association (APA) defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress." These resources from the APA Help Center offer several strategies to support our ability to learn and grow from life's challenges and build our capacity for resilience. <https://www.apa.org/topics/resilience>
- **5 Steps to Managing Stress During the Holidays:** This article by Dr. Dan Peters highlights 5 ways we can minimize stress and focus on the positive, so we can relax and enjoy the holiday season. <http://summitcenter.us/5-steps-to-managing-stress-during-the-holidays>
- **Three Ways to Boost Your Resilience as a Parent:** This article by parentandteen.com offers easy-to-use strategies to help parents reduce stress and increase capacity to nurture themselves and their children. https://greatergood.berkeley.edu/article/item/three_ways_to_boost_your_resilience_as_a_parent



Warmest wishes for a joyful and healthy holiday season!