

GATE MIDDLE SCHOOL COUNSELING RESOURCE NEWSLETTER

*October 2020 Edition
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INSIDE THIS MONTH'S ISSUE:

**Supporting Gifted Students During
Coronavirus**

TOOLS FOR SUPPORTING GIFTED STUDENTS

Greetings,

This is the October 2020 edition of the MS monthly GATE resource newsletters. Welcome to the 2020-2021 school year!

The purpose of this newsletter is to provide educators with information, practical ideas, classroom interventions and strategies related to the specific characteristics and social-emotional needs of GT middle school students.

NEW SCHOOL YEAR

Featured Resources:

- Supporting Your Gifted Child During COVID-19

[Visit Link](#)

The National Association for Gifted Children (NAGC) posted an article for families of gifted children and teens to help them with the new guidelines for social distancing, remote learning, and shelter in place orders. During these times, gifted children may experience increased levels of anxiety and intense feelings.

- Managing Grief & Anxiety During COVID-19

[Visit Link](#)

Gifted children's behaviors associated with grief and anxiety may increase during these unprecedented times. The included article provides some effective coping strategies.

- Strategies for Resilience

[Visit Link](#)

This article provides tips for building resilience. The strategies include seeking social support, finding a purpose in life, and focusing on what can be controlled, and keeping a positive outlook.

- Virtual Calming Room

[Visit Link](#)

This is a place for families, students and staff to access tools and strategies for reducing stress and building resilience during these uncertain times.