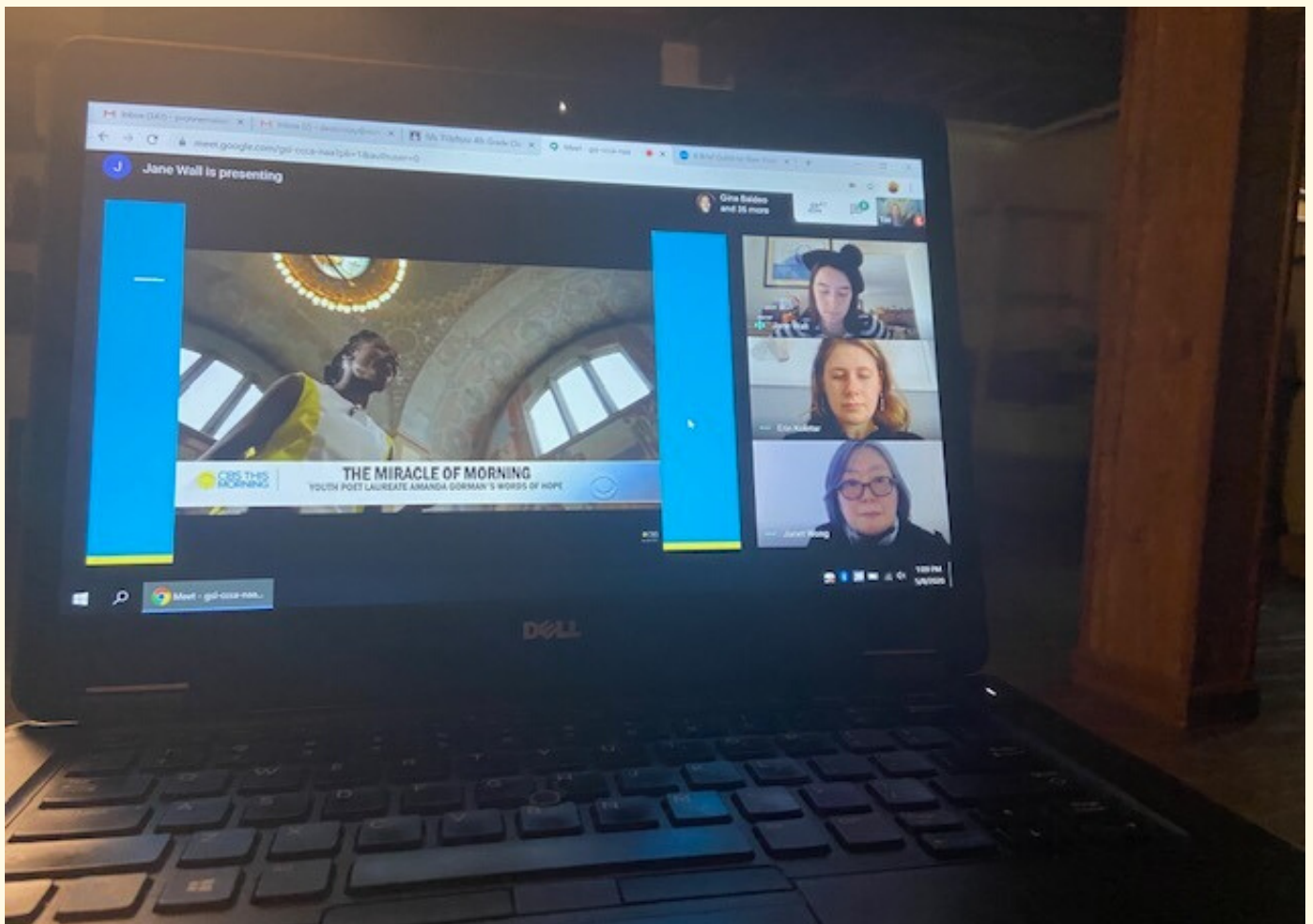

NORWALK PUBLIC SCHOOLS
GIFTED AND TALENTED

***KENDALL ELEMENTARY
GIFTED & TALENTED:
SELF CONTROL***



For our Norwalk students, our KES GT program will plan interactive, engaging, enriching activities and programming to promote the diverse and distinct talents exhibits by our student population. With student input, our program will provide appropriately challenging learning opportunities to allow student opportunities to interact with each other in order to develop connections and bonds. We look forward to meeting and working in collaboration with parents and stakeholders to share relevant information, concise facts, informed data, and current policies.

Mission: We are committed to nurturing the whole child's distinct and diverse strengths, talents, and passions in order to develop student-driven critical thinking, authentic learning, individual responsibility, and global citizenship.

Vision: We believe gifts and talents are present in all children. Through the cultivation of enjoyment, engagement, and enthusiasm for learning, we will nurture students' unique social-emotional needs and creative thinking practices. As a result, students will contribute to their school, community, and society as constructive and innovative global citizens.



On self control -

***Self control is a important part of life.
If you lose it take yourself out of the
situation you find yourself in or you just
might regret the out come. Stay
positive and think before you leap.***

-Buddha

***A negative mind will never give you a
positive life.***

-Buddha

2020 RECENT EVENTS

For everyone: Renzulli Learning access link

KES GT Inventors Newsletter

Our K- Second Google Classroom is: <https://classroom.google.com/u/1/c/NzI0NTcwMzQ3NTNa>

Our Third - Fifth Google Classroom is: <https://classroom.google.com/u/0/c/NzI0NTE0MTE1OTRa>

KES Schoolwide Enrichment Newsletter

Elementary GT Distance Learning Portal of the NPS: <https://tinyurl.com/dlnpsgt>

KES GT Creativity Newsletter

KES GT Innovation Newsletter

KES GT Kindness Newsletter

KES GT Gratitude Newsletter

KES GT Social Intelligence Newsletter

KES GT Self Control Newsletter

Ways to Nurture the Development of Self Control

A COMMON MISTAKE WHEN SETTING A GOAL IS TO INDULGE IN FANTASIES ABOUT HOW GREAT LIFE WILL BE AFTER ACCOMPLISHING IT—WITHOUT CONSIDERING WHAT'S CURRENTLY HOLDING US BACK. MENTALLY CONTRASTING YOUR HOPED FOR OUTCOME WITH AN OBSTACLE THAT STANDS IN YOUR PATH IS ENERGIZING. THIS PREPARES YOU TO MAKE A PLAN FOR WHEN AND HOW YOU'LL TAKE ACTION!

DECLARE A WISH, THEN CONTRAST THE POSITIVE OUTCOME IT WOULD BRING WITH THE NEGATIVE OBSTACLE THAT STANDS IN ITS WAY. CREATE A PLAN TO GET AROUND THE OBSTACLE.

BEGIN BY IDENTIFYING A WISH OR GOAL YOU WANT TO ACHIEVE. NEXT, MENTALLY IMAGINE ONE POSITIVE OUTCOME OF ACHIEVING THIS GOAL AND ONE OBSTACLE THAT STANDS IN THE WAY. THIS REFLECTION SETS YOU UP FOR THE FINAL STEP: MAKING A PLAN FOR HOW YOU CAN GET AROUND THAT OBSTACLE.

Self Control

Doing what's best in the long-run despite short-term temptations strengthen your will

Why does self control matter?

Sometimes, what makes you happy right now isn't good for you in the long run.

For instance, junk food tastes great but isn't healthy.

Self-control powerfully predicts academic and professional achievement, physical and emotional well-being, positive social relationships, and financial security.



How do I encourage self control?

Model it: Resolve to accomplish a goal of personal significance, then talk about obstacles and your plans to overcome them.

Celebrate it: Appreciate ingenuity in navigating self-control dilemmas.

Enable it: Create quiet, distraction-free areas for study and work.

Self Control Pulse Check for Spring



Think about yourself. How many of these things are true?

- I got to work right away, rather than procrastinating.
- Instead of getting distracted while working, I stayed focused.
- Because I planned ahead, I was prepared for what I needed to do.
- I didn't do things I knew I'd later regret.

find more info at: <https://characterlab.org/playbooks/selfcontrol>

KES Gifted & Talented Portal

Norwalk Public Schools created a distance learning portal which includes choice boards, booklists, and other links that will be helpful if students are seeking additional challenges. Choice boards will be added every two weeks.

<https://sites.google.com/view/npsgiftedandtalented/home>

Our K- Second Google Classroom

is: <https://classroom.google.com/u/1/c/NzI0NTcwMzQ3NTNa>

Our Third - Fifth Google Classroom

is: <https://classroom.google.com/u/0/c/NzI0NTE0MTE1OTRa>

Growth Mindset Photos

KES GT would like to share these images to express growth mindsets in learning opportunities offered because GT exists and thrives in our district.

