

# GT Parent Newsletter

## Rappahannock County Public Schools

November 2018

### November Updates!

Gratitude has been our theme during November and will continue into December. I have heard the fifth graders' on *Thankful Thursdays*, and remember so many journal entries where our students described the many things they were thankful for enthusiastically. It is rewarding to see so many teachers understanding the need for the development of the whole child by implementing morning meetings, circles of knowledge, math talks and just time for students to communicate. It is a way for us to differentiate easily. Robert Emmons has written the book *Gratitude Works!* He points out that modern social science is now demonstrating what early philosophers knew. "Gratitude takes us outside our scope so we see ourselves as a part of a larger, intricate network ... it functions to help regulate relationships, solidifying and strengthening them." Service projects have been a part of this process, too.

Leo students at RCHS led a drive to collect warm clothing and then used their funds to purchase gifts to send to needy families through Rapp Cares, a group some of the older members helped found.



Our children are all so different and present a variety of challenges often pressing the adults in their lives to help them make the connections or find the meaning.



Focusing on being grateful can help us find some answers for all of them. The Commit to be Fit and Mental Health Intervention Newsletters have provided us with excellent information. Another resource I have learned about is SENG, Supporting Emotional Needs of the Gifted. This organization provides some free resources and a variety of opportunities to help gifted children and adults learn to work with their high sensitivities to feel balanced, happy, and at peace.”

[SENG](http://sengifted.org/resources/resource-library/) - <http://sengifted.org/resources/resource-library/>

NHS and Leo students are invited to help fill *backpacks* at the Food Pantry during FLEX on Tuesdays.

## Gifted Services:

MVGS, or Mountain Vista Governor’s School, is our academic year Governor’s school for Math, Science, and Technology. Students commute to the LFCC campus in Warrenton to take classes with Culpeper and Fauquier County residents. The Middletown Campus of LFCC houses our students from Clarke County, Frederick County, Warren County, and Winchester school districts. This program like the summer governor’s schools is provided with district and state funds. Applications for ninth graders will be posted on the RCHS website in early December. The MVGS open house will take place the last Tuesday, 1.29.19, in January as usual at 7:30. It is my pleasure to meet with families that want to discuss all the options before that by appointment.

## Summer Programs:

The [Foreign Language Academy](#) and [Summer Residential Governor’s Schools](#) applications are due by Dec. 7, 2018 - links are on the website and Mrs. Wolfe can help with any questions you may have. These may be sent to me as an email attachment or given to Ms. Papa. Thank you to those of you who already handed yours in. More on my website and at the National Summer Learning Association <https://www.summerlearning.org/>

## Competitions:

Drama Club and Quiz Bowl at RCHS are a part of our Virginia High School League. Updates are posted on the website and often on the school marquee. These are often open to the public. The National Classical Etymology Exam was administered this past week. Watch for results on the RCHS Latest Events.

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Continental Math League math classes grades 3 through 7 - the second test will be this coming week and continue once a month through March.

WordMasters Language Arts classes 3 through 7 have begun their study and will be testing the first week of Dec. 7. We are using [Quizlet.com@LWolfe-rapp](mailto:lwolfe@rappahannockschools.us) to learn and practice the words.

Battle of the Books for 6th and 7th graders. We need students to have read the majority of the books by December to be prepared for the match in January.

24 Math - students should be practicing on their own and during resource when they are allowed. We will survey for interest in January

Sixth and seventh grade science classes will again participate in a culminating science competition this year.

Fourth graders will pilot a computer science challenge this year.

Sincerely,

Lilo Wolfe

*He is rich who is content with the least; for contentment is the wealth of nature.*  
*Socrates*

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