Welcome to Hidden Sparks Without Walls. We will be starting at 8:30pm.

To alleviate background noise and ensure a quiet session, your audio connection has been muted.

Asking Questions & Sharing Thoughts:
You are encouraged to ask questions and share your thoughts on the Chat.

Please activate the chat feature by clicking in the “Chat bubble” on the control panel on the bottom of your screen.

Audio:
If you would like to call in via phone for audio, please click on the phone icon, select “I will call in” and you will be provided with the call-in number.
Hidden Sparks is a non-profit whose purpose is to help children with learning differences reach their full potential in school and life. Hidden Sparks supports professional development for Jewish day schools to help increase understanding and support for diverse learners.

Hidden Sparks’ programs combine school-based professional development in learning and positive behavioral support, classroom observation and coaching. Our philosophy is that by helping teachers meet the needs of struggling students, ultimately all students will benefit.

Now in its 12th year, Hidden Sparks has trained 297 coaches and 465 educators in 108 Jewish day schools in New York, New Jersey, Baltimore, Chicago, Florida, Cleveland, Atlanta and 6 Israeli cities.

Please be in touch with our office to find out how to bring Hidden Sparks programs to your school!
What To Expect When...
Transitioning to Middle & and High School

Presented by Zipora Schuck
January 6, 2020
Zipora Schuck, MA, MS, is the founder of Pathways Consulting Services LLC, an agency providing professional development services to teachers, principals, therapists and parents. She is a NYS school psychologist holding masters degrees in both special education and school psychology, and is the educational consultant for many schools in the tristate area. Zipora is most proud of helping to educate the next generation of teachers through her work in Mercy College, and as a Catapult and Torah Umesorah provider.
Goals

• Understand the need for transition planning for Middle School and High School Students.

• Connect Vygotsky’s Zone of Proximal Development, as the basis for teacher scaffolding.

• Discuss different formats for mini-lessons and discussions with students.

• Explore a list of options that students need support with when acclimating to a new department or school.

• Plan a year long orientation including different aspects.
Travel Guides

In 2017, Americans spent $124 million dollars on travel guides, not including online versions!

Why?
• Proactive planning
• Comfort level
• Highlights
• Warnings
• Must see/Must do
• Fear of the unknown
• Dreams
Our Students

Arrive in new settings and new departments, often unprepared.

- There is a steep learning curve.
- Some students are severely challenged by this time period.
- Middle school and high school are stressful enough.
Be the Guide

Who?

• Teacher
• Guidance counselor
• Assistant principal
• Student advisor
• Mentor
Format

What?

- Adult generated plan
- Student selected topics

When?

- Weekly
- Built-in to appear planned

Who?

- Whole class
- Small group
- Individually, if needed
Fresh Start

It’s a chance for some students to reinvent themselves.

- It may be a theoretical, or a real new beginning.
- This may help them ‘get it right’.

THE GREATEST POWER YOU POSSESS IN LIFE IS YOUR UNDERSTANDING THAT LIFE GIVES YOU A FRESH START ANY MOMENT YOU CHOOSE TO START FRESH

WWW.LIVELIFEHAPPY.COM
Isn't figuring these things out, a part of their growth?

Crucial for a few, beneficial for many
Scaffold

- Lev Vygotsky
- Zone of proximal development
- Provide support to reach the next level
Validation and Normalizing

- Some know it all from older siblings or friends
- Some know it innately
- Some are wondering on their own
- Some are wondering together
- Others don’t know, what they don’t know
• Talking about something brings a feeling of relief.
• I’m not the only one thinking about this, experiencing this, struggling with this.
• This is not an issue for me, but other things are and that’s ok.
Lesson Structure

• Timing is approx. 10-20 minutes

• Somewhat scheduled

• Before awkwardness sets in

• Topic awareness
  • Pointers
  • Discussions
  • Scenarios
  • Questions

• Opportunity for follow up
Take Out Menu

School
- The building
- The schedule
- Personnel

Study
- Notes
- Taking notes and tests
- Time planning
- Supplemental

The Scene
- Hidden Curriculum
- Extra Curricular
- Support

Self
- Stress management
- Sleep, nutrition and activity
- Technology
- Assertiveness

Social
- Peer pressure
- Shifting
- Red flags
Dealing with Change

Personality types

- Control vs. go with the flow
- Not all or nothing
- Change can be hard
Building

- Map
- Guide
- Bathrooms!
- Entrances and exits
- Getting from one place to another
- Lockers
- Lunchrooms
Schedules and Timing

Daily

• Arrival and dismissal
• Attendance procedures
• Absent procedures
• Lunch
• Classroom changes
• Different days, different schedules

• Having the right things in the right place at the right time
Who teaches what and when

- Differing expectations of work, prep, behavior, availability, accessibility, expectations

❖ Everyone needs a point person
Who’s who?

- Nurse
- Secretary
- Student advisor
- Attendance

Who would you go to for...
Study Skills

• Consistent preparation
• Review and preview
• Mnemonics
Note Taking

What skills are required?

• Summarizing
• Abbreviated
• Bullet points
• Review
• Active listening

• FYI - Take Note Hidden Sparks WOW Archives
Time Management

Using a planner

- Long term
- Short term
- Deadlines
- Realistic
Remediation

School based support

- Different class options
- Different test options
- Modification of workload

Suggestions for tutors
Hidden Curriculum

What does everyone else know about this school?

How can a student find these out?

• Nuances
• Customs
• Sensitivities
• Culture
• Expectations
Big Sister/Big Brother

Oldest grade paired up with newbies

• Touching base
• Checking in
• ‘Go to’ peer
Special Activities/Events

Highlights in school

• Signing up
• What do all the clubs do?
• How can I join?
• Get involved
After School

Balancing

- Family
- Friends
- Homework
Sleep

What's enough?

- How to fit it all in
- The Big 3 - studying, socialization, and sleep, hard to have enough of all
Nutrition

- Fueling up for the day
- Canteen
- Lunch
- Lasting through the day
- Dieting gone viral
- Healthy habits
Physical Activity and Exercise

Longer days

Need for movement

• To and from school?
• Lunchtime and recess?
• After school?
Responsible Use of Technology

- Screen time
- Social media
- Cyber bullying
Self Awareness

• Strengths
• Weaknesses
• Profile
• Using social cues
Assertiveness

• Speaking up
• ‘I’ messages
• Sometimes a yes is a no
• Sometimes a no is a yes
Socialization

Changing landscape

• Friends shifting
• Groups forming and disbanding
• Differing needs for BFF’s
• Cliques and politics
Peer Pressure

Not just about friends…

Positive peer pressure
  • Academic
  • Growth

Negative peer pressure
  • Cliques
  • Behavior
Private vs Personal vs Secret

- Oversharing
- Times of vulnerability
- The right person at the right time
SOS..911...Help

Your own needs

A friend’s needs

• Despair
• Self harm
• Danger
• Requires an adult
• Requires a professional
• Who-How-When
Mental Health

Therapy as a resource

- Reducing stigma
- School based counseling
- Community resources
- DBT self-regulation skills

Challenges

- Anxiety
- Attention and concentration
- Moodiness
- Other
Closure and Benefits

- Modeling prior preparation
- Channels of communication open
- Supportive school staff
- Focused and targeted
For More Information

Other Hidden Sparks archived webinars for teachers that may be helpful when planning.

• **Take Note** - *Helping students with the note taking process*

• **Late and Lost but Not Lazy** - *Executive functions and organizational strategies for students*

• **A+ for the Teacher** - *All aspects of test preparation*

• **Work it Out** - *Social problem solving*

• **Calm** - *Understanding student anxiety*

https://www.hiddensparks.org/professional-development-programs/courses-archive/
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<th>Date</th>
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<tr>
<td>Wed., February 5, 2020</td>
<td>For Teachers</td>
<td>Bringing Mindfulness into the Classroom</td>
<td>Matis Miller</td>
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<tr>
<td>Tues., February 25, 2020</td>
<td>For Teachers</td>
<td>Teaching with Tech</td>
<td>Monica Brandwein</td>
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If you are interested in bringing Hidden Sparks to your school or city, please contact us: 212-767-7707 or sara@hiddensparks.org
Contacting Hidden Sparks

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