

# 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:

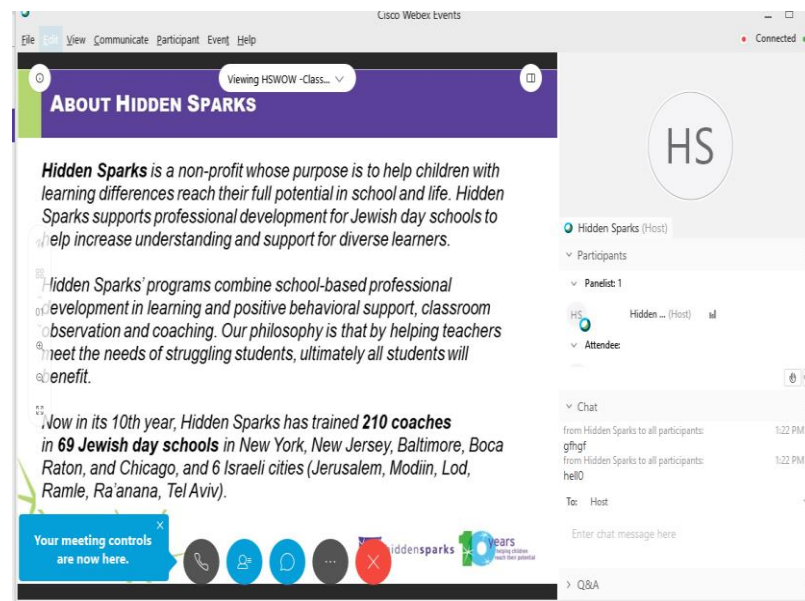
You are encouraged to ask questions and share your thoughts on the Chat.

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.



# ABOUT HIDDEN SPARKS

***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!***

hiddensparks  
without walls

***What To Expect When...  
Transitioning to Middle & and High School***

**Presented by Zipora Schuck  
January 6, 2020**



**hiddensparks**  
helping children reach their potential™

# Our Guest: Zipora Schuck



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

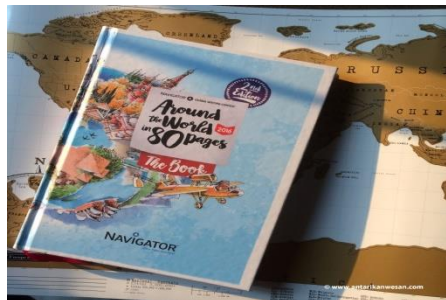
- Understand the need for transition planning for Middle School and High School Students.
- Connect Vygotsky's Zone of Proximal Development, as the basis for teacher scaffolding.
- Discuss different formats for mini-lessons and discussions with students.
- Explore a list of options that students need 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.



## 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](http://WWW.LIVELIFEHAPPY.COM) GUY FINLEY

# Why

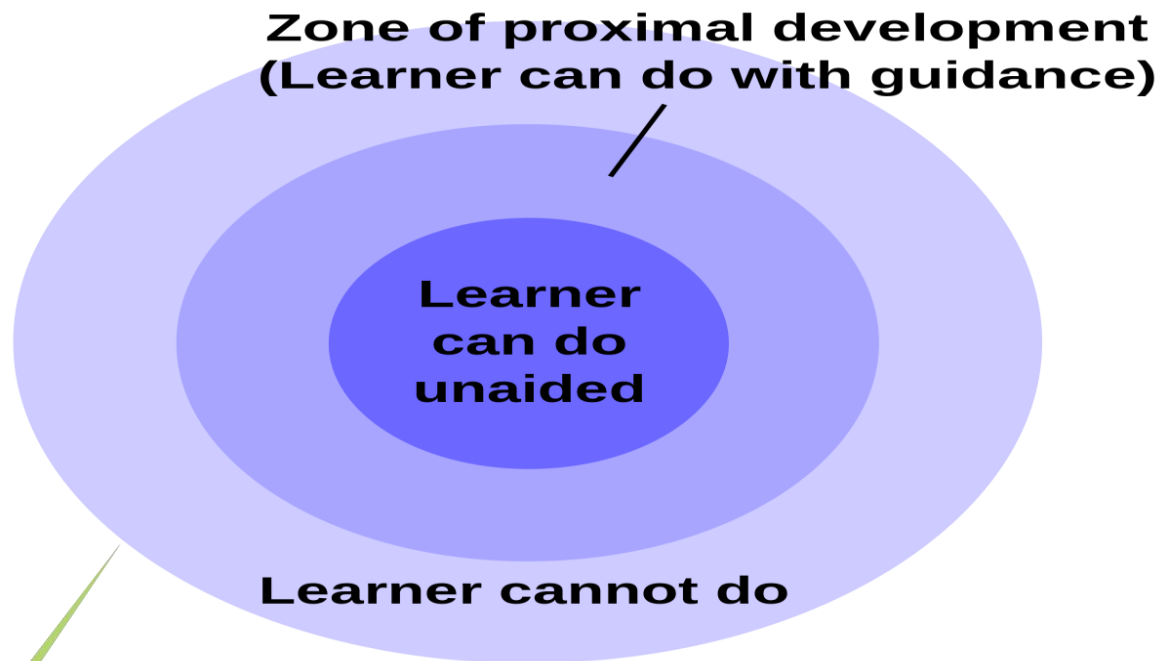
Isn't figuring these things out, a part of their growth?

**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



Let's  
Talk

- 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.

**time to talk**

# 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

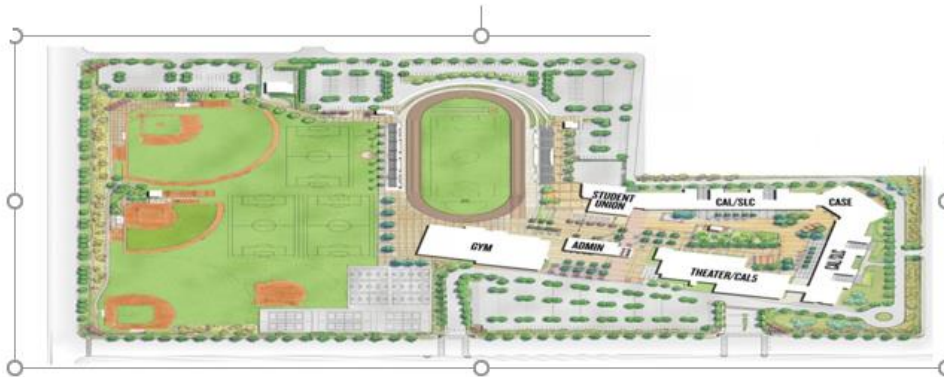
## Personality types

- 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



## Departmental

- Different days, different schedules
- Having the right things in the right place at the right time

2006 - 2007		FAIRFIELD LUDLOWE HIGH SCHOOL			NEW TIMES	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:45-8:30	1	ACTIVITY PERIOD 7:45-8:03	1	2	1	
8:35-9:19	2	2 8:08-8:50	2	1	2	
9:24-9:31	HOMEROOM	1 8:55-9:37	HOMEROOM	HOMEROOM	HOMEROOM	
9:36-10:20	3	HOMEROOM 9:42-9:49	3	3	3	
10:25-11:09	4	3 9:54-10:35	5	7	7	
11:14-11:58	5	6 10:40-11:21	4	6	6	
12:03-12:47	6	7 11:26-12:07	6	4	5	
12:52-1:36	7	4 12:12-12:53	7	5	4	
		5 12:58-1:39				
1:41-2:25	8	8 1:44-2:25	8	8	8	

## 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

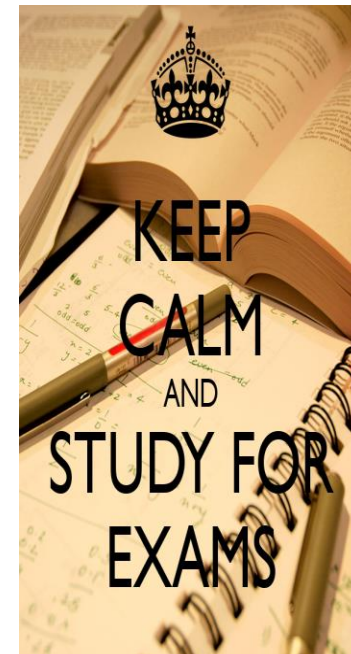
**Who would you go to for...**





# Study Skills

- Consistent preparation
- Review and preview
- Mnemonics



## 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



## School based support

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

## Suggestions for tutors



**What does everyone else know about this school?**

**How can a student find these out?**

- Nuances
- Customs
- Sensitivities
- Culture
- Expectations



## Oldest grade paired up with newbies

- Touching base
- Checking in
- 'Go to' peer



## Highlights in school

- Signing up
- What do all the clubs do?
- How can I join?
- Get involved





## Balancing

- Family
- Friends
- Homework



## 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

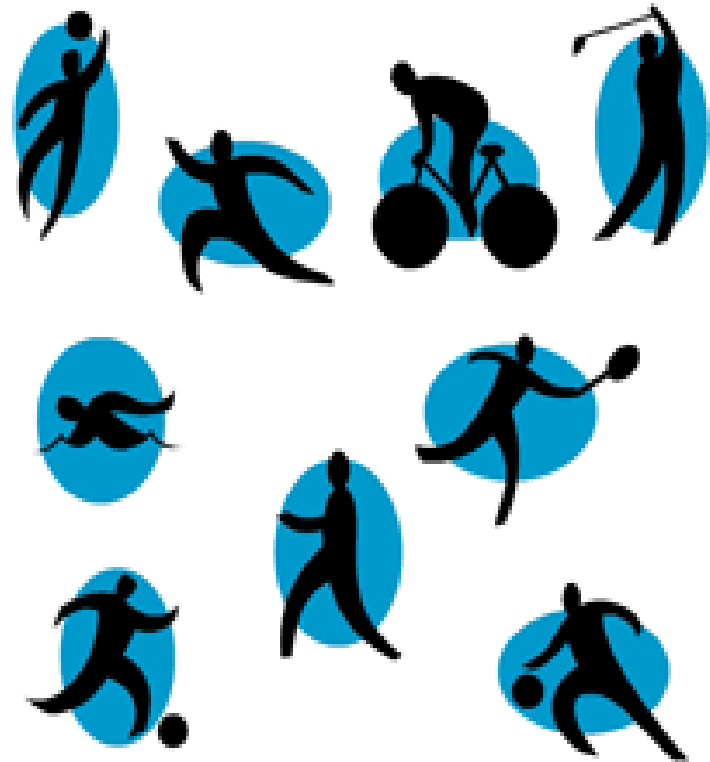


# Physical Activity and Exercise

## Longer days

## Need for movement

- To and from school?
- Lunchtime and recess?
- After school?



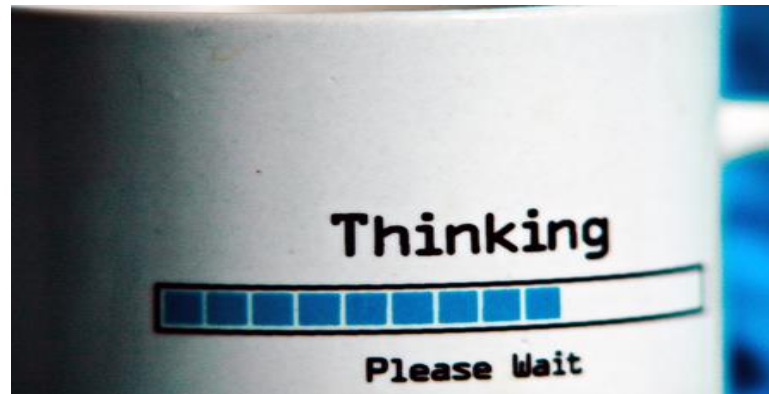
# Responsible Use of Technology

- 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





## 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



*Too  
Much  
Information!*

•TMI TAG•

## Your own needs

## A friend's needs

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



# Mental Health

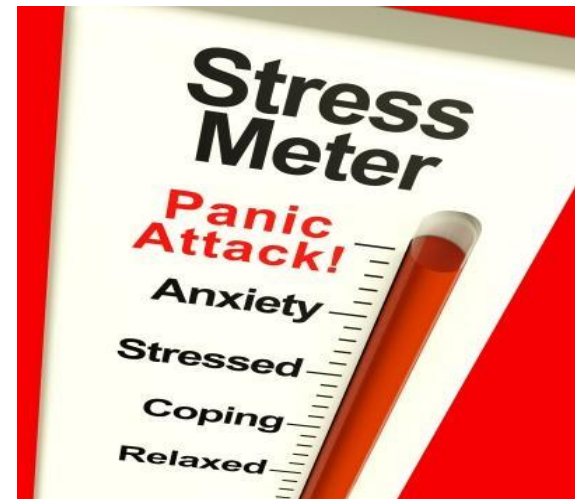
## Therapy as a resource

- 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



BENEFITS



# 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.hidden-sparks.org/professional-development-programs/courses-archive/>

# Upcoming Hidden Sparks Without Walls Sessions

Wed., February 5, 2020	<b><i>For Teachers</i></b> <i>Bringing Mindfulness into the Classroom</i> <i>Presented by Matis Miller</i>
Tues., February 25, 2020	<b><i>For Teachers</i></b> <i>Teaching with Tech</i> <i>Presented by Monica Brandwein</i>

**If you are interested in bringing  
Hidden Sparks  
to your school or city, please contact us:  
[212-767-7707](tel:212-767-7707) or [sara@hiddensparks.org](mailto:sara@hiddensparks.org)**



# Contacting Hidden Sparks

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**Contact Hidden Sparks:**

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**www.facebook.com/HiddenSparks**



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