

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.

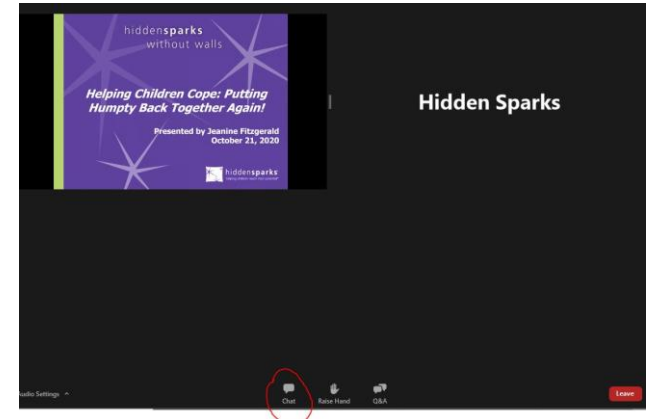
Chat: Asking Questions & Sharing Thoughts

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

Please activate the chat feature on the bottom of the screen. You may choose to chat to panelists and all attendees or just panelists.

Audio:

If you would like to call in via phone for audio, please look up the call in number, webinar id, and passcode information on your webinar invite.



ABOUT HIDDEN SPARKS

Hidden Sparks is a non-profit that helps educators and schools nurture the Hidden Spark within each student. We do this by developing and facilitating professional development programs for Jewish day schools to help increase understanding and support for [diverse learners](#).

Hidden Sparks provides an award winning [professional development](#) program in understanding learning and behavior, conducting classroom [observations](#), [coaching teachers](#) and developing [peer coaches](#). By helping teachers meet the needs of struggling students, [ultimately all students benefit](#).

- [125 Jewish day schools](#) across the country with [hundreds of teachers](#) participate in PD programs annually.
- Impacting over [7,000 students](#) every year.
- Over [350 school peer coaches](#) have received training and mentoring.
- Hidden Sparks Without Walls international webinar program has reached thousands of teachers and parents.

Please be in touch to find out how to bring Hidden Sparks programs to your school!

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**“The Summer Went Too Slowly!”
...Said No Child Ever ...
A+ Beginnings for Back To School Bliss**

**Presented by Ethel Salomon
August 28, 2022**



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ABOUT THE PRESENTER



Mrs. Salomon comes to Hidden Sparks with extensive experience in supporting children, parents, and schools having most recently served as Principal of General Studies at Yeshiva Ketana of Manhattan. She is highly skilled in promoting student-centered services and supports, and developing programming for families and teachers that focuses on understanding neurodevelopmental profiles, positive behavior systems and collaborative problem solving. She has been advocating for children and parents of diverse learners in the yeshiva and day school community for over 20 years since her prior positions as the Director of Special Services for the Rosenbaum Yeshiva of North Jersey and the Rabbi Pesach Raymon Yeshiva. Mrs. Salomon holds an MA in Special Education from Teachers College, Columbia University and an MS from Brooklyn College in Educational Leadership and Supervision.



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ABOUT THE HIDDEN SPARKS PARENT EDUCATION CENTER

Free Support To Yeshiva Parents of Children Residing and Attending School in the 5 Boros Of NYC

- Workshops, webinars, individual guidance and coaching.
- Timely topics with useful strategies
- Virtually/by phone
- Day/evening
- Weekly/As needed



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A+ BEGINNINGS FOR BACK TO SCHOOL BLISS



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Strategies and tips for how to...

- **Junk those first day jitters**
- **Optimize organization**
- **Hit healthy habit targets**
- **Grasp goals for greatness**
- **Promote positive perspectives**



A+ BEGINNINGS FOR BACK TO SCHOOL BLISS



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JUNK THOSE FIRST DAY JITTERS

Parents feel conflicting emotions too!



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JUNK THOSE FIRST DAY JITTERS

What is this young man thinking about?



JUNK THOSE FIRST DAY JITTERS



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JUNK THOSE FIRST DAY JITTERS

- Check in with yourself
- Set the tone
- Validate feelings
- Connect with positivity
- Set predictable goodbye routines



JUNK THOSE FIRST DAY JITTERS

Check in with yourself



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JUNK THOSE FIRST DAY JITTERS- SET THE TONE

Set the tone and model calm



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JUNK THOSE FIRST DAY JITTERS

Validate feelings

- Listen to worries
- Validate
- Say “I know that’s hard.”



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JUNK THOSE FIRST DAY JITTERS

Connect with positivity



“At least I got some new clothes!”



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JUNK THOSE FIRST DAY JITTERS

Predictable goodbye routines



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Does this sound like your family...?

**Practiced our school
morning routine today,
so I hid one of each
kid's shoes, spilled cereal,
& had the toddler throw
my keys into the trash.**



OPTIMIZE ORGANIZATION

- Transition Routines
- Homework/Study System
- Backpack Routines



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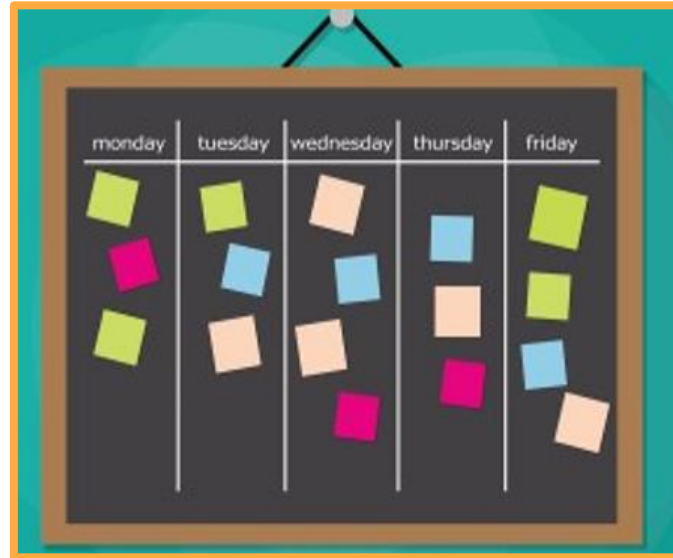
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Transition Routines

- Create a structure
- Set clear expectations that can be met
- Use step by step instructions
- Provide encouragement, praise



Routine Magnet Board



Transitional Space



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Family Calendar



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Catch All Bin



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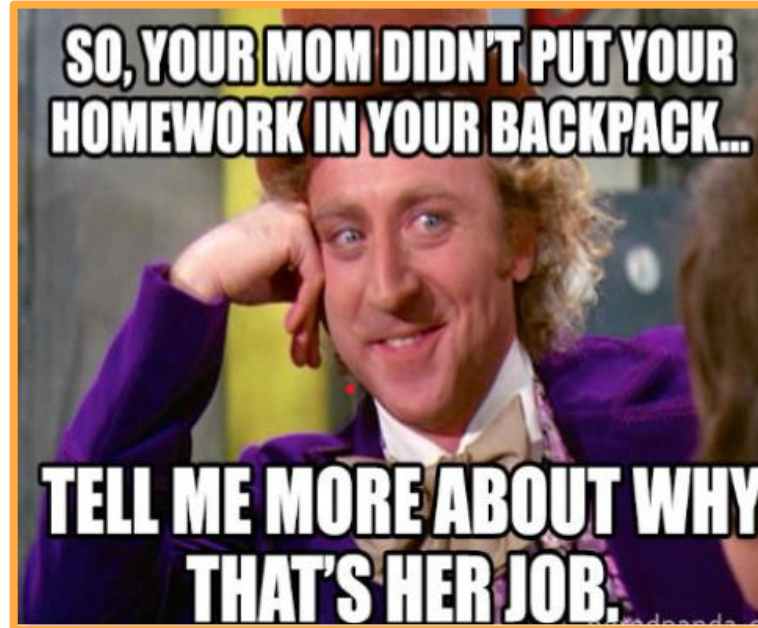
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Homework

“I suffer from test-taking anxiety, brought on by lack of studying.”



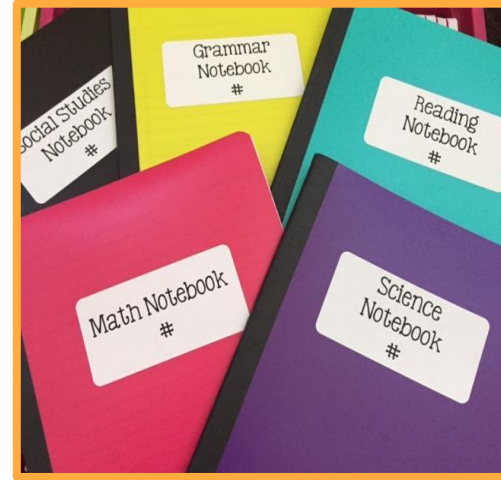
Homework



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Color Coding/Labeling



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Study System



OPTIMIZE ORGANIZATION

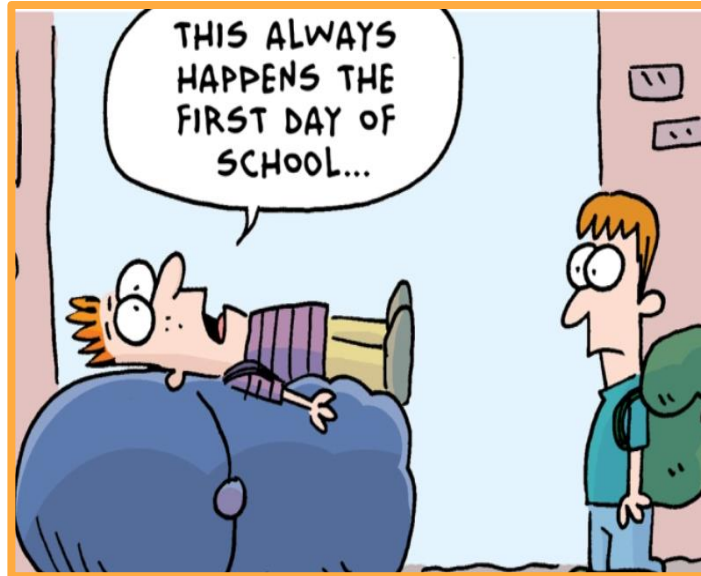
Study System



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Backpack Routines



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OPTIMIZE ORGANIZATION

“Does your mother always sign your report cards, ‘My Mom’?”



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HIT HEALTHY HABIT TARGETS

Sleep - Nutrition - *Exercise* - Free time



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HIT HEALTHY HABIT TARGETS

Sleep

“My parents think I watch too much TV, so I’m not allowed to watch unless my homework is done by 8:00 p.m., 7:00 p.m. Central.”



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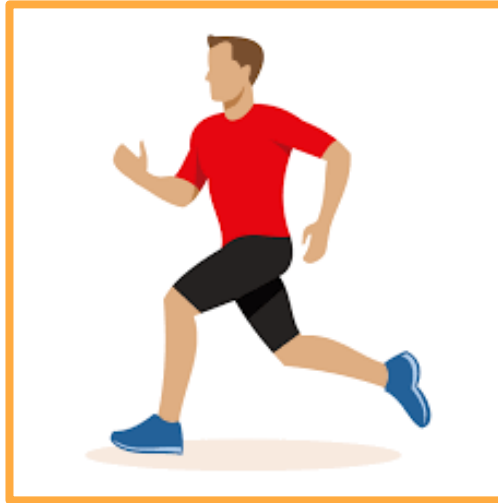
Nutrition



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Exercise



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HIT HEALTHY HABIT TARGETS

Free time

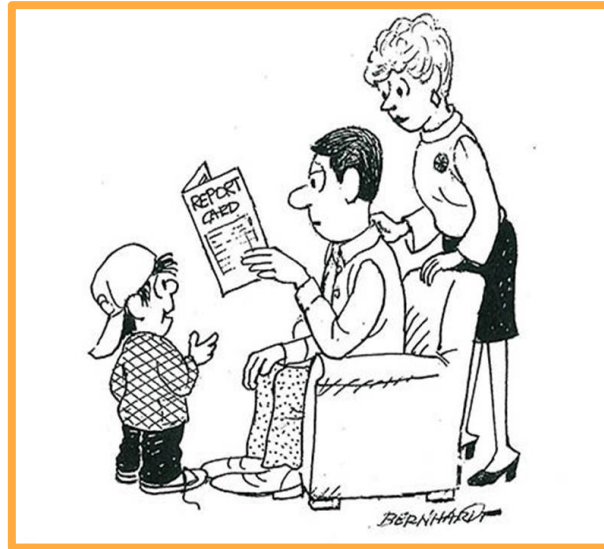


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GRASP GOALS FOR GREATNESS

**“You said we learn from our mistakes,
so I must be learning a lot.”**



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GRASP GOALS FOR GREATNESS

- **Brainstorm**
- **Prioritize and refine goals**
- **Set a pathway to success**



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Brainstorm

How is this year going to be different?

“I am going to make new friends.”

“I am going to be on the baseball team.”

“I am going to earn “Student of the Month”

“I am going to read a whole chapter book”

“I will be more organized.”



GRASP GOALS FOR GREATNESS

Prioritize and refine goals



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Set a pathway to success



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PROMOTE POSITIVE PERSPECTIVES

- **Rituals & Traditions**
- **Breathing Practice**
- **Self Talk-Affirmations**



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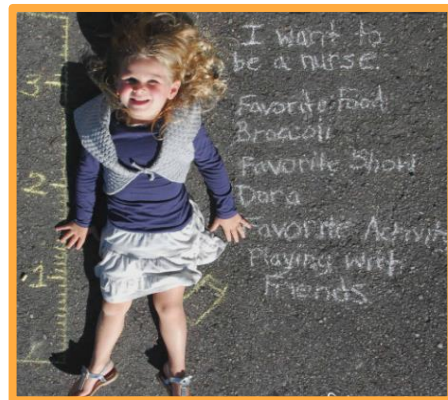
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PROMOTE POSITIVE PERSPECTIVES

Rituals and Traditions

Photos

Family celebrations & activities



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PROMOTE POSITIVE PERSPECTIVES- RITUALS & TRADITIONS

Self Talk-Affirmations

Confident- I believe I can do hard things. I believe I can grow from my mistakes.

Curious- I have a sense of wonder about how things work and how others think.

Calm- I cannot always control what happens, but I can choose how to respond.

Courageous- I want to try new things even if I feel a little scared.

Creative- I can come up with new ideas and solve problems.

Caring- I care about how other people feel

Connected- I am connected to people who care about me and who I care about.

Clear Headed- I can think through the steps to solve the problem.



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Breathing Practice

Just Breathe and Be....

- Breathe in peace, breathe out stress
- Breathe in courage, breathe out fear
- Breathe in calm, breathe out chaos
- Breathe in love, breathe out gratitude



Parent Affirmations

- See how little they are.
- Observe with an open heart.
- Ride this wave and respond with grace.
- Choose kindness
- Act with love.



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PROMOTE POSITIVE PERSPECTIVES

When little
people are
overwhelmed by
big emotions,
it's our job to
share our calm,
not join their
chaos.



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PROMOTE POSITIVE PERSPECTIVES



Just when the caterpillar
thought the world was ending,
he became a butterfly.



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Reflections

- *What is your favorite tradition or memory of the first day of school?*
- *What is your take away from today's conversation?*



CONTACTING HIDDEN SPARKS

Contact Presenter:

Ethel Salomon

ethel@HiddenSparksPEC.org

Call/Text 929-388-9529

Contact Hidden Sparks:

www.hidden-sparks.org

news@hidden-sparks.org (212) 767-7707

www.facebook.com/HiddenSparks



Upcoming Hidden Sparks Without Walls Sessions

Wednesday, 8/31/2022
For Teachers

Proactive Classroom Management
Presented by Lily Howard Scott

Monday, 9/19/2022
For Parents & Teachers

Social Problem Solving
Presented by Dr. Rona Novick

**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



Hidden Sparks would like to thank our Donors, Supporters and Partners

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