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

Presented by Ethel Salomon
August 28, 2022
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.
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
A+ Beginnings for Back to School Bliss

BACK TO SCHOOL!
A+ Beginnings for Back to School Bliss

Strategies and tips for how to...

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

Parents feel conflicting emotions too!

My kids are back in school. I'll need a couple of days to process my devastation.
What is this young man thinking about?
Junk those first day jitters
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
Set the tone and model calm
Junk those first day jitters

Validate feelings

- Listen to worries
- Validate
- Say “I know that’s hard.”
JUNK THOSE FIRST DAY JITTERS

Connect with positivity

“At least I got some new clothes!”
Junk those first day jitters

Predictable goodbye routines
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
Transition Routines

- Create a structure
- Set clear expectations that can be met
- Use step by step instructions
- Provide encouragement, praise
Routine Magnet Board
Optimize Organization

Transitional Space

![Transitional Space Image](image-url)
Family Calendar
Catch All Bin
Homework

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

SO, YOUR MOM DIDN’T PUT YOUR HOMEWORK IN YOUR BACKPACK...

TELL ME MORE ABOUT WHY THAT’S HER JOB.
Optimize Organization

Color Coding/Labeling
Study System
Optimize Organization

Study System
Backpack Routines

THIS ALWAYS HAPPENS THE FIRST DAY OF SCHOOL...
“Does your mother always sign your report cards, ‘My Mom’?”
Hit healthy habit targets

Sleep - Nutrition - Exercise - Free time
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.”
Hit healthy habit targets

Nutrition
Exercise
Free time
“You said we learn from our mistakes, so I must be learning a lot.”
GRASP GOALS FOR GREATNESS

- Brainstorm
- Prioritize and refine goals
- Set a pathway to success
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.”
Prioritize and refine goals
Set a pathway to success
Promote Positive Perspectives

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

Photos

Family celebrations & activities
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.
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.
When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos.
Promote positive perspectives

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

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:
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Contact Hidden Sparks:
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Upcoming Hidden Sparks Without Walls Sessions

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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