

# Nearly 100 Jewish Day School 'Hidden Sparks' Program To Ac Health During Pandemic

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The COVID-19 pandemic has taken a negative toll on so many aspects of everyday life, in the classrooms. Hidden Sparks, a nonprofit focusing on training teachers and providing to mainstream Jewish day schools, recently convened a virtual conference to address this challenge. Educators came together to collaborate on developing their skills and toolboxes for creating positive

Participating educators were able to choose from 11 lecture options that gave them tools classroom to teacher's self-care and personal growth. Topics included Recognizing Anxiety, Building a Positive Psychological Toolbox, and Personal Growth in Difficult Times, among

The participating educators hailed from 45 Jewish day schools in New York, New Jersey, Rhode Island. They span the religious affiliation gamut from those identified as serving a Hassidic students. Long Island participating schools included HALB, Shulamith School for North Shore Hebrew Academy Middle School (Great Neck).

They heard from leading education experts including Rona Novick, Ph.D, dean of the Azri Administration at Yeshiva University and co-educational director for Hidden Sparks; Lily I Learning Coach; Hidden Sparks coaches from across the country, school, and clinical psy

Throughout the past year, Hidden Sparks has remained in constant communication with the pandemic has had on both the teacher's personal psyche as well as those of their students' experiences. The seminar's focus on mental health was specifically chosen in response to the tools they need now to help both themselves and their students.

"Fortunately, many yeshivas and day schools have managed, through careful planning, to keep learning has been especially challenging for our teachers," said Hidden Sparks executive director for our retreat this year had to begin with strategies for teachers' self-care, and then expand to the classroom. There has been such a focus on academic learning loss this year but in reality students have experienced through this time, and we recognize how important self-care strategies are for our students."

Founded in 2006, Hidden Sparks is one of the leading nonprofit organizations dedicated to supporting Jewish learners. Through professional development programs and on-site coaching for teachers, Hidden Sparks provides learning and approaches for teaching all kinds of learners, particularly those who struggle with learning. As of 2020, over 3,875 educators trained by the Hidden Sparks curriculum, the organization has served over 10,000 students in Israel and 3,875 educators trained by the Hidden Sparks curriculum, the organization has served over 10,000 students. For more information please visit *HiddenSparks.org*.