



JOSEPH KUSHNER HEBREW ACADEMY RAE KUSHNER YESHIVA HIGH SCHOOL

RKYHS HOSTS PROGRAM TO HELP EASE TRANSITION TO HIGH SCHOOL FOR 9TH GRADERS

Last week the RKYHS 9th grade classes were participants in a program in which the many challenges of high school were discussed, along with a variety of solutions. Some of these challenges include a more extensive workload, the expectations of high school with respect to standards, the challenges of balancing obligations, both academic and co-curricular, and social pressures stemming from being the youngest in a new environment. Time management, planning and organization were discussed as being critical factors in keeping track of school, sports teams and clubs, family events and obligations and a social life with friends. Utilizing planners, Google Classroom, maintaining organization of materials and lockers, were emphasized as being useful tools. Stress reduction techniques were reviewed with the help of Ms. Sarah Stiefel, MSW, a new member of our RKYHS faculty.

Students were informed of the incredible support staff that we have, and we reviewed the faculty members available to assist with specific issues. Students received a list of “Who’s Who at RKYHS” so that they could avail themselves of the support that we are pleased to provide at RKYHS as we continue to help our freshman transition into high school.

