

May 2022

The Posnack Pulse

Fischer High School's Student-led Newspaper



Class of 2022 Reflects on Their Experience at Posnack School

Page 5

Letter From the Editor

I am thrilled to be the Editor-in-Chief of The Posnack Pulse and look forward to working closely with our student staff writers to publish many articles both online and in print. I hope that we can continue to increase our presence at Posnack Jewish Day School, gaining more readers and writers over time.

I am excited to present the first printed issue of The Posnack Pulse. This issue covers reflections from the class of 2022, students' volunteering activities, performing and visual arts, student government, SAT news, National Merit, study tips and more. I hope you enjoy reading this issue.

I am so proud of all the hard work the writers have put into this issue. Enjoy!

Sincerely,

Adam Elitzur

Editor-in-Chief

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The Pulse

The Posnack Pulse is a student-run newspaper, published periodically throughout the year, as well as continuously online (theposnackpulse.com or scan QR code below). Student editors make content decisions, and the newspaper is considered a forum written by and for the students. It is, however, reviewed by the administration prior to printing. Suggestions and comments are accepted and encouraged.

We are looking for more writers for next year and writers will receive service hours. If interested, please contact editor@theposnackpulse.com.

Letter From the Faculty Advisor

Welcome to the inaugural print edition of The Posnack Pulse! These pages represent the best of Fischer High School – YOU! For generations, students have used school newspapers to communicate, share information, and highlight accomplishments. In today's day and age, when information moves so quickly, we're pleased to offer you a moment in time that you can hold onto with both hands. A school newspaper is a tangible record of all we are as members of this Posnack School family. This paper is all about each of you.

We encourage you to write for the paper at least once during your high school career. Please think about joining us at next year's club fair. We pay in service hours!

Thank you to all who have written and contributed to this effort. I'm also incredibly grateful to Adam Elitzur and the Elitzur family for their support. Adam's vision of having a school paper is the driving force behind the very copy you're holding in your hands.

Sincerely,

Suzanne Tavoracci

Faculty Advisor



Art from the Heart at Posnack School

by Orli S-M.

Posnack Jewish Day School has always shown its pride through its extensive arts programs. This year a return to live performances and gatherings has paved the way for long-awaited musicals, band concerts, and art shows.

Performing Arts:

First, we had the musical *Mamma Mia* in January. Both students and teachers put in a lot of hard work to make the musical happen.

Junior Max B. shared his thoughts on the play. “Over a few weeks, you get familiar with lines and start getting into character. While it was stressful, everyone was in the same boat, and the teachers were understanding about it. It was rewarding, creating something everyone was proud of.”

Senior Deborah C. talked about her emotions during the shows. “It was always stressful before and during the play. It was hectic. It was kind of like everyone was running around. I was always in the wings getting ready, singing along, and practicing with my friends.” She also expressed her feelings about this being her last Posnack School performance. “It is sad knowing you are done with the show after a lot of hard work. I have enjoyed being a part of the Posnack School Theater Department, and it won’t be the same without the shows and the people I’ve met.”

The show would not have been possible without the dedication of Abraham Acay, Roxanne Charette, Performing/Visual Arts (PVA) Director Didi Moses, the stage crew and the cast.



Scenes from *Mamma Mia*

Visual Arts:

Meanwhile, students have created and shared award-winning pieces in photography and art, guided by Mrs. Judie Jackowitz, Mr. Michael Bauman, and the other art teachers.

In art, students have been focusing on topics of their choice, such as the changes in our world today. Some students have also been painting from sources such as the Torah.

One of the exciting developments has been art competitions, such as the Congressional Art Competition and the Scholastic Art and Writing Awards. Students have been entering these competitions throughout the year and expressing their passions through their pieces.

Freshman Gabriella S. explains the exciting things happening, such as competitions and inventive photoshoots. She shares, “We have been submitting photos to competitions such as the Scholastics Art and Writing competition and the National Portrait Gallery for teens. We submit the right photo for the specific competition. The photo is also submitted with an artist statement, which explains what our photo is about, or how we want the viewer to look at our piece.” Sometimes the artist leaves details out of their artist statements so that the viewer can interpret the photos any way they want.

In class, students have been busy experimenting with different photography styles, such as self-portraits, and they have been coming up with their own ideas to photograph.

Gabriella also says, “When I shoot, I get creative and use emotions to bring color, tone, and feel to my art. Photography is not just taking a photo. It is a form of self-expression shown through the click of the camera.”

Students displayed artwork at Posnack School Art Walk 2022 at the end of April. The artists also had the opportunity to enter a logo contest for Art Walk, with the theme being revival. The winner of that contest was junior Sierra S.



Art Walk 2022

Band:

Another area where students have been shining is the Posnack School band. Whether in the marching band or the more classical band, there have been exciting moments throughout the year.

To begin with, the marching band played songs from *Mamma Mia* during morning dropoff before the show. They also received new uniforms to display their school pride. In the classroom, students practiced songs by themselves and their classmates.

Sophomore Sarah M., who is in the band, shared that it was challenging to make sure that everyone was on the same page, but it was a good experience for the musicians. Students also had the opportunity to perform in the Winter Concert at Posnack School.

Freshman Eva K. spoke about her experience. “It was amazing to have the opportunity to perform since Covid has slowed down. Once we got the news about the concert, we started choosing the songs we would be performing. After a lot of practice, we were finally ready. It was nerve-racking, but needless to say, we all rocked it! It was a night that I will never forget.”

Charles McKay, Zohar Shahar, and Nathan (Gadi) Cohen deserve a big thank you for helping the students grow this year through their music.

The PVA faculty, combined with a return to live performances, made this year in arts incredibly special. Art will always be from the heart here at Posnack School!



Marching Band Preparing to Perform for Seniors

SAT Going Digital

by Nicole K.

Since its creation in 1926, the SAT (the Scholastic Assessment Test), has undergone several revisions and is a commonly used tool in the college admissions process. Though many colleges offer test-optional applications, SAT scores are still a significant component of many students' applications. Standardized testing, including the SAT, has become a highly controversial topic. People argue that these tests highlight socioeconomic differences and are not a valid measure of intelligence or achievement, among other complaints.

In order to combat these claims, the College Board has recently announced several significant changes they are bringing to the SAT. These changes will be effective internationally in 2023 and within the United States by 2024, meaning the current freshman class will be the first to test out the new SAT. The exam, which currently lasts a total of three hours, is being shortened to only two hours. This could be advantageous for students who find they have difficulty focusing after long hours of testing. At the moment, the SAT is split into two distinct math sections, a section in which calculator use

is permitted and one in which a calculator is not permitted. In the future, the SAT will allow the use of a calculator throughout the entire math section. Some students believe this is a disadvantage in comparison with the current SAT, as they perceive the non-calculator section to be easier than the calculator portion of the test.

Arguably the biggest change is the shift from a paper-pencil test to a completely digitized version. The SAT will be fully online and will become an adaptive test, meaning the questions

increase in difficulty as students get them right, and get easier as students get them wrong. A student in the class of 2025, who wished to remain anonymous, said "[She] would prefer taking the SAT on paper because [she] would concentrate better." Though many online standardized tests already exist, many students prefer to take a paper-pencil exam that they can interact with physically and that "maintains the same level of difficulty throughout the exam, which will motivate people to study harder." One feature of the future version of the SAT that is advantageous is that results will be reported back much faster.

The changes to the 2024 SAT will have a drastic impact, especially by changing the way the test is administered. Whether these changes will prove to be an advantage or disadvantage for incoming classes is unknown. It remains to be seen if these revisions will make the SAT more relevant or add fuel to the fire of the controversy over the test.



features

National Merit Scholarship - Tips from Finalist

by Ryan C.

The National Merit Scholarship is considered among one of the most prestigious scholarships for incoming undergraduate students; earning this scholarship is no easy feat! Interested students take the PSAT their junior year. Top scorers on this exam are distinguished as commended students by the National Merit Scholarship Program or if you're among each U.S. state's highest scorers then you're a semifinalist. This scholarship is so prestigious that being selected as a commended student or as a semifinalist are significant accomplishments (and resume lines!) on their own. After submitting required materials: essays, resumes, and SAT or ACT scores, semifinalists may be selected as finalists. From this small group of finalists, an even smaller group of National Merit Scholars is ultimately selected without any additional materials submitted.

Fischer High School is proud to have two students in the Class of 2022 who have qualified as National Merit Scholarship Finalists - Aryeh B. and Cameron M. Cameron shared some insights about what went into achieving this accomplishment. She said, "I admittedly had worked very hard to achieve the score that I did. If there is one thing that I think helped me along my journey it was preparing and taking many practice tests...

I took more practice tests than I could count if I was an octopus and had eight hands."

Cameron was kind enough to share some test-taking and writing tips that have helped her through her academic journey and to ultimately become a National Merit Scholarship Finalist. In regards to test-taking, she emphasized, "Miracles don't happen on the SAT. The SAT is a game... there are points, you have an objective... The best way to set yourself up for success in any game is to practice at it... If you want to win, you've got to go in with a strategy." In building a test-taking strategy, she specifically recommends the following: "For the reading and the grammar part, learn to dissect the questions... Become a critical question reader." Cameron explains that it is essential to take full advantage of the benefits of prep-books in addition to working with a tutor.

In regards to writing, she reminds students that "the foundation of good writing is a good idea." She advises, "Always have a notes folder open... you never know when that incredible line... or that incredible connection is just going to pop into your head... Make sure you act on your ideas." She also reminds students not to overdramatize their writing and to remember that one's writing should be like a conversation with

that person or genuine insight into their mind. In writing personal essays, Cameron stresses the importance of finding a common thread between multiple passions to reveal one's true personality. As adapted from "Alexander Hamilton," Cameron recommends that students "put a pencil to [their] temple, connect it to [their] brain."

Most importantly, "the SAT and the ACT... is not a measure of intelligence, it is not a measure of your worth as a person... that number is just a number."

The National Merit Scholarship is an incredible honor and prestigious point of distinction on students' resumes. However, it is important to note that this scholarship is one of the thousands of scholarships available to incoming undergraduate students, many of which are very prestigious or can provide great financial support.



Class of 2022 Reflects on Their Experience at Posnack School

by Adam E.

As their high school experience draws to a close, seniors reflect on their time at Posnack Jewish Day School. During their last few weeks on campus, a few seniors took the time to share their memories, reflections, and advice with The Posnack Pulse.

Favorite Memories

Seniors' favorite memories from Posnack School revolved around friends and extracurriculars. Deborah C. loved the musicals, specifically this year's production of *Mamma Mia*. Solomon S. has fond memories of hanging out with friends and playing on the school sports teams. Sophie A. enjoyed making lifelong friends in her classes and attending prom which she felt brought her grade closer.

What's Special about Posnack School?

Sophie loves the one-on-one relationships that she has with teachers. "The teachers are always super supportive of you, and they always want what's best for you," Sophie said. "I could go up to my teachers and not even talk about schoolwork, and they'll always be listening."

Deborah appreciates Posnack School's small class sizes. "I was able to have excellent relationships with all my teachers, and I ended up making inside jokes with them," she remarked.

Solomon will be attending Ross School of Business at the University of Michigan. He is grateful to Posnack School's college counseling department for helping him gain admission to his dream college. "The college admissions process was great, especially with Randi Marcus. She helped me get into most of the schools I applied to, and I will really miss her. I could not have done anything without her," Solomon said.

Looking Ahead

Seniors are excited about having new experiences in college. "I'm looking forward to a change," Sophie said. "I'm going to California for college. That's far, and I'm really excited for a new life and a new career. I think it'll be really fun to meet new people and challenge myself because I will be going to a big school."

Solomon agreed and said, "I am looking forward to being in an environment with thousands of students, branching out, and studying more of what I enjoy."

Deborah is looking forward to living on her own and meeting new people. "I'm super excited to live on my own, have a fun time in college, get to know new people and make new friends." However, she added, "I've never been outside a small school setting. So leaving that and going into college - it's kind of scary. But I also know that I still have friends back home waiting for me."

Advice

Seniors also offered helpful advice to younger Fischer High School students. "Enjoy every bit of high school: go to that party and take that AP class because you never know who you'll meet. You could meet your best friend forever at a party or in an AP class," Sophie remarked. Deborah added, "Also try to join big clubs, like Model UN. Join clubs that have special field trips because you're going to get closer with the people in the clubs by the end of the year when you go on those field trips."

Sophie emphasized the importance of staying true to your passions. "Pick one club you like, and then stick with that for three to four years. And then try to get a leadership role in it. Don't just do something because you think it'll look good for college. Do things that you're passionate about so you can stick with them in the long

run and find your interests for college."

Sophie also suggests challenging yourself. "Work hard because hard work pays off. And just try to do the best you can. Don't worry about what other people think of you."

On the other hand, Solomon recommends not to overstress about grades. "It takes a toll on people. I have seen it with my friends and myself, and I think it is much healthier to try your best but not to compare yourself to others."

Deborah advised students not to think too far ahead. "Take high school day by day. It took me until this year to actually start taking it day by day."

Final reflections

When asked how it feels to graduate, Sophie remarked, "I honestly hate this question because it reminds me of the fact that I'm almost done with high school. And it's so crazy. Enjoy it while it lasts because it's such a great experience. And I would love to be back in ninth grade right now and do it again. I've been a student at The Posnack School since kindergarten. So for me, it's going to be very hard because I've been with these kids for 13 years. And now that it's all over, it's really sad, but it's going to end on a good note."



Seniors posing after awards ceremony



Seniors walking through halls before awards ceremony



Senior Deborah C. singing at the senior awards ceremony

Teachers and Students Share Their Top Studying Skills

by Luca S.

High schoolers often find themselves struggling with motivation or strategies to study. Studying, therefore, becomes a hassle. It is essential that students study effectively, which will ultimately boost their eagerness to study and be productive. Below is a list of tips and strategies to enhance studying from some of our very own Posnack faculty and students!

“Review, Review, Review”: Remember to study over several days, not only the day before a test. Also, according to psychological studies, students remember the first and last topics they learn, so it is best if students rotate the order of the content they study. (Social Studies Teacher Michelle Levin)

Use Resources: Use the study guide to your advantage! Convert the topics from the study guide into short answer questions, and answer them as if they were a test or a jeopardy game. Handwrite the answers in complete sentences and underline important information when answering the questions. However, don’t just memorize the information, be ready to apply it. (Social Studies Teacher Shari Corn, English Teacher Meghan Wilk)

Handwritten Notes: When reading a textbook or studying, handwrite notes in complete sen-

tences. Also, on the margin before every bullet point, write one or two words that summarize what the bullet point is teaching. Then, when studying, fold the page at the margin line, read the words, and test yourself to see if you know the information about each topic. (Social Studies Teacher Oscar Siflinger)

Know Yourself: Everyone’s body and brain is different. It is crucial to understand and know when your body works best. For example, some people work best at night, while others are more productive early in the morning. Take advantage of your body’s natural requests; if you feel eager to study, do it! To achieve this goal, you must manage your time wisely to be able to work at a time when your brain absorbs information. (Science Teacher Sara Edelman)

Remove Distractions: Although this may sound obvious, it is vital that studying occurs without distractions. Distractions, such as cell phones, disturb your brain from retaining information. If you lack the motivation to study without distractions, set a study goal and reward yourself with a break when that goal is reached. (Science Teacher Sara Edelman)

Spaced Repetition: This is a studying technique that reviews topics over a period of time. This

method involves flashcards, which students use to test themselves. Set aside terms that still need to be studied and review them later. Over time, more complex questions are presented. (Senior Cameron M.)

Relax: Doing too much work will make you tired. Learn how to manage yourself and your time, and use all of the resources provided to ease your study. Watching relevant YouTube videos is a relaxing and fun way to review topics. (Junior Ella M.)

Rewording: Rather than just memorizing the material, you should be ready to understand and apply it. To help with this, when taking notes, write the information in your own words instead of copying what the textbook or teacher says so that you think more and get more prepared to apply the information. (Sophomore Ryan C.)

Pay Attention: Be sure to pay attention to lectures, and if needed, watch the recordings of the classes for reinforcement. Then, when studying, use resources, such as Quizlet to test your knowledge. (Freshman Nir Y.) Cameron recommends looking up her account “cmiller126” on Quizlet to access helpful Quizlets.

Student Government Concluding the Year on a High Note

by Zoe A.

Fischer High School’s student government has been very active after returning to entirely in-person school this past year. Over the course of the year, they have worked diligently to plan school assemblies, class trips, and fun events for the entire student body.

This year, the student government planned both grade-specific and schoolwide events. Some notable activities include the Marjorie Stoneman Douglas memorial to commemorate victims of the school shooting, the Junior class trip to Westgate River Ranch, and the annual Thanksgiving Harvest Food Drive. Usually, the school plans fundraisers and activities that include the entire student body; however, with the past two years of virtual and hybrid classes, it was much more challenging to jump back into organizing these activities. Even at the beginning of this school year, masks were mandatory, and the grades were much more separated, making it quite difficult to start the student government’s plans for the semester.

The student government, however, rose to the challenge of creating a fun year with events to bring students together. Senior class president Joseph P. said, “Student government is important because logistically, everyone, students and administration, have so much going on, and it’s good to have someone in between them to organize people.” Joseph has been in student government since joining the Posnack School community in 6th grade. Since then, he has done his best to keep students enthusiastic and active in school-related fundraisers and events.

Student feedback was an essential element contributing to successful activities this year. The student government primarily works with the administration, and student feedback is crucial to informing their priorities.

Max. B., Fischer High School’s student body vice president, shared what he likes best about being a part of the student government. Max said, “It’s being able to hear feedback from the kids in school, and having the ability to help

influence decisions and have everyone’s voice heard.” As student body vice president, Max has been one of the top contributors to planning school events. Speaking about the juniors’ overnight trip, he said, “It was hard to plan, logistically, and there were so many things we needed to do in order to go on it. But all of our hard work paid off, and we went, and everyone had a super fun time.”

The student government is busy planning activities for the coming school year, and Max encourages students not to be afraid to join student government next year. He said, “It’s an honor serving students because I’m just like you guys. We’re all a team, and we’re all trying to get things done, so being able to be a representative for the student body is an honor,” he noted. “It’s something that I take great pride in, and I’m looking forward to next year, my senior year. I want to make sure foundations are laid for the future. It’s my job to make sure that, once I’m gone, the student government doesn’t die out. It’s all about passing on the torch.”

Volunteering at Posnack School: Students Share their Experiences

by Rebecca E.

Fischer High School students devote significant time to community service as part of the requirement to perform 100 community service hours throughout high school. This requirement gives students a chance to explore a variety of volunteer opportunities and to help a wide range of people. This article offers a spotlight on a few Posnack School students' volunteering experiences: sophomore Ryan C., junior Ella M., and senior Samantha W.

Ryan has spent his volunteer hours tutoring a Ukrainian student, Alex, over Zoom. Ryan and Alex were matched together through a program called ENGIN, a nonprofit organization that pairs Ukrainian youth with English speakers for online conversation practice and cross-cultural connections. ENGIN paired them together because of their shared enthusiasm for geography. Ryan and Alex meet over Zoom once a week and get prompts for topics to discuss. "They provide pretty philosophical questions. Trying to explain the meaning of life in a new language is not an easy task, but he's done a great job with it," Ryan told us. Ryan and Alex were featured on NBC Miami news in a piece that highlighted their friendship, and Ryan also spoke about this at his synagogue.

Things were going great for Alex until the war in Ukraine started. Alex and most of his family fled to Germany a few weeks after the war began. Ryan said, "it's horrifying to see this friend that I've made over the past year, who's told me every week how school's been and how everything's been going well, now tell me how everything has turned around for the worse. I could never imagine waking up in the middle of the night hearing rockets and bombs, and just a few weeks later, being displaced from my home and having to go to a country whose language I've never spoken before."

Ryan has helped Alex navigate through these tough times and continue to learn English, even while not being able to go to school. Alex didn't let the war stop him from learning. "In his culture, he was raised to be super hardworking.

He's super committed to doing well and getting to where he wants in life. It is so devastating to see things change for him so rapidly, and I can only hope for the best for him and for his family and for all of the people in his country." Ryan has spent many hours teaching Alex English while at the same time making a friend. He has helped Alex greatly improve his English, and that is something that they will both never forget.

Senior Samantha W. has devoted her volunteer hours mostly to the arts. She worked at the Young at Art Museum as an assistant for their summer camp art classes, volunteered as a president of Art for the Heart, and also ran the National Art Honor Society and the National Junior Honor Society. The Honor Society recently worked on projects for Relay For Life, which is a nationwide cancer walk. The middle school made a Candyland-themed booth for the cancer walk, and the high school made luminary bags in honor of people who have passed away or have been affected by cancer. "I would say art makes a direct impact on the community because it's something that all people can see and experience. I've seen families literally cry over how beautiful the luminary bags are for their family members."

During her time with Art for the Heart, Samantha helped distribute over 100 cards for healthcare workers. "It's just really nice sharing an activity that I love doing myself, with other kids. Seeing other kids also get to work on community service, and helping the younger kids make art is something I've always loved doing." Samantha has been creating art since she was 2 years old, so being able to volunteer and help other kids with the activity that she loves doing is exciting for her. Samantha will never stop creating art, even after leaving Posnack School. "I'll definitely always be a part of the art world and help in this way." She not only loves art but she also loves helping people through the arts.

Junior Ella M. has spent her volunteering hours with Maccabi Tzair Fort Lauderdale, a Jewish youth movement that engages kids in activities that promote Jewish identity and leadership. Ella helps lead the tenth-grade group, called Madri-

chim in Training (MIT), who are training to become counselors at Maccabi. Her job is to plan events, make sure that everyone is informed of the plans, and ensure that everything stays in order. She plans the themes for the week that relate to Judaism. "Through Maccabi, we're not only able to help children learn more about Judaism and their communities, but they're also able to find themselves. I was able to find a community through Maccabi and shape my Jewish identity. Maccabi definitely changes you as a person," she told us. Maccabi has helped so many people, including Ella, feel like a part of a Jewish community.

Ella also shared that Maccabi is an incredible experience, where people make forever friends and memories that they will never forget. "Being an MIT [counselor] especially is the best thing I could have ever done. Being with these kids and being able to teach them, and seeing how much they've changed from September to now, it's crazy. I've seen them grow in Judaism and as people themselves, so it's just been really awesome." She has loved being able to help the kids in the community and help them navigate through their Judaism.

When she joined Maccabi in 9th grade, she didn't expect that she would love it so much, and not only become a counselor there, but a leader of the counselors. Ella appreciates the skills and lessons that she is learning while volunteering and feels that they will be very useful throughout her life and have made her a better person. "I know that everything I do in Maccabi and all the skills I gain from it are helping me grow as a person. I've learned that I'm really good at working and dealing with people, so I definitely want to do something like that in the future."

Ryan, Samantha and Ella engage in very different volunteering activities, but the three share the same passion and enthusiasm for their volunteering and excitement about helping others. All three have gained new skills from volunteering while also giving back to the community.



AMERICAN & UKRAINIAN TEEN LEAN ON EACH OTHER



Ella with her Maccabi Madrichim in Training group

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Congratulations!

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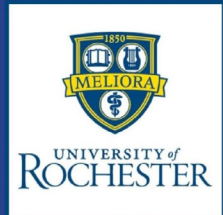
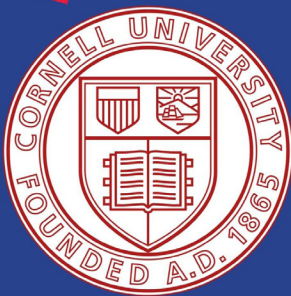
S C H O O L

CLASS OF 2022

ACCEPTANCES



FIU



PACE
UNIVERSITY



JOHNS HOPKINS
UNIVERSITY

COLUMBIA
UNIVERSITY



McGill

