



# The Spire School

*Know Thyself*

# THE POWER OF POSITIVE EDUCATION

We recognize that all students have strengths and that when taught the appropriate skills, students can leverage these strengths to increase self-efficacy and enhance their own experiences and quality of life. In this way, students also come to understand how to overcome or compensate for areas of weakness. This practice encourages students to admit a lack of knowledge as a means to move beyond feelings of inadequacy.

To help students come to know themselves as learners, Spire uses principles of Educational Therapy coupled with Strengths-Based Instruction and Positive Psychology.

Contrary to the problem-focused models of traditional psychology, Positive Psychology asserts that an enriched, productive and fulfilling life involves far more than just the resolution of problems. Principles of Positive Psychology aid students' understanding of and applications for creativity, courage, curiosity, integrity, self-control, teamwork, work ethic, tolerance and compassion. These essential elements of character and self-growth help students on their journeys towards successful independent learning and effective social-emotional functioning.

## HEALTH & WELLNESS

### Exercise

The Spire School reinforces the cognitive, emotional, and physical benefits of exercise through regular fitness routines at our yoga studio and the Chelsea Piers Athletic Facilities in Stamford. During yoga, our instructors work with students on mindfulness and meditation, balance/coordination, flexibility and strength. At Chelsea Piers, students are instructed by trained athletics instructors in a variety of energizing athletic activities including ice-skating, gymnastics, volleyball, basketball, soccer, trampolining, rock wall-climbing, batting cages and more.

### Nutrition

A nutritionist counsels students on nutrition basics, maximizing energy levels, and how nutrition affects brain function. Students learn about holistic, mindful eating approaches that incorporate building awareness of hunger and other body signals. Students are encouraged to take ownership of their eating and to make healthy decisions.

### Arts & Music

The arts provide an alternative means of self-expression, particularly for students facing emotional challenges. Specialized art, music and drama instructors teach technical skill development in visual and performing arts. Instruction is available in drawing, painting, sculpture, acting, voice and music, music theory, photography, design and fashion.



The Spire School is an accredited, co-ed, independent day school for intellectually capable students in grades 6–12.

Our high school consists of standard, honors, and AP-level college-preparatory academics, and we also offer foundational academic skill development to both our middle and high school populations.

Integrating an individualized education with a health and wellness curriculum, The Spire School helps students realize their academic potential and supports skill development to overcome social and emotional difficulties. To promote a healthy and secure sense of self, we emphasize self-care through effective coping skills, exercise, nutrition and academic empowerment.

At The Spire School, we strive to help students know themselves as learners, as individuals, and as members of a community. We help our students get back on track by teaching them to identify their strengths and develop self-management and interpersonal skills to assist them in their development.





# SPIRE LIFE COACHING

The Life Coach is a unique aspect of The Spire School. Life Coaches are clinical professionals who hold at least a master's degree in fields related to counseling, social work or school psychology. Aside from meeting individually with the students and leading groups, the Life Coach is the point person for the student's Community of Allies, including: parents, teachers, outside therapists, psychiatrists, tutors, and anyone involved in the student's well being.

The Life Coach acts as the liaison between the school and home, and coordinates the student's care with outpatient treatment providers. The Life Coach meets 1:1 with students and communicates with their families at least weekly, and has contact with outpatient providers, as needed.

## COLLABORATIVE GROUP LEARNING

### “Know Thyself”

These group learning experiences are led by Spire's Life Coaches and include:

- Presentations and discussions about resiliency, relationships, teen brain development, academic skills, benefits of exercise and recreation, self-esteem, coping strategies, positive psychology, character development and more.
- Our goal is for individuals to establish a better self-understanding and to establish lifelong happiness and productivity.

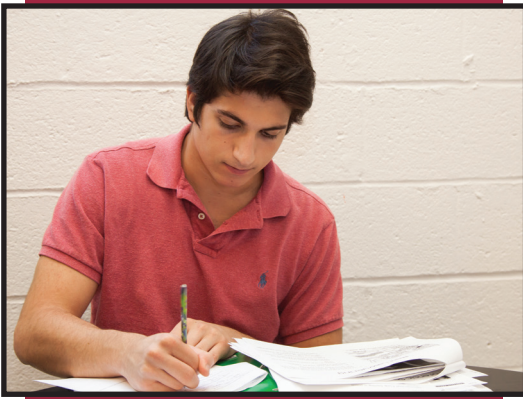
### Executive Function Workshop

- Students learn and practice executive functions skills: time management and planning, task analysis, materials management, study strategies, memory techniques, organization, note-taking skills, goal-setting, decision-making, problem-solving, self-advocacy and self-regulation.
- These valuable skills are taught in a group setting and are reinforced through practical application and experience in the classroom.

### Group Process

- Each week students participate in process oriented groups that focus on student issues. Sessions are guided by topics of student concern and include discussions of interpersonal relations, emotional regulation, self-advocacy and confidence building.
- Small group activities and discussions include art and culinary therapy, social skills, relaxation methods, coping skills, college preparation and psychology in the media.





*“When all the doors seem to be closed, The Spire School opened a whole new world to our daughter. By creating a safe and supportive environment, the remarkably capable team of teachers and staff helped our daughter replace self doubt with confidence and academic indifference with enthusiasm. The Spire School filled our hearts with hope and I am forever indebted to this amazing institution.”*

- Spire School Parent

## SUPPORT FOR OUR FAMILIES

We believe the committed involvement of families is an essential element for the success of each student's journey. Student and family support are key components of the Spire educational experience and parents have frequent contact with their child's life coach.

Parents are involved in program development from the very beginning, contributing to the academic and therapeutic components. Because we want our parents to be part of the solution and healing, regular parent education seminars are incorporated into the school calendar, as well as parent-child group activities, such as art and culinary therapy. Evening parent seminars are educational and supportive and may be led by a member of our clinical team or facilitated by a community professional. Discussion topics have included teens and technology, drug and sex education, learning differences, nutrition, executive functioning skills and resiliency. We also offer parent "lunch bunches" as an invitation to families to get to know members of the Spire team and one another.



*“Without Spire, I would not have been able to thrive and reach my full potential. It has truly helped me be all that I can be.”*

- Spire School Student



## Our Mission:

Empower students to achieve their academic goals while supporting their growth into confident, resilient human beings who view and embrace life as a series of exciting challenges and possibilities.

At The Spire School, we believe that the most effective way of creating a strong sense of confidence is through mastery experiences. Successes build this belief, while failures undermine it. We promote the growth of self-efficacy by providing students with the knowledge, skills, and resources to face challenges informed and equipped. The Spire staff supports students in setting realistic and challenging goals, articulates the steps required to attain their goals, and guides them in their journeys toward success. Through cognitive, motivational, and affective processes, we help students develop a heightened sense of responsibility, adaptive functioning and resilience.



*“Spire has helped my son focus on his strengths while learning to manage his weaknesses.”*

- Spire School Parent

## SERVICE LEARNING

Research suggests that altruistic activities, such as those associated with volunteer work, create a “helper’s high”—a sense of euphoria triggered by the dopamine reward system in our brains. Helping behaviors translate into feeling stronger, more energetic, calmer, and less depressed/anxious, thereby increasing feelings of self-worth and improving social competence. These findings provide the foundation for Spire’s community service initiative. We believe that by having students execute meaningful service projects, they contribute to the overall health and wellness of themselves and their community.

*“The Spire School was the right place for my child to land during an emotional and academic crisis. The teachers and the support staff are amazing and very caring. While it was often quite difficult for my son, he worked through a great deal with the help of the dedicated and talented professionals at Spire.”*

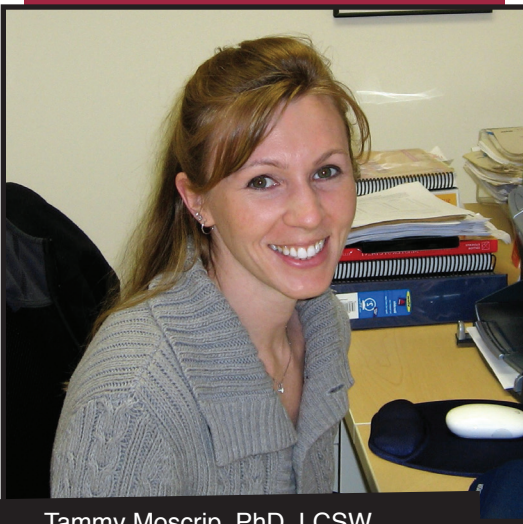
- Spire School Parent

## ACADEMIC TRANSITIONING

The Spire School offers rolling admissions for students who are looking for an educational placement anytime during the school year. After the start of the school year, we facilitate students’ transitions into Spire group classes via the short-term, accredited academic program of Greenwich Education Group’s Links Academy. At Links Academy, students work one-on-one with teachers to determine class level and placement, recover academic credit and catch up on the content and skills of their Spire group classes.

*“The parent teacher meetings were terrific. It was wonderful to hear how uniformly well my daughter is doing. At least equally wonderful was to meet with such talented and dedicated teachers. Thank you so much for all the work you are doing to make this school possible!”*

- Spire School Parent



Tammy Moscrip, PhD, LCSW  
Executive Director of The Spire School

Tammy is the Executive Director of The Spire School and Links Academy, and serves as the Clinical Services Director at Greenwich Education Group. She holds a doctorate in psychology from Columbia University, and is a licensed clinical social worker who specializes in work with children & families.

Tammy is particularly interested in the intersection of the brain, cognition, and behavior. By integrating her knowledge of neuroscience and learning theory, she helps students develop cross-disciplinary skills and strategies that address short-term goals for academic success, as well as long-term goals that involve essential life skills such as effective interpersonal interactions and emotional regulation.

Her approach utilizes a strengths-based instructional methodology and a combination of cognitive and dialectical behavior therapeutic techniques that complement the unique social, cognitive & behavioral profiles that shape individual students’ learning styles and academic success.



**“At this time last year, I was struggling to maintain a positive outlook on school. I was confused and overwhelmed... Being at Spire improved my outlook tremendously, and I feel happy to go to school and participate in my schoolwork... Spire was a terrific landing spot for me.”**  
- Spire School Student



**“The Spire School is like when you are really, really cold and you get a warm blanket to wrap around you.”**  
- Spire School Student

## OUR CAMPUS

The Spire School is located at 44 Commerce Road, near the Old Greenwich border in Stamford. We share our spacious facility, which consists of over 17,000 square feet, with our sister schools, Beacon and Pinnacle and our short-term academic transitional program, Links Academy. We have two student lounges in which students have the freedom to work independently, collaborate in groups, socialize and make new friends. Our small group classes take place in comfortable classrooms that facilitate discussion and interaction. Our athletic facilities are housed at the state-of-the-art, Chelsea Piers Sports Center in Stamford.

## ADMISSIONS

Prospective Spire students are capable students who, for various reasons, are not realizing their academic and social-emotional potential. Oftentimes this is due to ineffective coping skills or difficulty regulating emotions. Spire students may also be experiencing low self-confidence, self-competency, and self-worth.

In addition to a strong academic foundation, The Spire School uses a holistic approach to provide these students with the skills and tools needed to grow into healthy and secure individuals. Our emphasis on wellness of mind, body, and spirit helps sidetracked students achieve academic goals while improving overall quality of life.

Spire is not an appropriate option for students who have behavioral difficulties, substance abuse issues, or are engaging in behaviors that place them in imminent danger of hurting themselves or others.

**Students or families interested in applying to The Spire School are welcome to contact us at: [admissions@spireschool.org](mailto:admissions@spireschool.org)**

**“The people at The Spire School always made my son feel welcome, supported and part of a genuine community.”**  
- Spire School Parent

44 Commerce Road, Stamford, CT 06902  
203.409.0066 [admissions@spireschool.org](mailto:admissions@spireschool.org) [www.spireschool.org](http://www.spireschool.org)