



# KEEP UP WITH THE BUZZ



L'ACADEMIE BETH RIVKAH POUR FILLES NEWSLETTER – SPECIAL DIGITAL EDITION

## SOME HORO'OS FROM OUR REBBEIM

**Click  
Here**  
for a  
complete  
list

**Give tzedakah each hour and before each tefillah,** so that you give a total of 18 (small) coins over the course of the day. Distribute these coins to the tzedakah of your choice, including causes you would have given to either way. If you cannot give this amount, give less, as long as you give a number of coins throughout the day.

**Be careful to speak truthfully.**

**Respect your parents.**

In a number of letters, the Rebbe writes that being careful to **say Chitas brings berachos to those in need of a cure.**

## OUR DOORS MAY BE CLOSED BUT OUR HEARTS ARE WIDE OPEN

Beth Rivkah's priority is is for all to be safe & healthy physically & emotionally. Educational programs have been put in place in each department.

## SCHOOL UPDATES:

### CPE

The Morah's have prepared a box with Haggadas and crayons in the school lobby. Parents are picking up this package for their daughters so that they can work on their Haggadahs. Some Haggadas have been emailed for parents to print.

Circle time, story time, davening are in full swing. Students are so excited to hear their Morah's voices and connect with them either through a video or a voice note.

Please continue to send pics of your daughter doing Alef- Beis coloring sheets & learning about Pesach

### ELEMENTARY SCHOOL

Online teaching provides a chance for teachers to connect with their students, and prepare them for Yom Tov, and to continue French lessons. Students can learn either by calling in live and meeting, by being in the online classroom, or by watching a recording of the class at their convenience.

### HIGH SCHOOL

Learning in grades 7 and 8 has continued daily via [CHYeshiva.com](http://CHYeshiva.com).

Students in grades 9, 10 and 11 learn independently daily. They fill out a log book of their progress.

All students join in a conference call with their teachers two evenings a week in order to connect and learn.

### THANK YOUR TEACHERS!

Thank you to the principals and teachers in all departments who have put in tremendous effort to continue lessons in Beth Rivkah.

### SCHOOL COUNSELOR

There could be many different challenges that might be hard to deal with during the period. Having someone objective to discuss concerns, thoughts and bounce ideas off of, could be helpful. If you have some concerns to discuss, you can always contact the school counselor, Nava Weinman at [Nweinman@bethrivkah.com](mailto:Nweinman@bethrivkah.com)

## NEVER BEFORE

Never before has the world been so united,  
Have the rich & the poor been equally excited.  
Have the learned & simpleton been similarly impressed,  
Have all doctors & professors been on the same quest.  
Have players from both sides been on the same team,  
Have tourists & locals been in quarantine.  
Have the swimmer & beginner both been trying to float,  
Have the captain & the pilot been in the same boat.  
Have the president and beggar both had the same concern,  
Have the collector & cleaner both waited in Wal-Mart for their turn.  
Have the careful & carefree both used sanitizer,  
Has the whole world realized there's a G-d who is wiser.

**So much is in question, but one thing we know:  
It would be perfect timing for the shofar to blow.**

*Mrs. Chani Zirkind*



# 70 IMAGES

FOR 70 YEARS  
part 2

## 20/20 VISION.

Beth Rivkah HS students were asked to transform their classrooms into unique exhibits.

Photos #28-35

## LEARNING CONTINUES AT HOME

Photos #36 & 42

### LINKS OF INTEREST

View: Esther- BR Production 1998: [bit.ly/3abJNRa](https://bit.ly/3abJNRa)

Listen: Mah Nishtana with Yiddish translation: [bit.ly/2QFGudf](https://bit.ly/2QFGudf)

Pesach songs: [bit.ly/3biuCWp](https://bit.ly/3biuCWp)

Connection point: [Jem.tv](https://Jem.tv)

Music & stories: [jewishmusic.fm](https://jewishmusic.fm)

Daily live shows: [misameach.org/live](https://misameach.org/live)

Resources & info: [Chabad.org/kids](https://Chabad.org/kids)

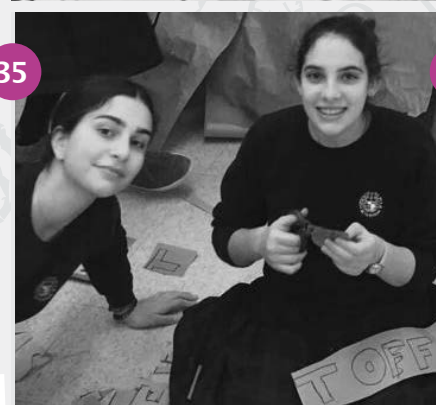
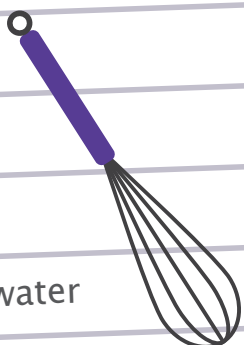
## PLAY DOUGH RECIPE

1 c. Flour

¼ c. Sugar

½ c. Warm water

& any colouring!



PARENTS, PLEASE SUBMIT TEACHER APPRECIATION TO [BUZZ@BETHRIVKAH.COM](mailto:BUZZ@BETHRIVKAH.COM)





# BE PRODUCTIVE

## KEEP YOURSELF BUSY!

- Pesach–clean your room (*with loud music!*)
- Organize your closet and drawers
- Say/learn your חת"ת
- Redecorate your room/ desk with DIY craft ideas
- Exercise (*at home*)
- Study Chidon
- Cook a supper one night
- Daven
- Bake a complicated recipe
- Delete old pictures
- Watch a Rebbe Video (*Jem and Maor have great options*)
- Call a camp friend you haven't spoken to in awhile
- Listen to a recording of your favorite speaker and/ or about a topic you want to learn more about (*Ideas: Rabbi Manis Friedman, Rabbi Dubov, Rabbi Herman, Rabbi Ari Shishler, Rabbi YY Jacobson, Rabbi Shais Taub, JLI Retreat Videos, Rabbi Bell, Chabad.org, Torahcafe.com*)
- Go through pictures and order prints
- Write to the Rebbe
- Create a photobook
- Learn something with a friend on the phone
- Read a book
- Practice כבוד אב ואם by helping out
- Do a 1000–piece puzzle
- Learn a new hobby (*see side for ideas*)
- Keep your younger sibling entertained for an hour a day (*see side for ideas*)

## LEARN A NEW HOBBY!

- Knit a hat
- Draw with pastels (*print a black and white photo, and then colour pastels on top – it'll look like you did yourself!*)
- Paint on canvas
- Make your own jewelry
- Origami
- Write a short story
- Make yarn pompoms
- Learn to juggle
- Learn an instrument
- Scrapbooking

## ENTERTAIN YOUR SIBLINGS!

- Slime
- Play a card or board game
- Make magnets for your fridge
- Bake cookies or challah
- Play hide and seek
- Finger painting
- Create a scavenger hunt for them
- Bubble painting
- Play monkey in the middle
- Make DIY playdough
- Make ice cream in a bag
- Practice alef–beis using anything odd (*make it in shape of...*)
- Create a puppet show on the פסח/פרשה story. Or – have the kids dress up and do it!
- Play tag (*make it different by adding a twist – freeze tag, melting tag, clothespin tag, etc.*)

## BUZZ SPECIAL ALBUM

WE MISS YOU ALL AND WOULD LOVE TO HEAR FROM YOU.

We welcome;

Pictures of yourselves learning, davening, or helping with Pesach preparations.

Writing, poetry or art– if that's your thing.

Please email to [buzz@bethrivkah.com](mailto:buzz@bethrivkah.com) so we may include it in an album.

# SHOUT OUT!

TO PARENTS WHO CREATED FUN LIVE VIDEOS TO KEEP UP THE SPIRITS OF OUR STUDENTS.

- Magic Avi
- Let's get moving with Lilly
- Zvi Hershovich (aka cholentface)

WE MAY EACH BE ALONE, BUT WE'VE NEVER BEEN MORE TOGETHER.