



KEEP UP WITH THE BUZZ

L'ACADEMIE BETH RIVKAH POUR FILLES NEWSLETTER – THE CHANUKAH BUZZ – כסלו תש"פ – DECEMBER 2019

70 DAYS TO COMPLETE 70 YEARS

This Yud Shvat, we will be celebrating an entire Tekufa (era) of the unprecedented transformation of the entire Jewish world, which the Rebbe accomplished in 70 years.

The Rebbe started his Nesius 70 years ago with only a few Shluchim. Today, there are 5067 Shluchim world-wide, who established Chabad Houses, shuls and schools. The Shluchim put the Rebbe's Call to Action to practice by inspiring and helping Yidden, wherever they are, with true Ahavas Yisroel.

HIGH SCHOOL – 70 DAYS OF HACHONA

As one of the preparations, Beth Rivkah compiled booklets, containing 70 units, which the High School students learn before davening, on each of the 70 days

of Hachona (preparation). Prizes will be awarded after Yud Shvat. Thank you Rabbi Shneur.

KINDERGARTEN & ELEMENTARY 70 DAYS OF ACTION AND LEARNING

The Kindergarten and Elementary classes had a beautiful Rosh Chodesh Kislev seudah, at which the Elementary "Shiviim Shonah – 70 Days of Action and Learning" campaign was launched. The students are excitedly learning their Hachona booklets and bringing in beautiful Mitzvah notes – to make the Rebbe proud and bring Moshiach. All participants will receive valuable prizes and join a grand trip during Limudei Kodesh, which will take place after Yud Shvat. Thank you Mrs. Minkowitz. ■

SAVE THE DATES



ANNUAL CHANUKAH CARNIVAL

Sunday, Erev Chanukah
1:30-3:30 @ Beth Rivkah

CHANUKAH INTERACTIVE PROGRAM

Tuesday, 26 Kislev
A morning of
Chanukah fun with
parents & kinderlach.
@ CPE Beth Rivkah



IMA, BUBBY & ME

Shiviim Shana Melave
Malka Motzei Shabbos
ו' שבט



GRADE 4 : THE SEEDS OF L.O.V.E

*(Learning/Living Our Values Everyday)
social skills program.*

Tamara Schwager is facilitating this 10-session program which covers 10 specific Social Emotional Learning themes:

- Getting to Know Ourselves
- Feelings
- Self-Regulation
- Perspective Taking
- Empathy
- Friendship
- Communication
- Self-Expression
- Kindness
- Gratitude

Each theme relates to the larger socio-emotional tenets of Sense of Self, Understanding of Others, Foundational Socio-Emotional Development and Effective Communication Skills.

The overall goals for the program are to:

1. Encourage self-awareness
2. Develop a rich emotional vocabulary
3. Create emotional awareness and provide tools for emotional regulation

4. Understand/reflect upon perspective, perception and other's ideas
5. Recognize and respect the emotional states of others
6. Understand friendship and identify the rights and responsibilities it entails
7. Develop active listening skills
8. Encourage self-expression and the communication of one's needs
9. Increase awareness about the benefits/value of kindness
10. Foster gratitude in daily life ■

It is written, "The soul of man is the candle of G-d." It is also written, "A Mitzvah is a candle, and the Torah is light." A Chassid is one who puts his personal affairs aside and sets out to light up the souls of Jews with the light of Torah and Mitzvos. Jewish souls are ready and waiting to be kindled. Sometimes they are close, nearby; sometimes they are in a desert, or at sea. There must be someone who will forgo his or her own comforts and conveniences, and reach out to light those lamps. This is the function of a true Chabad Chassid.

www.chabad.org/holidays/chanukah/article_cdo/aid/102636/Jewish/The-Street-Lamp-Lighter

Artwork courtesy of
Mme. Ross's art room

SCHOOL HAPPENINGS

GRADES 9,10,11 HAD A WHIRLWIND SUPER PACKED TRIP TO NEW YORK. They visited Shluchim, attended an interschool convention in honour of chof Cheshvan and went to the Ohel.

Thank you
Morah S Pinson &
Morah S. Benshimon
for chaperoning.



S M A R T S

GRADES 6 & 7 : S.M.A.R.T.S PROGRAM (STRATEGY-MOTIVATION-AWARENESS- RESILIANCE-TALENTS-SUCCESS)

Beth Rivkah, in collaboration with the Bronfman Jewish Education Centre (BJEC), is offering a 7 -week Executive Function and Study Skills program that targets specific strategies students need to help them succeed academically and facilitate their transition into high school.

The 6 strategies are to improve note taking, organize ideas, materials and belongings, and to improve memory.

LE BUDGET DE SARAH

Secondaire V students calculated a real life budget of 'Sarah'.

This multi-discipline project was completed using math, economy and computer skills. It integrated all areas of learning including; notions of credits, taxes etc.
Merci Mme. Radoi

EXECUTIVE FUNCTIONS WORKSHOPS IN GRADE 5

Executive Function skills are self-management skills that help students (and adults) achieve goals. In order to be effective, students must be able to manage their emotions, focus attention, organize and plan their work and time, and reflect upon and revise their tactics as circumstances change. As the demands of school increase each year, having well developed Executive Function skills becomes critical in order to perform well in school.

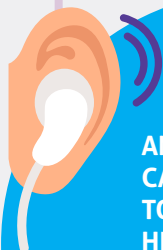


THE GRADE 5 STUDENTS ARE BUSY PREPARING Carnival de Chanukah for grades 1 & 2.



AN AUDIOLOGIST CAME TO THE CPE TO ADMINISTER HEARING TESTS.

Ensuring that all children hear adequately to succeed!



AT THE SIDDUR PARTY IN GRADE ONE. Each girl received her own Siddur to use & to treasure.



EDUCATIONAL ENRICHMENT FOR GRADES 4-8

The Chidon Mitzvos is a rewarding learning program based on self-motivation. Students gain tremendous knowledge and clear understanding as they learn the 613 Mitzvos of the Torah, as codified by the Rambam.

Thank you Chava Freundlich for your dedication, and for encouraging students to be part of this great project.



BAS MITZVAH CLUB WITH MRS. CHANIE GNIWISCH & MRS. NEOMI GNIWISCH.

Everything we do, we do with our girls in mind. Our meetings are 100% geared toward their education and entertainment. We believe in good times, good friends and good deeds because we know it's oh-so good for them.



HAPPY CHANUKAH
חנוכה שמח