



KEEP UP WITH THE BUZZ

L'ACADEMIE BETH RIVKAH POUR FILLES NEWSLETTER – OPENING BUZZ – ELUL 5781 – AUGUST 2021

DEAR BETH RIVKAH FAMILY,

We are excited to welcome everyone for the new school year 5782.

The upcoming year is a Shmitah (Sabbatical) year. The Rebbe emphasized many times, that it is a special opportune time to dedicate ourselves to learning Torah and serving Hashem.

School opening is on the auspicious day of Chai (18) Elul, the birthday of the two great luminaries, the Baal Shem Tov and the Alter Rebbe. In their Zchus, we look forward to a stress-free, productive school year, which will give our wonderful Talmidos, as well as their parents, their teachers and staff, a great opportunity to blossom in all areas.

Congratulations to our Talmidos, parents, the entire dedicated staff in all departments, and the Board, for their perseverance during the past year—and-a-half, which helped them to successfully navigate the stormy waters in these difficult and unprecedented circumstances. May the future bring only clear sailing for everyone with much Hatzlocho, and may the year be filled with ongoing, abundant revealed Brochos of health and happiness.

We wish everyone to be inscribed and sealed for a good and sweet year and greet Moshiach NOW!

Rabbi Y Minkowitz

IN HONOUR OF CHAI ELUL, THE FIRST DAY OF SCHOOL;

Teachings of The Baal Shem Tov:

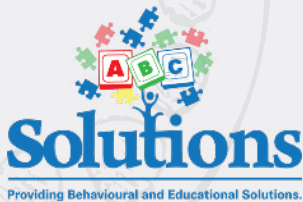
- The simpleton and the greatest scholar share the same lofty essence: they both are Hashem's children. Just like a child's countenance is like his father's, so too Hashem's children are merciful, bashful and kind—a reflection of their merciful, giving and forgiving Father.
- Just like when a person looks into a mirror and sees dirt on his face, it is only because his face is dirty, so too when someone sees a fault in another, it is a sign that the fault exists within himself.
- Hashem sends a soul down to live on this world for seventy-eighty years, just to do a material favor for another—and certainly a spiritual one

Teachings of The Alter Rebbe:

- This is what man is all about; this is the purpose of his creation and of the creation of all the worlds, sublime and lowly — to make for Hashem a dwelling in the physical world.
- A little bit of light dispels a lot of darkness.
- By virtue of its inborn nature, the mind rules the heart.
- Love of Hashem and fear of Hashem are the two wings by which a mitzvah rises heavenward. ■

chabad.org

CPE HAPPENINGS: Solutions



Whole Body Listening

“Listen carefully” and “pay attention” are often heard in classrooms. Listening to others and paying attention are not only considered essential for social communication, but also for learning to be part of a group and for academic success.

Listening involves more than “hearing” with our ears. Enter “Whole Body Listening”. This innovative tool breaks down the abstract concept of listening by explaining how each body part other than the ears is involved: the brain thinking about what is being said, the eyes looking at or toward the speaker; the mouth quiet; the body facing toward the speaker; and the hands and feet quiet and kept to oneself.

This awareness has been introduced in the C.P.E. last year with wonderful results. This year will be “H” see more teachers trained and implementing “Whole Body Listening” language and mindset. There will be

a universal language throughout the C.P.E. encouraging the students. Listen out for it, children will say, “my feet aren’t ready” or “my eyes are really tired and ready to go to sleep”.

Applied Behavior Analysis

The ABA method focuses on understanding human behavior and how it is affected by the environment. It increases functional behaviors that are important to each person so that they achieve their full potential. Communication, social, play, academic, and self-help skills can all be strengthened by using this method.

ABA professionals will be facilitating workshops for teachers so that they can help strengthen the socio-emotional wellbeing of the children. ■

EYES
ARE LOOKING

EARS
ARE LISTENING

HANDS
ARE DOWN AND STILL

FEET
ARE DOWN AND STILL



SUMMER RENOVATIONS

Summer is the perfect time to upgrade and repair our building.

This summer:



Upgrade in auditorium audio and visual equipment.



New garden cove in backyard with six beautiful outdoor picnic tables, white board, and thermometers to keep track of the weather.



Deep cleaning the classrooms.



Front lobby, High-school hallway and lunchroom were painted.



New tables and chairs were added to the lab.



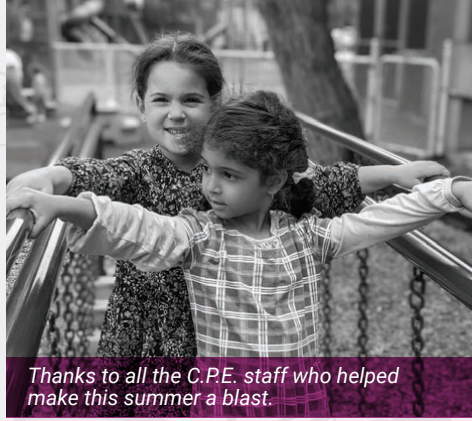
Many computers were updated and upgraded.

FEEDBACK

We asked & you provided the Buzz with fabulous feedback. Thank you to all the parents who responded to the B.R. Buzz survey. Look out for the new content, student submissions, a digital Buzz Links, and more bez"H.



How to enjoy a C.P.E. summer without any trips?



Thanks to all the C.P.E. staff who helped make this summer a blast.



Morah Bina organized a plethora of activities. There were fairs teaching children about Shabbos, Eretz Yisrael & Moshiach.



Morah Lily, mock wedding, Mad Science, art exhibition, farm animals, reptiles, jumping castles, clowns, and bubble show came to school for fun filled days.



WHAT'S FOR LUNCH?

Planning lunches can be quite a feat, using the Kid's Healthy Eating Plate as a guide can encourage children to eat well.

The plate's guidelines emphasize variety and quality in food choices. The formula is simple: fill half your plate (or lunch box) with colorful fruits or vegetables (aim for two to three different types), one-quarter with whole grains, and the remaining quarter with healthy proteins. Healthy fats and a small amount of dairy (if desired) round out a tasty meal that will fuel an active, healthy lifestyle.



When packing your child's lunches, let the Kid's Healthy Eating Plate guide and inspire you:

- Think about presentation (like kabobs & mini containers)—providing a choice of foods
- Build super snacks to fill the gaps between meals (sliced fruit or veggies, cubes of cheese, cheese sticks, roasted chickpeas, carrots & hummus)
- Send a refillable water bottle (add a fruity tea bag, lemon/ orange slices).■

<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

WISHING THE BETH RIVKAH COMMUNITY, A SHANA TOVA, A HAPPY & HEALTHY SWEET YEAR WITH LOADS OF NACHAS FROM ALL OF OUR CHILDREN & STUDENTS.

כתיבה וחתימה טובה - לשנה טובה ומתוקה