



כוכב הצפון

NEWSLETTER

NORTH SHORE HEBREW ACADEMY

EDITOR: MICHELLE RUTTA**LAYOUT & DESIGN: RACHEL SPINNER****FRIDAY NIGHT CANDLE LIGHTING: 4:09PM** הדלקת נרות:**SHABBAT ENDS: 5:17 PM** זמן הבדלה:**Parshat Vayeshev**

MAINTAINING AND DISRUPTING:

A Shabbat Message from Rabbi Dr. Jeffrey Kobrin

Those of us blessed with multiple children or those of us with siblings know that a child's best friend and worst enemy can be his or her sibling. "Did we just become best friends?" incredulously demands Will Ferrell's Brennan Huff of his step brother, John C. Reilly's Dale Doback, in 2008's Step Brothers. My sister and I fought like crazy when we were young; we now are close friends. Sibling relationships are complicated.



When Yaakov favored Yosef over his brothers, they were understandably upset. In fact, the Torah tells us that they hated him. But when Yosef told his brothers of his dream of their sheaves of wheat bowing down to his, the Torah tells us that they hated him even more - vayosisfu od seno oto. Rabbi Shlomo Riskin has a fascinating take on why this dream in particular would have made the brothers so angry. He reminds us that the brothers were shepherds, who traditionally "preserve and maintain the status quo:" they feed and water their flocks and then take their milk or wool. Shepherds weave "an inner harmony with nature." But farmers -- those who deal with sheaves of wheat -- are different. They are disruptors, experimenters, innovators. The brothers didn't want to deal with someone who wanted to change things. That made them mad. Really mad.

What choices do we make in our lives and in the lives of our children that are meant to preserve or maintain, and what do we do or say that is innovative or experimental? What books do we read with them? What trips do we (safely) take with them? Neither way is the better way: there are times when doing something new just for the sake of new may be a bad idea, and there are times when doing things the way we always have (or the way our parents did) may be limiting.

Rabbi Riskin notes that this is the same argument of the Chashmonaim and the Hellenists during the story of Chanukah: the Maccabees (rightly) wanted to preserve Torah values while the Hellenists wanted to disrupt, to transform Yerushalayim into a Greek polis. But neither extreme is ideal. The ideal world -- and possibly the ideal family -- is one where the old and the new, the Yehudahs and the Yosefs, the maintainers and the disruptors, work together to synthesize the two, as Rabbi Riskin writes, "to take the best of Western culture and incorporate it under the rubric of Torah Judaism."

As we celebrate the innovators and experimenters -- like those at Pfizer or Moderna -- we also celebrate those who preserve that which is important. And in our own lives and in the lives of our families, we will think hard about when to try something new and when the old makes much more sense.

Shabbat Shalom and Chanukah Sameach.

By Morah Amit Yaghoubi



Imagine how comical the following situation would be:

A woman lying in the labor room, moments away from delivery, screams to the doctor, “Doctor! I cannot take it anymore! Please move my room! Maybe that will help...” Hearing this cry, the doctor would have to explain to the woman in labor that her pain would not subside if she switched rooms. The intensity of her pain exists because her baby is about to be born! She just needs to wait it out a bit longer before she can hold her newborn in her arms.

in this week's parsha, Yaakov's suffering reaches a climax. His parents and wife have passed away and his brother's many children, even those wearing crowns of royalty, are against him. Instead of running away, Yaakov Avinu “sits down.” The medrash compares this to being attacked by a wild pack of dogs. Unable to run away, and without the manpower to fight them, one's best option is to sit among them and hope not to be threatened or attacked.

Suffering is painful. Sometimes in order to distract ourselves from the pain, we run away or try to fight the painful circumstances. This may be the right option at times, but Yaakov Avinu teaches us a different way to deal when life's challenges threaten to overwhelm us. Yaakov teaches us to “sit” with our suffering; to address it, tend to it, and nurse it until it passes. After pain, there is always a “baby” born. The “newborn” may manifest itself in newfound wisdom, maturity or a different outlook on life. May Klal Yisrael know no more suffering. May Hashem wipe the tears off all cheeks. And may we be privileged to see all the fruits of our labors in our lifetime!

Shabbat Shalom!

SPOTLIGHT ON: SEL

By Ms. Sara Berlin, Cherry Lane Social Worker

This week we continued the conversation about having a growth mindset. PreK-2nd grade students read a story about a giraffe named Gerald. Gerald wanted to dance at the Jungle Dance, but was having a hard time. Students learned how Gerald adopted a growth mindset. Students discussed how they are going to try new things even if it's challenging, just by adding the word YET at the end of the sentence (I am not good at math... YET). Students wrote or drew about the first time they tried something new. Students were able to demonstrate interest in trying new things.

Students in grades 3-5 also continued to learn and expand on the topic of growth and fixed mindsets. Students watched a Ted x Youth Talk entitled “The Mindset of a Champion”. As a class they discussed how the people in the video worked hard to develop a growth mindset. Students discussed “The Power of Yet” by speaking about how they can use a growth mindset to improve something they can't do yet, and how they have practiced (or seen someone else practice) having a growth mindset in the past. Students were able to understand what it means to have a growth and fixed mindset and understand the benefits of trying new things.

Name: _____	
I CAN TRY NEW THINGS.	
Something New I Tried	Something I Want to Try

Name: _____	Date: _____
The Power of YET	
What is something that you can't do yet?	
How can you use growth mindset to get closer to being able to do it?	
Explain a time you have used growth mindset, or seen someone else use growth mindset, in the past.	



BOOKFAIR EXTENDED THROUGH DECEMBER 13TH

BOOK FAIR THANK YOU

Our first-ever "virtual" Book Fair has been a huge success. Thank you to chairs **Anita Kashimallak**, **Susannah Malen** and **Nadine Shatzkes** for their efforts in bringing the wonder of books into our families' homes.

CHECK OUT THESE CURATED BOOK SELECTIONS -

ALL AVAILABLE AT

WWW.NSHA.ORG/BOOKFAIR

NSHA PTA
BOOK FAIR
2020
DECEMBER 6-13

Extended by popular demand!

This year, in lieu of our big in-house book fair, we will be giving parents, students, grandparents, and staff the opportunity to shop for books through our virtual sale.

***BETWEEN 12/6-12/13 THE VIRTUAL SALE WILL BE LIVE AT WWW.NSHA.ORG/BOOKFAIR**

- USE CODE "NSHA" WITH EVERY ORDER TO ENSURE YOUR BOOKS ARE GOING TO THE RIGHT PLACE.
- FREE SHIPPING FOR ALL BOOK ORDERS WHEN SHIPPING TO SCHOOL. \$10 SHIPPING STRAIGHT TO YOUR HOME.
- WE WELCOME YOU TO FILL YOUR CHILDREN'S CLASSROOM LIBRARIES WITH MORE BOOKS BY PARTICIPATING IN THE CLASSROOM LIBRARY FUND BY WEBSITE OR VENMO.
- BOOK FAIR GIFT CARDS ARE AVAILABLE FOR PURCHASE. GIVE THE GIFT OF READING TO YOUR CHILDREN/GRANDCHILDREN THIS CHANUKAH.
- WE ARE OFFERING THE ABILITY TO SCHEDULE A PRIVATE SHOPPING EXPERIENCE WITH ONE OF OUR BOOK EXPERTS.

Questions? Contact: Anita Kashimallak (516) 244-7325, Nadine Shatzkes (718) 612-6529, or Susannah Malen (917) 498-9408

WE HAVE AN AMAZING CHANUKAH PLANNED!

CHANUKAH ESSAY WRITING CONTEST

NSHA CHANUKAH 5781

DREIDEL MADNESS ALL WEEK LONG!

FRIDAY DECEMBER 11TH	MONDAY DECEMBER 14TH	TUESDAY DECEMBER 15TH	WEDNESDAY DECEMBER 16TH	THURSDAY DECEMBER 17TH	FRIDAY DECEMBER 18TH
CHANUKAH SWEATER DAY STUDENTS & FACULTY: COME TO SCHOOL WEARING YOUR FUNNIEST OR MOST CREATIVE AND FESTIVE CHANUKAH-WEAR! (GR. T-8)	SCHOOL-WIDE CANDLE LIGHTING ON ZOOM FOLLOWED BY CHANUKAH THEMED KAHOOT! WITH MR. SIGAL. Kahoot! (GR. T-8)	MASK TIE DYE (GR. 5-8) DOOR DECORATING COMPETITION (GR. 4)	SOCIALLY DISTANT CHANUKAH CHAGIGA! 6FT (GR. 1-5) CHIDON COMPETITION (GR. 6-8)	A SPECIAL SURPRISE CHANUKAH TREAT FROM OUR AMAZING PTA! (GR. T-8) CLASS ROOM DECORATING (GR. 6-8)	CROSS-CAMPUS DREIDEL MADNESS CHAMPIONSHIP (GR. 1-8) WEDNESDAY E.C. IN-SCHOOL CANDLE LIGHTING (GR. T-K)

OUR CHANUKAH CELEBRATIONS HAVE BEGUN!

