

NORTH SHORE
HEBREW ACADEMY

ישיבת חוף הצפון



פּוֹכֵב הַצֵּפוֹן

DOWNLOAD TO PRINT

Shabbat Candles:
5:22pm

Havdala:
6:31pm

Parashat:
Terumah

Bringing Joy to Young Patients in Israel



At NSHA, *chesed* is core to every holiday celebration. Last Yom Haatzmaut,

after students “visited” Shaare Tzedek Medical Center as part of our mini Yerushalayim, students also began creating care packages to share with its young patients. These packages include coloring books, crayons, playing cards, pop-its, and more, as well as specially made cards.

Over the past year, NSHA families visiting Israel have volunteered to transport packages and personally deliver them to the hospital. Upon arrival they received warm greetings and were able to tour the parts of the hospital where the packages were distributed, including the pediatric ER, pediatric neurology, the pulmonary institute, and more.

“[NSHA]’s chesed gift bags are an integral part of the medical process. They provide the extra ‘medicine’ that can make the whole experience much easier for each child,” wrote Sharon Goldwyn, Director of Institutional Advancement at American Committee for Shaare Zedek Medical Center

Thank you to the PTA for all of your work in bringing this important project from Great Neck to Jerusalem!



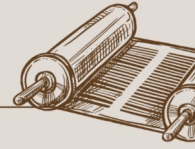
This week Rabbi Weiss teaches us why the poles for carrying the Aron were never removed from it, and what this teaches us about Torah.

NSHA Parasha Video



Click here to watch

Terumah



A weekly two minute take on this week's Parasha brought to you by our High School Judaic Studies Team

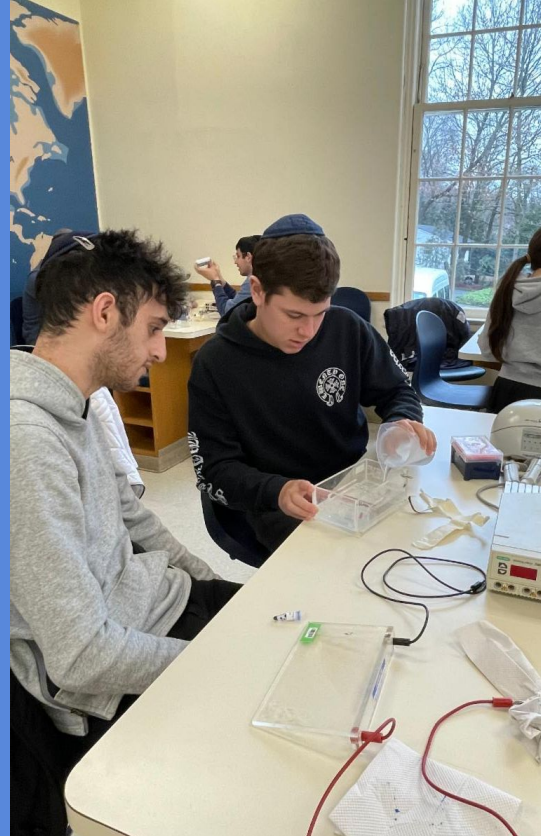
This week: Rabbi David Weiss

dweiss@nshahs.org

DNA Discovery & Gene Splicing: Following in James Watson's Footsteps



NSHA students took their AP Biology learning to the next level with a hands-on experience at the Cold Spring Harbor Lab's world-famous DNA Learning Center, where James Watson pursued DNA discovery. The students performed a lab using DNA restriction enzyme analysis and gel electrophoresis to identify an unknown enzyme sample. In addition to diving into bioengineering and gene splicing, students enjoyed exploring the history of DNA discovery.



Birds and Turtles and Lizards, Oh My: Biodiversity Comes to Class



Each year, NSHAHS welcomes invasive and endangered species into the classroom as part of the environmental science program's biodiversity unit. During a live demonstration, students have the opportunity to hold, touch, and interact with a variety of species, while learning about where they come from and how human interference impacts them.





A Meaningful Introduction to Middle School

To ease the transition from elementary to middle school NSHA hosted its annual Fifth Grade Parent Evening at the Old Mill Road campus. Parents learned about life in middle school from current students as well as members of the faculty and administration.

The following day, fifth grade students visited the middle school in order to build their connection through an authentic and joyful experience. Students toured the campus, met the administrative and student activities team, and renewed connections with the current 6th graders by participating in a *chesed* project — creating and decorating stuffed animals with handwritten cards and sweets for children. These will be distributed through Chai Lifeline on Purim. *Chesed* is a central part of our middle school program — one that bonds our students to each other and our school — and the students enjoyed this meaningful experience together.



From Seforim to Shiurim

NSHAHS' Beit Midrash Program descended on Manhattan for the annual YU Seforim Sale. In addition to exploring the many Seforim and finding titles that inspired them, the students toured the packed Beit Midrash, witnessing college students deep in Torah study and hearing the beautiful *kol Torah* resound through the building.

The students also met and listened to a *shiur* from Senior Rosh Yeshiva Rabbi Michael Rosensweig about the importance of Torah tradition and how it infuses meaning and richness into the nitty-gritty details of life. Girls headed downtown to the Stern College campus to hear a *shiur* from professor Rebbetzin Smadar Rosensweig, one of the renowned Torah educators of our generation. She spoke about the different types of leadership, with examples from Shaul, Mordecai, and

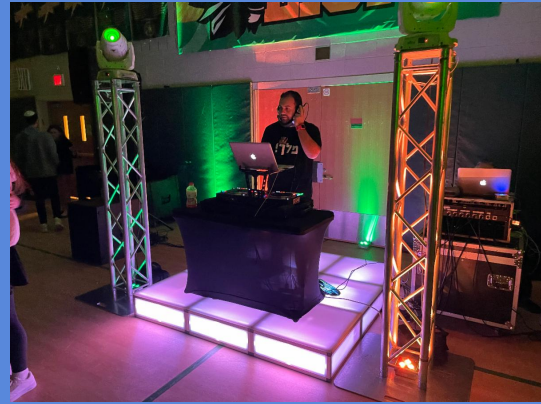
Esther — and the importance of using one's voice and leading when the moment calls for it.



Mishenichnas Adar, Marbim B'Simcha!

We ushered in the month of Adar at each of our campuses with lots of joy and excitement. Thank you to our lower school PTA for sponsoring delicious hamantashen treats! Get ready for all of our Purim celebrations ahead!





Supporting our Children

Answering your Frequently Asked Parenting Questions

By Elana Helfgott, Early Childhood Director,
and Adina Wertman, Early Childhood Assistant Director

How can we help children strengthen their fine motor skills?

With the advent of technology like iPads and smartphones, children have become very adept at swiping on a screen. At the same time, many children are struggling with fine motor skills, like cutting with scissors or holding markers. Fortunately, there are easy ways to help your child strengthen their fine motor skills.

When children use small pencils, like golf pencils or broken crayons, it forces them to hold the pencil or crayon very close to the tip and exercise more of the small,

exact muscles in their hands than when they are using a bigger writing instrument. It's also as easy as handing your child a bowl of water and a sponge. The act of squeezing the sponge can help with overall hand strength.

Incorporating eyedroppers into play helps children work on the pincer grasp, or the pinching motion. When possible, it's good to hand your child some playdough or silly putty to get their hands active and moving.

PARENTING TIP OF THE WEEK

WHEN YOUR CHILD GETS IN TROUBLE AT SCHOOL

Self-reflection: "I have a great child who is going through a tough time. I am a good parent and I will find a solution."

Avoid "Fast Forward Error": Don't jump to negative conclusions about your child. Remember, it's January 31st, 2023 and your child is 8 years old. Take a moment to stay in the present.

Connect with Your Child: When discussing a problem with your child, engage in conversation instead of dictating. You can say something like, "I heard something challenging happened at school today. I want you to know I'm on your team and I believe you're a great kid. Let's work through it together."

Identify Underlying Struggles: Ask yourself, "What is the root cause of this issue?" Instead of asking, "Why did you throw the block?" offer skill-building solutions. For example, with a young child, you could say, "Let's practice stepping away from the blocks so everyone stays safe." With an older child, you can ask for their perspective and say, "Can you tell me what happened? Let's work on a solution together." This helps strengthen your relationship with your child.

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Save the Date for Renewal - An Important Community Event on February 26th

Dear NSHA Community,

Over the last several years there has been a tremendous effort within the Jewish community to learn about organ donation and how each of us has the potential to save a life. Renewal has been at the forefront of this movement, educating our community about the facts of kidney donation from both halachic and practical perspectives.

Each day Renewal provides miracles for people just like you and me who may have never imagined themselves in need of a kidney donor. Likewise, they help kidney donors through their journey, remaining by their side every step of the way. Just a few years ago we met Renewal at a North Shore Hebrew Academy event, after which they saved the life of one of our very own young students. That individual now lives a vibrant and healthy life, thank God, because of Renewal's commitment to providing a kidney match for every individual who needs one.

Please join us on February 26th for an evening of education together with Renewal to learn more about their important work.

Warmly,
Rabbi Dr. Jeffrey Kobrin

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Please Join Us for an

Evening TO Benefit

THE LIFE SAVING WORK OF

Renewal

FEB | SUNDAY | 2023
26

Doors Open 6:00 PM
Program Begins at 7:00 PM

THE MARINER ESTATE

94 Old Mill Rd • Great Neck, NY

Keynote Address by

RABBI SHMUEL ISMACH

Kidney Donor
Rabbi of Young Israel of Great Neck



An Event

**Honoring Local
Kidney Donors**

EVENT HOSTS

Robert Farajollah • Sandy & Mark Gold • Khosrow & Fariba Hakimian
Limor & Kamran (Jesse) Hakimian • Netti & Ari Herman
Robin Tobin-Hess & Dr. David Hess • Malka & Rabbi Shmuel Ismach
Aliza & Aryeh Karkowsky • Bahram & Elham Khankhanian • Haviva & Ilan Kranz
Alexia & Harris Marks • Esther & Stan Morris
Adina & Rabbi Steve Moskowitz • Bijan & Vida Nabavian • Azita & Joseph Nazar
Nina & Eran Noy • Ellen & Rabbi Dale Polakoff • Roya & Michael Samuels
Gail & Maurice Setton • Nadine & Joshua Shatzkes
Jessica & Noah Steinberg • Abigail & Seth Weiss

GALA MEAT BUFFET

Get swabbed to see if you are a match to be a kidney donor

IF YOU CAN'T MAKE THE EVENT AND WOULD LIKE TO DONATE PLEASE VISIT
WWW.RENEWAL.ORG/DONATE

Renewal is a non-profit organization dedicated to saving lives by helping kidney donors and recipients navigate all aspects of the transplant process

For more information contact ilang@renewal.org

4721 New Utrecht Ave. Brooklyn, NY 11219 || 718.431.9831 || info@renewal.org || www.renewal.org

ישיבת חוף הצפון

NORTH SHORE
HEBREW ACADEMY

68th Annual Dinner Celebration

MARCH 26, 2023 | 5PM
OLD WESTBURY HEBREW CONGREGATION

GUESTS OF HONOR

BETH AND GARY ORBACH

LEGACY AWARD

SUSANNAH MALEN '91 AND NOAH LEIBOWITZ

DISTINGUISHED EDUCATOR AWARD

ELANA HELFGOTT

Festive Attire

REGISTER BY MARCH 17TH

CLICK HERE TO RSVP OR SPONSOR

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