

Shemos 5778 - candle lighting 4:32 p.m.

**Don't forget to make your reservations for the
66th Hillel Academy Anniversary Dinner!**

Hillel Highlights



Views from Hillel Academy

Motzei Shabbos - Melave Malka Fun

This past motzei shabbos, the annual Melave Malka for the 4th through 8th grade girls was held at Hillel Academy. It started with a creative breakout on chanukah, at which time the girls held a balloon dance. As each balloon was popped, either a paper or a lolly was exposed! The letters were lined up to spell the words "melave malka". The candies hinted to the theme of the Melave Malka, "Candyland"!

The room was festively decorated with colors, streamers, candy, and characters from the game, Candyland. The girls enjoyed a meal of fresh baguettes with cream cheese, a salad bar and yummy french fries.

Every girl had a place marked with a gumdrop, and underneath each plate was a "secret" friend! They then headed over to the middle school girls' lunchroom where a fun and creative project and game took place. Each student received a t-shirt, which they decorated for this "secret" friend and wrapped it up in the shape of a candy, with candy inside! They then distributed them to each other with geshmak!

Dessert was served as they finished the project, with another creative twist - make your own flying saucer with cookies, ice cream and sprinkles!

Everyone had loads of fun and went home in high spirits! Apologies for your hyper daughters!!!

A special thank you to the Baxmans who sponsored the salad bar to enhance the event! Much, much appreciated! Kudos to the four 8th grade heads - Bracha Baxman, Bracha Shaina Brackman, Rachela Chill, and Ayelet Maravilla, and to their parents who organized, planned, and shopped for the event!

Thank you to Mrs. Calm for all her help throughout the evening and to Mrs. Chill, Mrs. Gertz, Mrs. Halpern, Mrs. Lebovits and Mrs. Seligman for all their help!



Girls and Ladies Swim at Lakewood Links!

Girls and Ladies Swim night on Sunday, January 21st, from 4:45-5:45 pm. The cost is \$5/child or \$15 family max. As per Lakewood Links safety policy, 1 parent for every 3 children under the age of 6 must be IN THE WATER with the children! You can also designate an older sister (12 years or older) to WATCH the little ones IN the pool. Lakewood Links - 1295 S. Reed St, Lakewood, CO

The Teves bulletin board created by the 7th grade girls depicted the siege of Yerushalayim by Nebuchadnezzar. It commemorates Asaras B'Teves.



Rabbi Schnall recently accompanied his 7th grade class as they traveled to Yeshiva Toras Chaim for a farher by the Rosh Yeshiva, Rabbi Yisroel Meir Kagan. The farher was on the 1st perek of Makos and it appears the boys did admirably.



In connection with this week's parsha, Shemos, when Moshe was set afloat in the Nile in a waterproof basket, Kindergarten experimented to see what type of containers would float or sink. The children made boats or baskets and then put them into a container of water to see what would happen. It was a great combination of parsha and science!



Spotlight on our Teachers

Mrs. Beverly Anderson - 3rd Grade Girls General Studies

Third Grade Girls are a great learning community! They demonstrate enthusiasm for learning and are working hard!

We begin each afternoon with Literacy. "Learning to READ...reading to LEARN!" Students are building stamina for reading independently in Reader's Workshop. They also engage in reading our anthology or chapter books with small or whole group guided reading. We are learning comprehension strategies for fiction and non-fiction texts, vocabulary, and decoding skills. Enthusiastic readers and writers abound in Third Grade!

In Writer's Workshop, our focus has been on personal narrative and narrative writing. Using mentor texts, we learn more about the writing process, and talk about where authors get ideas. Third Grade Girls especially enjoy creating their own stories and illustrations. The highlight is sharing their stories from the Author's Chair, and inspiring others with ideas and creativity.

Third Grade Girls have beautiful cursive writing! We began the school year with daily instruction and worked diligently to learn the correct letter formation for all the lower and

upper-case letters of the alphabet. Now we are using our newly acquired skills to write in cursive or "script."

After Literacy, students participate in our learning program for Math called Math in Focus. The students have already learned more about place value, four-digit addition and subtraction with regrouping, problem solving, bar models, multiplication, and division! We also use white boards for computation, flashcards, and Around the World or Ribbit activities to enhance our math skills and help us memorize the basic facts. Timed tests help us monitor our progress in mastering the facts. Soon we will begin new math challenges in Book 2.

We launched our study of the Solar System in Science. Books, activities and booklets are helping us explore the Solar System independently, with partners or in small groups. As a culminating activity, each student will research a planet and share facts in a report/project with the class. Biomes will be our next unit of study in Science.

In the spring, our focus in Social Studies will be Westward Movement/Pioneers. We are looking forward to learning more about history and learning about life as pioneers.

There is much more learning to look forward to this year! I am enjoying teaching this wonderful class of Third Grade Girls.



3G Pictures continued



**Make your reservation now!
Hillel Academy's 66th Anniversary Dinner
Tuesday, January 23, 2018**

please make your reservations online at

<https://hillelacademyofdenver.com/dinner-reservations/>

Remember parents, you are entitled to a full page ad along with your dinner reservation for 2. Make your reservation online and place your ad at <https://hillelacademyofdenver.com/dinner-reservations/>.

This is a wonderful opportunity to say thank you to your children's teachers along with wishing our honorees, Rabbi & Mrs. Heyman, a mazel tov and thank you for all they do for our community.



Counselor's Corner

continued from last week

Helping your child to deal with losing a game

Tip #4:

Praise your child

Back to focusing less on winning. If victory is the only thing you praise your child for during the game, then there's nothing to rejoice over if they lose. However, there are many skills you can praise your child for, that you want to see continue, during the game. When playing with your child, you can praise him/her for:

- handling a loss well
- not giving up
- being a good sport
- helping an opponent understand the game
- trying a new strategy
- his/her effort
- learning from his/her mistakes

By doing this, games won't be all about winning because your child will learn to value other skills as well.

D'var Torah - Shemos

The *yetzer hara* has two ways of impeding our growth, one active and one passive: Active interference occurs when an individual gets the urge to do something that is forbidden by the Torah or to avoid doing something that the Torah mandates. This type of interfering is straightforward and obvious, making it relatively easy to deal with. In a sense, it is like an earache or a sore throat, it calls out and demands our attention!

However, the *yetzer hara* has more than one tool in its toolbox. Its other favorite method of impeding growth and undermining spiritual quests comes in the form of the natural human tendency towards laziness. Laziness, as a passive form of subversion, may be an even more insidious and dangerous form of interference than the outright urge to do wrong, as it is more subtle and less noticeable, and often presents itself to us in many "innocent" disguises. The end result, though, is no less devastating, for laziness slowly but surely stunts an individual's growth and weakens its victim's spiritual defenses, ultimately allowing the *yetzer hara* to easily foist outright wrongdoings on the indolent individual without significant resistance.

In this week's Parsha, when Moshe asks HaShem for a "sign" to demonstrate to the Jewish people that HaShem had indeed sent him to lead them out from Egypt, HaShem responded: "*Now put your hand into your chest.*" Moshe did so and when he removed his hand from his chest the Torah relates: "*and he took it out and, behold, his hand had*

tzara'as, like snow." Then HaShem said, "Return your hand back into your chest." Moshe followed instructions, and "when he took it out from his chest, it had returned to be like his flesh." (See *Shemos*; 4:6-7)

Rashi notes that when Moshe first withdrew his *tzara'as* afflicted hand the *passuk* merely states: "...and he took it out and, behold, his hand had tzara'as, like snow." However, the second time, when Moshe returned his hand to his chest, the Torah states that Moshe's hand was healed "when he took it from his chest." Rashi explains the extra words "from his chest" teach us that his hand was healed immediately, while it was still in his chest and that from the moment that Moshe began to remove his hand "from his chest" the cure was evident. This was not the case when he was first afflicted, at which time his hand remained healthy while it was in his chest and the *tzara'as* affliction only broke out on his hand when it was fully removed. Rashi derives from this discrepancy that HaShem prefers to treat us "well" and visits "bad" upon us only as a last resort. Therefore, the *tzara'as* affliction "waited" to manifest itself until Moshe's hand was fully removed from his chest but disappeared as soon as his hand was reinserted into his chest even before he removed it.

The *Malbim* (Rabbi Meir Leibush ben Yechiel Michel; 1809-1879) finds in these pesukim an additional allusion to the dangers of laziness that we discussed in the beginning of this letter. Placing "one's hand against one's chest" is a frequently used metaphor for laziness and sloth. By afflicting Moshe with *tzara'as* when he first inserted his "hand in his chest," that is to say, when he made a gesture that represented laziness, HaShem was teaching Moshe about the insidious and harmful effects of idleness and lethargy. Since these effects are not noticed immediately, the *tzara'as* only became apparent when Moshe's hand was fully removed from his chest. However, when Moshe, so to speak, committed himself to overcome the "hand in chest" disorder of laziness, exemplified by his second removal of his hand *from* his chest, HaShem immediately cured him of his *tzara'as*. This cure, as mentioned above, was affected immediately upon his reinsertion of his hand, indicating that once an individual makes a firm commitment to positive change, HaShem immediately comes to his aid and helps him to actualize his commitment.

The pitfalls of laziness do not need to be enumerated. Most of us deal with them on a regular basis. Perhaps, an even greater danger is that all too many people do not realize the degree to which they are afflicted by this malady. Only when we come face to face with individuals who truly makes the most of every minute, who seems to always have time for everything and everybody, might the notion that we ourselves might be fritting away valuable portions of our lives occur to us. It is our duty to make sure that we rise above our lethargic tendencies, that we remove our hands "from our chests", so that we maximize our potential in all realms of our lives! **Rabbi Yisroel Goldbaum**

Hillel Updates

- **Thank you and mazel tov to Dr. Robert and Erin Salehrabi** for sponsoring the Boys Breakfast for this week in honor of the upcoming bar mitzvah of their son, Joshua.
- **Thank you to Moshe and Chani Muller** for co-sponsoring the Boys Breakfast for this week l'iluy nishmas Devorah Blima bas Moshe
- **Mazel tov to Rabbi Michael and Sarah Bram** on the bas mitzvah of their daughter, Devorah
- **Mazel tov to Dr. Michael and Ariella Milobsky** on the recent bas mitzvah of their daughter, Elisheva.

Community Events

Motzei Shabbos - January 6th - The MB Glassman Foundation Avos U'Banim Swimming at Cherry Creek High School, 9300 E. Union Ave, from 7:00 – 8:15.

Motzei Shabbos, January 6th – Aish Ladies Melava Malka – 7:45 to 10:00 pm – “The Special Role Women Play Every Saturday Night,” presented by Rochel Goldbaum. The evening will include a dairy dinner with sushi platter, entertainment by the Bais Yaakov Girls Choir, and a sale of hosiery, hats, snoods, cosmetics, and more. Cost is \$15, students \$5. For more information contact Mrs. Chaya Meyer 303.960.8189 /chayadenver@gmail.com

Sunday, January 7th, 7:30 pm - Bonei Olam 2nd Annual Event. Cost is \$18 a person, \$30 a couple. Program includes: Mr. Kleinbart; founder of Bonei Olam, Sarah Drexler (nurse midwife), Rachel Lubchansky, and Dr. Polotsky (infertility specialist). Come support this wonderful organization!
Information and RSVP: Estie Rotstein at estierotstien@gmail.com

Monday, January 8th and for the next 10 weeks – Hebrew Nights at The Jewish Experience, from 7-8:15 pm. Hebrew reading, comprehension, or conversational/ulpan for all levels. Information and to sign up at TheJE.com/Hebrew or call 303-316-6412.

Sunday, January 14th - Bais Yaakov of Denver 50th Anniversary Gala – honoring Rabbi Myer J and Mrs. Bruria Schwab at the Doubletree Hotel, 4040 Quebec St. Gala buffet reception at 6:45 pm, program at 7:30 pm. To reserve, place an ad or for more information, visit www.bjhs.org, email reservations@bjhs.org or call 303-893-1333. Ad deadline is December 29th.

Sunday, January 21st – Girls and Ladies Swim at Lakewood Links, from 4:45-5:45 pm. The cost is \$5/child or \$15 family max. As per Lakewood Links safety policy, 1 parent for every 3 children under the age of 6 must be IN THE WATER with the children! You can also designate an older sister (12 years or older) to WATCH the little ones IN the pool.
Lakewood Links - 1295 S. Reed St, Lakewood, CO

Swimming!!

Basketball!

Tons of FUN!



Raffles!

Prizes!

DON'T MISS IT!

PRESENTS.....

MOTZEI SHABBOS SWIMMING

@ CHERRY CREEK SWIM & GYM

Motzei Shabbos, Parshas Shemos

7:00-8:15

****All children must be accompanied by an adult****

Any boy who learns for fifteen minutes over Shabbos with their father, will receive a special nosh and be entered into a raffle.

Please sign and return this form to Rabbi Sher on Motzei Shabbos, January 6th.

My son, _____ learned fifteen minutes with me, over Shabbos Parshas Shemos.

Parent Signature _____

This Swimming is sponsored by

Dr. Robert & Mrs. Erin Salehrabi

In honor of the Bar Mitzvah of

Joshua Salehrabi

Shabbos, Parshas Shemos

*A community wide program facilitated by Merkaz Torah
(720) 881-2768 • info@merkaztorah.org*

