

TEMPLE BETH-EL EARLY CHILDHOOD EDUCATION CENTER
The Marjorie and Mark Gershwind Campus of Living Judaism
5 Old Mill Road, Great Neck, NY 11023



GROWING TOGETHER

Vicki Perler, Director
October 8, 2021

Hallelujah - Hodu Lashem

Hallelu, hallelu, hallelu, hallelujah, Hodu Lashem (2X)

Hodu Lashem, Hallelujah, Hodu Lashem, Hallelujah

Hodu Lashem, Hallelujah, Hodu Lashem

Dear Families,

Our ECEC community is thrilled that we have completed our first full week of school. Comments from some of our parents have been euphoric, such as “finally – a full week” or “finally - we can settle into our routines.” Of course, the greatest beneficiaries of this full week of school have been the children!

Today’s Shabbat Sing was exceptionally joyous. Every Friday, we join together to experience a beautiful sing-along with me. It is the highlight of my week - every week - and I’m grateful to be able to teach your children beautiful Shabbat melodies. Our outdoor Shabbat Sing experiences are especially lively, and as you will see in the photos documenting today’s experiences, the children were smiling, dancing and having so much fun! What you won’t see in the photos is how spontaneous they were. All of a sudden, everyone got up from their chairs and started dancing when we sang “Hallelu.” *Hodu* means thankful, an expression of gratitude in Hebrew. We

are incredibly grateful that the consistency of a full week of school enabled us to celebrate Shabbat in such a meaningful way.

Jewish families create sacred time and sacred space for many kinds of rituals – bedtime, mealtime, Shabbat, and holiday celebrations. In the process, we create beautiful connections for each member of the family, fostering family togetherness, a sense of belonging, and continuity. These tangible, ritualistic moments are the times in a child’s life when family and togetherness, God and prayer, gratitude and fulfillment are paramount. These special moments deserve recognition and honor.

Creating new rituals, goals, and traditions can begin at any time, but why not begin anew at the beginning of our Torah reading cycle this year. Creating **sacred time and sacred space** for family rituals is an important and special part of our Jewish tradition. Here are some ideas for you and your family to consider:

Review the Day and make it holy. Time is sacred. It gives us the opportunity to make the world a better place. Talk about what made your child's day special, how your child helped someone, and how someone helped him/her. How did the day make you feel? When my sons were young, my husband and I put each one to bed every night with the question, “What did you like best about today?” This ‘best about today’ ritual helped them develop focus and intentionality.

Sing a Jewish Song to your child. Jewish melodies and lyrics are renowned for their beauty, warmth, and calming effect on children of all ages. Hum or sing along with your child.

Bless Each Child on Friday Night when Shabbat comes in. Each child feels very special and loved, and any conflicts that occurred during the week are quickly forgotten. Here is a link to help you get started with this simple ritual.

<https://pjlibrary.org/beyond-books/pjblog/august-2019/how-to-bless-your-children-on-shabbat>

“**What Did You Like Best About the Week?**” is a weekly tradition at our Shabbat dinner table after blessing the children and Kiddush and Motzi. This was an outgrowth of the ‘best about today’ tradition that the children eventually outgrew. Everyone at the table - adults and children, family and guests - answer the question. It helps to set a positive and beautiful mood for Shabbat, as only the “good” is remembered and shared.

My wish for this Shabbat and the weeks ahead is that we look closely at our family rituals and give ourselves the sacred time and sacred space to create new and more meaningful rituals for ourselves and our family.

Shabbat Shalom

Vicki

HAPPENINGS & DATES TO REMEMBER

Monday, Oct. 11

Tuesday, Oct. 12

Wednesday, Oct. 13

Tuesday, Nov. 2

Tuesday, Nov. 2

Friday, Nov. 5

Sunday, Nov. 7

Thursday, Nov. 11

Wednesday, Nov. 24

Thurs & Fri, Nov. 25&26

Columbus Day – School Closed

Pee Wee Pros Sports Program for 3s and Pre-K

Starting Together for 18-month-olds Begins

Election Day – School Closed

Professional Development for Teachers

Rosh Chodesh Kislev

Daylight Savings Time Ends – Set Clocks Back One Hour

Veterans Day – School Closed

Thanksgiving Recess – School Closes at 1:00 PM

Thanksgiving Recess – School Closed

CONNECTIONS

Dressing for the Outdoors – Please be attentive to the weather every day to ensure that your child is appropriately dressed for outdoor play. Our goal in all weather is to keep the children warm, dry and comfortable. If they are not dressed properly, the class is unable to take advantage of the open air and the many interesting outdoor spaces around the temple building. Boots, raincoats, an extra pair of sneakers, two complete changes of clothing (to be left in school), sweaters, hats, mittens, and a warm jacket are necessary. As the weather becomes colder, we will continue to be outdoors. It's a good time to start purchasing waterproof snow pants, jackets, snow boots and mittens for the winter. Please label all children's clothing! Thank you for your cooperation.

Mask Protocols – Masks are mandatory for all students when indoors, except when eating, drinking or napping. Wearing masks outdoors is optional. All students are required to arrive at school with their mask on. Some days, we go directly inside; other days we stay outdoors. Because we are in close contact at the entrance area, teachers, parents, siblings and ECEC students must wear a mask in these outdoor areas when arriving and dismissing students at all times. Thank you for your cooperation.

Hot Lunch Program - The foods children eat and lifestyle habits they learn have a lasting effect on their health. Due to the overwhelming interest of our families to provide nutritious meals for lunch, we offer meat and dairy lunches for all students. As you know, one of the values of our school is to maintain the highest quality of care whenever possible. This value should also be reflected in the foods we eat.

Lunch Menu:

Monday – Plain pasta, sauce, shredded mozzarella and vegetable

Tuesday – Baked chicken fingers and corn

Wednesday Pizza and Israeli salad

Thursday- Sliders/hamburgers, sweet potato fries and cucumber salad

Friday – Baked fish, rice and string beans

Our lunch is provided in individual packages for each child. We also have whole wheat bread and soy butter available to children who have not yet acquired the taste for these new foods. We hope that over time, children will discover and enjoy a variety of foods.

Car Seats are Mandatory - New York State law requires that all children eight years old and younger wear a safety restraint that meet the manufacturer's suggested weight and height requirements. The following is New York State's Car Seat Laws: **Children two and younger should use a rear-facing car seat until they exceed the manufacturer's suggestions. Once a child is over the age of two and goes over the manufacturer's weight and height requirements, s/he can move on to a forward-facing seat. After the age of four and when a child is over the manufacturer's requirements for a forward-facing seat, s/he can be placed in a booster seat with both the shoulder and chest straps. Although not required, NY authorities strongly recommend parents keep their children in the back seat until they reach the age of twelve.**

Health and Safety Precautions During the Pandemic - The health and safety procedures in the ECEC are very specific this year. Please wear your mask, stay physically distant from each other, and never bring your child to school if s/he appears ill. Your cooperation is essential and very much appreciated.

Important ECEC Telephone Information – If you have an important message and cannot reach me or Nancy on the telephone during the day, please ask someone in the main office to find us and relay the message. We hope this system will help you if you are unable to talk to us in person.

Contact Information - Please call, email or see me if you have anything you would like to discuss. My email address is yperler@tbegreatneck.org. This is usually the best way to reach me.

Links to Remember – I invite you to visit the websites connected to the links below. The links relate to information about early childhood education, Jewish life and learning, and helpful hints for parents.

<https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>

<https://www.naeyc.org/resources/pubs/vc/mar2018/promoting-social-and-emotional-health>

www.tbe-ecec.org

<http://www.naeyc.org/>

<http://families.naeyc.org/>

<http://www.reggioalliance.org/>

<http://www.brainy-child.com/article/reggioemilia.shtml>

<http://www.zerotothree.org/child-development/>