

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
September 30, 2022

Dear Families,

The High Holiday season provides us with the opportunity to pause and reflect on our deeds and behavior during the past year and to ask for forgiveness from those whom we have wronged, hurt or offended. It is a time to examine our own behavior and to consider changes. As parents, it is our job to recognize and complement our children when they are behaving in good ways. We also must let them know when they are not doing the right thing and guide them toward better behavior.

Yom Kippur provides us with the opportunity to have these important conversations with our loved ones. We can help our children understand the importance of saying kind and nice words to other people and to treat other people the way we would want to be treated. On Yom Kippur, we remind ourselves to be more understanding of other people's feelings and to be there when someone asks for our help. Being a moral role model highlights the importance of practicing honesty, fairness and caring ourselves. We also need to respect children's ideas and listen carefully to them. We need to teach children that all feelings are okay, but some feelings, when expressed, can have harmful consequences to others, like being mean, hurting people, and acting like a bully. With our consistent help and guidance, children will learn to cope with all their feelings in productive ways.

How can you teach your young children about kindness? Michigan State University Extension recommends the following easy tips to use with your child:

1. Model kindness. The best way to teach our young children how to be kind or what being kind looks like is to model the behavior ourselves. Say “good morning” or “hello” to people you pass on the streets, open doors for others, give up your seat on the bus or train to a person who needs it more, pick up trash on the sidewalk. These may seem like little things, but young children observe our behaviors.
2. Talk about kindness. When you see your child being kind, name it. Say things like, “I saw how you gave your brother a hug when he was sad, that was kind of you,” and other statements that help point out how they were kind to someone else.
3. Perform acts of kindness. Young children may not be able to do this on their own, but they can participate in charity events, help pick up their toys, help rake leaves for a neighbor, draw pictures for local children’s hospitals or nursing homes, or other smaller acts like dropping a quarter in a meter about to expire. The point is they are giving back without expecting anything in return and they are helping people too.
4. Be kind with words. What you say and how you say it are important. Teach children to say “hello,” “goodbye,” “good morning,” “please” and “thank you,” but also focus on other kind statements, such as, “Nice to meet you,” “How is your day?” “Are you OK?” and “I am glad to see you.” Being kind with their spoken words is one way young children can help others feel better.

I wish you and your families a beautiful Shabbat and may this year be a year of renewal and rededication for all of us. Tizku L’Shanim Rabot - May you merit many sweet years and G’mar Chatima Tova - May you be inscribed and sealed in the Book of Life for a year filled with health, happiness, kindness and blessings.

Shabbat Shalom
Vicki

HAPPENINGS & DATES TO REMEMBER

Tuesday, October 4	Erev Yom Kippur – School Closed
Wednesday, October 5	Yom Kippur – School Closed * Tot Service (9 am – Children under 6 with adult) at TBE
Monday, October 10	Sukkot/Columbus Day – School Closed
Tuesday, October 11	Pee Wee Pros for 3s and Pre-K
Friday, October 14	Sukkot Parent-Child Special Event –Toddlers (2s) 9:30-10:15 am, 3s and Pre-K 10:15-11:15 am
Monday, October 17	Shmini Atzeret/Simchat Torah – School Closed
Tuesday, October 18	Pee Wee Pros for 3s and Pre-K
Tues & Wed, October 25&26	Rosh Chodesh Cheshvan
Tuesday, October 25	Pee Wee Pros for 3s and Pre-K

CONNECTIONS

Parent-Child Sukkot Event – Save the Date - We will be celebrating the beginning of your child’s Jewish education on **Friday, October 14** with a special event in the Sukkah with Rabbi Stoller. The toddlers (2s)

will be in the Sukkah from 9:30-10:15 am and the 3s and Pre-K will be from 10:15-11:15 am. We look forward to sharing this sacred time together.

Pre-K Program at Temple Beth-El for 2023-24 – It seems as though many parents are not familiar with our highly regarded Pre-K program. In order to meet the ever-changing needs of families, a few years ago Temple Beth-El generously increased the number of hours for the Pre-K (from 9-2 to 9-3), included lunch, and reduced the tuition significantly. We have an outstanding Pre-K program, taught by exceptional and highly qualified teachers, and our school meets and exceeds New York State's Prekindergarten Next Generation Learning Standards. Our students are very well-prepared for kindergarten. As you know, Temple Beth-El strives to provide an excellent early childhood Jewish experience for our toddler through pre-kindergarten children and to keep our programs accessible to our community. We are very grateful for the generosity of our Temple to help families out in this way. **I hope you take advantage of this opportunity. If you would like a tour, please contact me to arrange a date. We are proud to show you our dynamic Pre-K class in action. Registration begins on December 7.**

Hot Lunch - 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 with sauce on the side, and vegetable
Tuesday – Baked chicken fingers, French fries and vegetable
Wednesday Pizza and Israeli salad
Thursday- Quesadillas, cucumbers, salsa and sour cream
Friday – Grilled chicken, rice and vegetable

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.

Health and Safety Precautions – Wash your hands!! Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults. The health and safety procedures in the ECEC are very specific as we strive to reduce the spread of infection in our school. **Do not bring your child to school if s/he appears ill.** We appreciate your cooperation at all times.

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.

Shabbat Sing –We join together on Friday mornings to experience a beautiful sing-along with me. It is the highlight of my week - every week. I feel very blessed to be able to teach your children beautiful Shabbat melodies. Our Shabbat Sing experiences are outdoors, especially during these beautiful days. Singing and music is a vital part of education, and we embrace the language of music as often as possible.

Shabbat with the Rabbi or Shabbat with the Cantor – This year, we are also blessed with having Rabbi Stoller and Cantor Adam share beautiful Shabbat experiences with the children in our Chapel every week. Having meaningful relationships with the Rabbi and Cantor are one of our goals this year, and we look forward to creating joyous and memorable Shabbat celebrations with them every week.

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://pjlibrary.org/getmedia/c63e85f1-58d9-44fd-ae8a-696825e88d25/Jewish-values-ECE.pdf>

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/>