



Shabbat times
C.L.: 5:47 in: 6:05 out: 6:45

Weekly Window

Classroom News

2s made doctor's kits for our doctors theme of the week!

3s are learning about community helpers and about the Holiday of the Trees, Tu B'Shevat!

Pre-K learned all about community helpers and how important they are! We also learned about the letter S the sound it makes!

Kindergarten is so excited for Tu B' Shevat! We made a beautiful Shivat Haminim mobile!

1st Grade is becoming full of Chumash Explorers! We are learning to find and translate Chumash helper letters!

2nd Grade finished Parshat Lech Lecha!

3rd Grade is engaged in the class reading of The Phantom Tollbooth and is highly enjoying the figurative language found in this treasure of a book. Just ask them what an idiom is or a synonym is!

4th Grade is full of essay writing pros!

5th Grade will be learning about decimal division and also estimating decimal quotients throughout the next 2-3 weeks. Go math!

6th Grade Boys are mastering the intricacies of the Gemara, proving themselves with their PowerPoint presentations!

6th Grade Girls are learning about ratios at a unit rate!

7th Grade Boys finished the Gemara to the third Mishna!

7th Grade Girls are trying to find X. Has anyone seen where it has gone?

8th Grade Boys enjoyed a delicious Shabbos Party!

8th Grade Girls are dealing with variables on both sides of an equation. Maybe the Xs from 7th grade have gone up a grade to confound a new group!



From the desk of the Principal

Dear Parents,

Please allow me to point out two highlights of recent events in school. The first is the preschool's recently completed monthly unit on the human body. It has masterfully taught our littlest ones about everything from the parts of the face to the ins and outs of the digestive system in an age-appropriate way. The second is the recent assembly we held for grades K-8 to introduce our middah of the month for February, Hakarat Hatov/Appreciation. While at first blush, these two highlights may seem to have little to do with one another, they are in fact intricately connected, as King David tells us in Tehillim: "Kol atzmotei tomarnah 'Hashem, mi chamocho", which translates to "All my bones proclaim 'Hashem, who is like You?". King David understood that perhaps the single greatest proof of G-d's greatness in this world is the complexity of the human body, and with all our being we must proclaim our thanks to Him for it and everything else we have in this world. The idea is that even a cursory understanding of the human body demands of us that we show our appreciation to its Maker. So important is the trait of Hakarat Hatov that the midrashic source known as Pirkei D'Rabbi Eliezer writes, "There is nothing harder for the Almighty to live with (as it were) than an ungrateful person. The reason Adam was exiled from the Garden of Eden was due to his ingratitude. His sin was not merely eating from the Tree of Knowledge. For that sin alone, perhaps he could have remained in Gan Eden. The straw that broke the camel's back, so to speak, was the fact that in response to G-d's question why he ate from the Etz HaDaat, Adam said, "The woman you gave me, she gave me the fruit and I ate it." As Rashi points out, Adam was being ungrateful. G-d presented him Chava as a gift and Adam complained that she caused him to sin. Gan Eden was a true paradise, free of any trouble or difficulty. This means that any and all suffering and hardship can be directly traced back to a lack of Hakarat Hatov. We have so much good in our lives. At PHA we try to grow with our students into people who consistently recognize, celebrate, and are truly thankful for it.

Shabbat Shalom,
Yisroel Weiner

Upcoming Birthdays

2/9- Elisheva Elias
2/14- Dahlia Musaev
Happy birthday!

We wish heartfelt condolences to the Zaila family on the loss of daughter/sister Sonya Zaila. May the entire Zaila family be comforted among the mourners of Tzion and Yerushalayim.

Dates to Remember

2/10- Parent/Teacher Conf. 4-6 PM

2/14- Preschool PD- No school for preschool only

2/14- School-wide challah baking- 8:00-9:15 AM

2/17- President's Day- No school

2/20- Middle School Workshop with Rabbi Dani Locker- 2:45-3:40 PM



The Pre-school Press:

This month the preschool is beginning a new unit or theme of study: community helpers. This is one of our most beloved themes of the year because the kids can really relate to what they're learning either because they know someone who works in one of the fields discussed, or they've seen these people in action! The question may arise, why is learning about community helpers important at the preschool age level? Through dramatic play, books, in-person meetings with real people of the field, and art projects, children learn about the importance of these people in our everyday lives. The children learn the different roles that each of these groups of people play in the community as well as learning that there are people who can provide safety and comfort in times of emergency or need. Our job as parents and teachers is to be role models for our kids when we interact with and learn about community helpers. It is important that we treat these people with respect and demonstrate that we are grateful for their hard work and commitment. It should be a fun month of learning! Have a wonderful weekend and Shabbat shalom!



Mrs. Shaffer's Message:

Before I had the good fortune of learning Love and Logic skills, I used to yell a lot more. One of the greatest gifts I received from the Love and Logic Institute was the ability to proactively use strategies to reduce yelling and blow-ups with my kids. As a former yeller (not to be confused with 'Ole Yeller'), I can say that I still blow up from time to time, but my kids really do notice the difference. And, I'm sure my cardiologist would notice too-if I had a cardiologist! Let's face it, yelling is bad for everybody. It feels good to remain calm and to remember to use our skills. How can something like this be accomplished? Practice. Practice is always important. We get better with more repetitions and more experience using a skill. In addition, the most powerful trick I learned from Dr. Charles Fay and Jim Fay: the phrases I repeat to myself. Years ago, I heard Jim Fay tell the story of putting himself to sleep at night by repeating this phrase, "When I feel like yelling, I'm going to whisper. When I feel like yelling, I'm going to whisper." He told us that at some point, he opened his mouth to yell and a whisper came out instead! The same principle of repeating a phrase (and putting it on sticky notes) has helped me a lot. I chose the phrase, "Stay cool, don't be a fool." It even rhymes. And, if you choose, you could put a little rhythm to it. A friend of mine told me that adding a musical element helps our brain remember things, which makes sense considering the fact that I can only remember the alphabet when I sing it! I encourage you to pick a phrase that will remind you to remain calm and not yell. Put it on sticky notes, put them all over the place, and spend time repeating this phrase to yourself-especially when going through intense times with your kids (and other loved ones). See if being intentional about this makes a difference. If it does, please share your results!

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