



Shulamith Newsletter

Parshat Shemot

Who am I?

In Parshat Shemot, Hashem appears to Moshe at the burning bush and tells him that he will be sent to Pharaoh to free B'nai Yisrael from Egypt. Moshe responds, "וַיֹּאמֶר מֹשֶׁה אֶל־הָאֵל־יְיָ: (But Moshe said to G-d, "Who am I that I should go to Pharaoh and take the B'nai Yisrael from Egypt?") This is a two-part question that Hashem answers in order. Part one is "Who am I?" Moshe asks, who am I that I should be able to speak to kings? Part two is "that I should take B'nai Yisrael out of Egypt." Moshe is asking if B'nai Yisrael has enough merit to be taken out. Hashem answers Moshe telling him to not be afraid because he will be with him and then states that after taking them out of Egypt, they will worship Hashem on this mountain. Which mountain is it? Har Sinai, where B'nai Yisrael will receive the Torah. Hashem is referring to the future merit of B'nai Yisrael when they accept the Torah on Har Sinai.

Rabbi Asher Sinclair brings a fascinating connection between this week's parsha and a condition known as Imposter Syndrome. Imposter Syndrome was first noted in a 1978 study by Pauline Clance and Suzanne Imes. This study surveyed 150 highly successful woman and found that there seemed to be a high rate of participants who felt they were unworthy of their success and that they reached their positions by fooling people. People with Imposter Syndrome may exhibit self-doubt, sabotaging self-success, and undervaluing their contributions and attributing success to someone other than yourself. Sounds familiar to the conversation between Hashem and Moshe, doesn't it?

Hashem answers Moshe that B'nai Yisrael are going to be taken out of Egypt because of their future merit of accepting the Torah. From here we learn, if Hashem rewards us for our future potential, how much more so should we not put down our past achievements by thinking we are imposters. We have so much potential and opportunity at our fingertips... many times, the only one limiting ourselves is us.

Shabbat Shalom!

Natan Mandelbaum

HAPPY BIRTHDAY

Miri Weiss - January 17

Rachel Lavian - January 18

Tamara Schneider - January 19

Orly Adler - January 21

Avigail Cohen - January 21

Meira Solomon - January 23

Esther Marachli - January 23

Chava Sharf - January 24

DATES TO REMEMBER

January 11 - Pre1A Trip to The Botanical Gardens

January 11 - Big Sister/Little Sister Monthly Program

January 18-28 -Mid-Winter Vacation - NO SCHOOL

**What's for
lunch?**



8th

Baked Ziti
Plain Pasta
Sliced Veggies
Tuna
Fruit

9th

Beef Sliders
Corn on the Cob
Pickles
Sliced Veggies
Fruit

10th

Potato Knishes
Cheese Bourekas
Tuna
American Cheese
Sliced Veggies

11th

Pizza Wheels
Kernel Corn
Sliced Veggies
Tuna
Fruit



K-8 REGISTRATION IS NOW OPEN!



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60 West End Avenue Brooklyn, NY 11235

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Preschool News

Dear Parents,

The girls were so happy and excited to begin *ספר שמות שמות*. We learned that in *פרשת שמות* a new Pharaoh took over the throne in *מצרים*. This Pharaoh was worried that the Jews were multiplying too quickly and he was concerned that they would want to take over his country. We discussed how Pharaoh tricked the Jewish people and they became slaves. We learned how Pharaoh tried to give the Jewish men only the minimum amount of food in an attempt to make them weak and ill. However, the Jewish women secretly brought food to their husbands so that they would remain healthy.

We also learned that Pharaoh wanted to harm the Jewish baby boys. When Yocheved, Levi's daughter, heard this she placed her baby in a basket made from reeds and tar. Yocheved then placed the baby in the river where it floated by the river's edge. She asked her daughter, Miriam, to stand watch from the riverbank to see what would happen next. When Batya, Pharaoh's daughter, found him she stretched her hand out to take the baby out of the water. The girls know what happened to Batya's arm and what name she gave the baby. We learned that Batya took Moshe to Pharaoh's palace and that Pharaoh used to enjoy playing with him until the day when Moshe was sitting on Pharaoh's lap and grabbed the crown from Pharaoh's head..... The girls know the rest of that story.

When Moshe was older he would take walks outside the palace. He was shocked when he saw how badly the Jews were being treated. Moshe would try to help the Jews, but when Pharaoh heard this he was furious with him. We then learned that Moshe ran away to Midian and became a shepherd to Yitro's sheep. He also married Tzipora, Yitro's daughter. One day Moshe was taking sheep through the desert and one sheep ran away. Moshe ran after the sheep and suddenly he saw a bush that was on fire, but the bush was not burning up. The girls can tell you what happened next. We learned in the Parsha that it is always all right to ask for help just like Aharon helped Moshe. After all, that is what family, friends and teachers are there for!

This week we spent a great deal of time this week discussing how healthy, hearty meals help to keep us strong and fit. We stressed the importance of good nutrition and a balanced diet. Each morning we offer your daughters a healthy breakfast of cereal and milk. We learned that this breakfast contains such nutrients as calcium, protein and vitamins. We now know that a healthy diet means eating a daily selection of foods from the various food groups. Incidentally, we continued reviewing the *ברכות* we make on different foods and this week we concentrated on foods for which we say *בורא פרי העץ*.

In the Art Center the girls used their creative and imaginary skills to form people out of fruit. We were amazed at the individuality of each girl's art work. These "fruit people" are on display in our classroom.

Even though we are still in the middle of winter and outside it looks cold and bleak, Tu B'Shevat is coming in a few weeks, and it is the Rosh Hashana for the trees. We discussed why trees are so important to us and why we need to make sure not to waste products that come from trees. We read the story "The Giving Tree" by Shel Silverstein which reinforced this point. We also enjoyed the book and tape "Save a Tree" and we are now much more conscious about not wasting paper. We also see how important it is to recycle paper. We also wrote a book entitled "All About Trees".

During the month of January we will be reading books authored by Ezra Jack Keats. The girls were very interested to learn that Ezra Jack Keats was Jewish. His real name was Ezra Jack Katz. Keats lived in the time of the depression when it was especially hard for a Jew to find work. He thought that with a more American sounding name he might be better off. We learned that Ezra Jack Keats was influenced by two people. The first person was a man who lived in his apartment building who people called "The Tzadik". The Tzadik told Ezra Jack Keats that G-d had put him on earth for a purpose and that he should believe in G-d and make his life meaningful. Another person who inspired Ezra Jack Keats was an artist named Max Weber who told him to keep on painting and that he should not let anything or anybody discourage him. That lesson we can all take to heart.

We enjoyed reading Ezra Jack Keats book entitled "The Pet Show" so much that we decided to make our own pet show. Each girl brought in her own pet and received an award. Our Pet Show was a resounding success and a fun time was had by everyone. Finally, we would like to wish Taliya Hananiyaev and her parents a big *מזל טוב* on Taliya's birthday. We all really enjoyed her birthday held in school on Wednesday.

With best wishes for a *שבת שלום*,

Morah Caroline
Morah Ahuva

Preschool Pictures

Happy birthday Taliya!!



Pre1A had a pet show inspired by Ezra Jack Keats!



Preschool Pictures



Shulamith Snapshots

5th Grade learning about colonial times!

MAKING BUTTER FROM SCRATCH!



Shulamith Snapshots

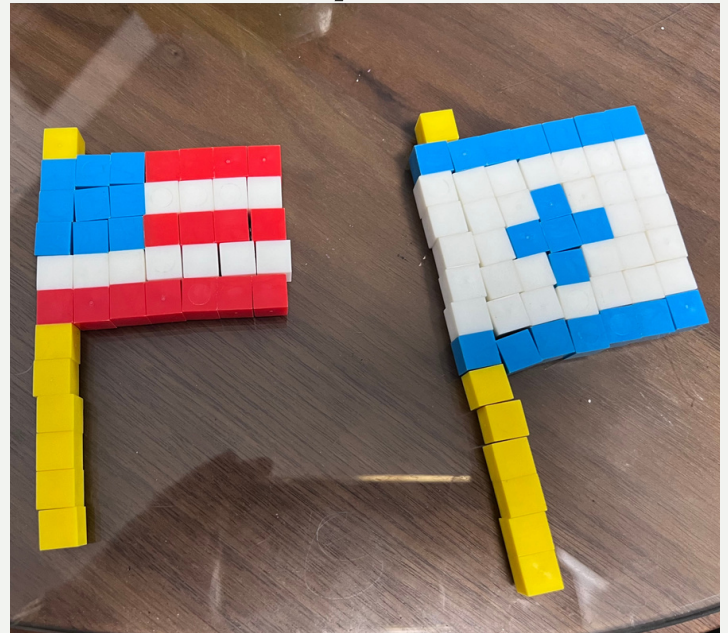
Gym with Coach Ruchie



Shulamith Snapshots

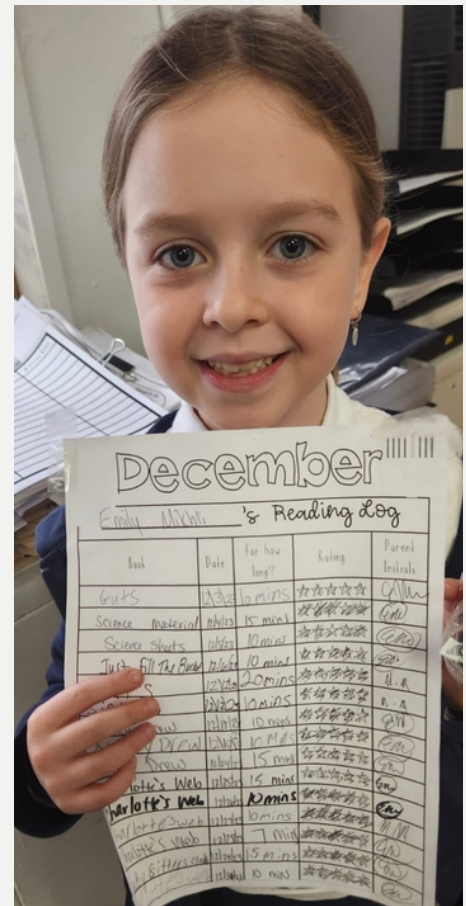
Devorah answered 2,000
questions in IXL!

Hannah Madnick's
Creativity! (Grade 5)



Emily in Grade 3 completed her
December reading log!

Reading independently in our כיתה ב' library!!

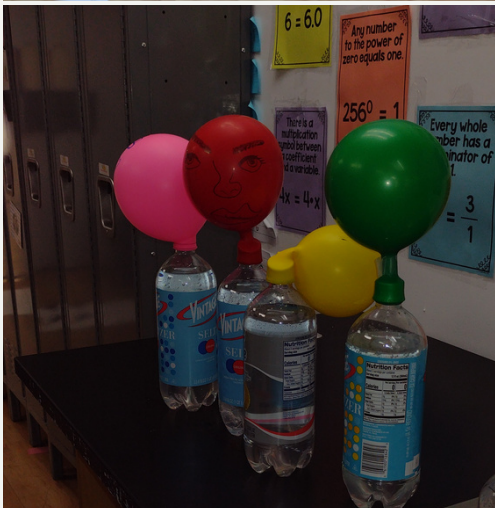


Shulamith Snapshots

5th-6th Grade Trip to Dave & Busters for winning the Benching Contest!!



The 8th grade exploring Boyle's law!



Shulamith Snapshots

LOOK WHAT'S coming



MIDDOT PROGRAM UPDATE!!!!

**Congratulations to Ms. Pomerantz's
Students on achieving completion
of 5,000 questions on IXL!!**

**Check out this week's
Jewish Press!!**



Michael Goodman & Susanne Rosenhouse
want to keep their families whole.
Help them find their kidney donor.



Please join us for a

Kidney Awareness & Swabbing Drive

Thursday, January 11

Doors Open 7:30 PM
Program Begins 8:00 PM

Kingsway Jewish Center

2902 Kings Highway
Brooklyn, NY



Anatomy of Kindness

Rabbi Josh Sturm

Director of Outreach, Renewal

Event Committee

David & Rebecca Binson • Rabbi Yonason & Prina Epstein
Elan & Janet Kornblum • Nuchem & Shoshana Schwartz • Julian & Carol Seewald
Doron & Malka Simon • Shmuel & Ruchie Weinstock

Dessert buffet will be served by **Elegant Desserts**



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MERKAZ YISRAEL
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