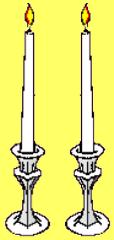


KLURMAN ELEMENTARY SCHOOL

OCTOBER 11, 2013

**פרשת לך לך**  
**CANDLE LIGHTING**  
 6:38 pm



**TEAM SPIRIT**

**STAR STUDENTS**

Daniel Chattah – T.S.  
 Daniel Cohen – S.S.  
 Netanel Dovid Corcos – S.S.  
 Isaac Dahan – S.S.  
 Mordechai Dreyfuss – T.S.  
 Gavi Feigenbaum – T.S.  
 Dovid Feldman – T.S.  
 Asher Greenberg – S.S.  
 Adam Hyman – S.S.  
 Sam Kaplan – T.S.  
 Noah Kurlansky – T.S.  
 Daniel Ness – T.S. & S.S.  
 Yosef Ness – T.S.

Shea Rosenberg – S.S.  
 Ailee Shanes – S.S.  
 Shmuel Vaiselberg – T.S.

★

Leehee Akrish – S.S.  
 Pnina Bergida – S.S.  
 Natali Biton – T.S.  
 Sarah Buzaglo – S.S.  
 Elisheva El-Gad – S.S.  
 Miriam Leah Elkayam - T.S.  
 Leora Feldman – S.S.  
 Chaya Ora Goldenberg – S.S.

Bluma Greenberg – T.S.  
 Rachelli Heller – S.S.  
 Tamar Hyman  
 Mijal Mizrahi – T.S.  
 Avital Nightingale – T.S.  
 Avigail Paritzky - S.S.  
 Elisheva Raab – T.S.  
 Batzie Rubin – T.S.  
 Aliya Shanes – S.S.  
 Racheli Sova – S.S.  
 Shoshana Wunsch – T.S.

**TEAM PLAYERS**

Ephraim Berkowitz  
 Daniel Cohen  
 Koby Fruhman  
 Benjy Heller  
 Yosef Herman  
 Adam Hyman  
 Akiva Jeger  
 Menachem Levy  
 Daniel Ness  
 Daniel Pineda

Elisheva Alber  
 Adina Albert  
 Avia Bennett  
 Aleza Bernstein  
 Chani Dreyfuss  
 Elisheva Franklin  
 Hadassa Grossman  
 Rachelli Heller  
 Adina Kon  
 Dassie Mergui  
 Esther Nahon  
 Hadassah Privalsky

Esther Reich  
 Rena Schiff  
 Ahuva Seinfeld  
 Esther Shaffren  
 Hannah Shapiro  
 Malka Weiner

**Last week's answer:**

**נח - חיי שרה - יתרו - קרח - בלק - פנחס**

**This week's question:**

Which piece of clothing is mentioned in this Parsha but nowhere else in the Torah?



## AFTER SCHOOL SPORTS PROGRAM

We are starting our after school sports program for boys. See form included with this newsletter.



## MAZEL TOV

To Rabbi and Mrs. Gedalya Glatt and family on the birth of a granddaughter, born to their son, our alumnus, Eliyahu and Rivka Leah Glatt.



## REFUAH SHELAIMA

Aharon ben Adela  
Chaim Yosef ben Rus  
Mina Yehudis bas Masouda  
Yaakov ben Rachel  
Aharon Dovid ben Chaya  
Yitzchok Shmuel ben Pasha Sara  
Yitzchok Reuven ben Malka  
Tzvi Zelig ben Chasya Rochel



## KEEP IN TOUCH!

Please remember

to notify the office with any changes in your contact information. If you get a new e-mail or house address, or any of your phone numbers change, please let us know ASAP. This includes information for your designated emergency contact. Thank you!



## CARPOOL COMMUNIQUE

**W**e are, B'H, making some progress in making our carpools flow more smoothly. We are blessed with a large number of new students, and that makes carpool times more of a challenge.

Concerning AM ARRIVAL – please keep the following in mind:

1. Parents and children should try to ensure that the children exit their vehicles quickly, and parents should drive off immediately afterwards, to make room for others in the carpool line.
2. When pulling up to drop off children, pull to the right as close to the curb as possible. If your vehicle is sticking out, it ends up blocking traffic in all directions.
3. If you are moving north on NE 11<sup>th</sup> Ave. (with the boys building on your right) be reminded there is no dropping off on the boys side of the street. You need to continue until the 4 – way intersection at 165 Street to make a U-Turn onto the carpool line. **THERE ARE NO U-TURNS ALLOWED BEFORE THAT POINT**, as this creates a dangerous situation for all.
4. Follow directions of school personnel at all times.

PM DISMISSAL:

1. Prepare your vehicle before entering carpool line for quick loading; move or remove car seats as necessary. Any delay unnecessarily causes everyone else behind you on line to be delayed.
2. Remain focused (no cell phone use once dismissal begins) and move forward in line whenever a space opens up in front of you. Even if your children arrive at your car – if there is a gap in front of you, instruct them to return to the last remaining car in front of you and to get into the car at that point once you have moved up.
3. If you are not picking up from the carpool line, park your car away from NE 11<sup>th</sup> Ave. You need to proceed on foot to the Boys side and give your carpool number to school personnel. Kindly stay on the Boys side, instruct your girls to proceed to the crosswalk when they hear their number and to wait to be crossed over to the Boys side. Your number will be called with the next round of numbers.
4. If you have an emergency or a special need to leave for an appointment etc. without waiting the usual time, call **the school office before 3:45 to arrange for your children's quicker-than-usual dismissal.**
5. We are beginning after school programs. Please inform your carpool partners if and when your child is staying later, so no one waits for a child unnecessarily.

**With everyone's patience and cooperation, we will be able to reduce the wait time for everyone. Thank you!**

# Reading is Succeeding!

Dear Parents

The KES aka TEAM Library is proud to provide your children with wonderful adventures in learning through books, globes, puzzles, computers, listening centers, and a Research Club. Students are permitted to check out books for one week. Library books are due on their Library day each week. **Below is a schedule so you can help remind your children to bring their books back on time.** *Children are **not** permitted to check out books if they have books overdue or missing.*

A child may renew a book by bringing it in on Library day. I suggest that students keep their library books in their **backpack**, so they will always have them whether at school or at home. This will also keep the books out of the hands of little siblings, gerbils, and well-meaning housekeepers. Another suggestion would be to have a special location in the house that is **only** for library books.

Parents, please help your children remember their library day. Thank you!

And remember...*Reading is Succeeding!*

With warm Southern regards,

Ms. Grossman

Librarian/Computer Teacher

Class	Monday	Tuesday	Wednesday	Thursday	Friday
1G-1					☺
1G-2	☺				
2G-1				☺	
2G-2				☺	
3G		☺			
4G-1				☺	
4G-2			☺		
5G-1			☺		
5G-2				☺	
1B-1	☺				
1B-2	☺				
2B-1					☺
2B-2		☺			
3B-1				☺	
3B-2				☺	
4B-1			☺		
4B-2	☺				
5B			☺		



*Erev Shabbos Parashas Lech-Lecha 5774*

***Roshei HaYeshiva***

Rabbi Binyomin Luban  
Rabbi Yisroel Y. Niman  
Rabbi Mordechai Palgon

***Founding Rosh HaYeshiva***

Rabbi Bentzion Chait

***Principal***

Rabbi Kalman Baumann

***Secular Studies Principal***

Dr. Deborah Lerer

***Assistant Principal***

Rabbi Noam Grossman

***President***

Dr. Allan I. Jacob

***President***

Dr. Jonathan Rubin

***Vice President***

Rabbi Moshe Lehrfield

Dear Parents,

As the October days pass by and our anticipation for a change of seasons grows, the message of the rhythm of nature and a year of four seasons that has governed the world since the great Flood in the days of *Noach (Malbim, Parashas Noach)* rings as true as ever. So much of our daily lives are directly influenced by the season of the year, reminding us of the centrality of nature in our existence.

We get so caught up in our material pursuits and technology on one hand and even our higher spiritual goals and activities on the other that we tend to lose sight of the basics that govern our well-being. How well we eat, how much sleep we get, how we exercise and live in moderation frequently get overlooked when we have a problem and are seeking a solution. Before we seek modern-day technological and scientific devices and methodologies to solve a problem, even before we investigate the spiritual underpinnings, we need to go back to the basics. If we **neglect our bodies' needs on a regular basis, then medication or surgery** may become necessary, but a shift in habit could possibly have pre-empted or solved the problem much sooner and much simpler.

The same holds true to an even greater degree in dealing with children. When a child has a difficulty in learning, classroom behavior, getting along with peers, or lacks motivation, all of the experts wisely present different possibilities to explain and solve the problem. The educator will look for an educational deficiency, the psychologist will explore a possible behavioral abnormality, the psychiatrist will search for a chemical imbalance,

-continued-

the neurologist will analyze brain function and the endocrinologist will examine any imbalance **of the hormones and metabolism.** **But there is a `step one' before all this, and that is to examine** the basics of human well-being. Is your child getting enough sleep? Is there a healthy, productive routine of play, homework, supper, bathing and bedtime? Does your child eat a balanced meal each evening? What food do you send with him or her to school? What, when and how many sugary snacks are included? (Hopefully not more than 1 a day) It is hard to overstate the benefits to a child of a healthy, stable eating and sleeping regimen. Many children who develop learning issues start out with good potential to learn, but poor study habits, insufficient sleep and unhealthy diets keep them from progressing with their classmates. These factors cause inconsistent class participation and incomplete homework and studying, which derails any efforts they make and magnifies any weakness they may have, until there is a major problem.

When a problem exists despite these routines being under proper control, the next step is to look for physical causes, before any cognitive or psychological reasons for difficulty in school. **Check your child's vision, hearing, overall health, manual dexterity and sensory issues first.** These potential causes must be ruled out before exploring any other learning or behaviorally **based causes.** **Once you've reached this point and the difficulties persist, then it is the appropriate time to enlist the other experts in helping your child.**

**In truth, most problems won't be solved by cutting out sugar etc., but a significant number can** be greatly minimized through getting back to basics. There may be many impediments that parents face in providing a loving, nurturing, calm and stable environment that are beyond their control, but virtually everyone can show respect for the natural order that *Hashem* implanted **into our world and take proper care of their child's healthy well-being.** The additional success **they'll find in school as a result may pleasantly surprise you.**

Have a healthy, restful and wonderful *Shabbos*,



Rabbi Kalman Baumann

Principal

# AFTER SCHOOL SPORTS PROGRAM

With Coach David Appel & Coach Shalom Selmar



For: Boys in Grades 1-5

Session Begins: MONDAY - OCTOBER 14TH, 2013

Mondays- , Oct. 14<sup>th</sup>, Oct. 21<sup>st</sup>, Oct. 28<sup>th</sup>, Nov 4<sup>th</sup>, Nov. 18<sup>th</sup>

Wednesdays- Oct. 16<sup>th</sup>, Oct 23<sup>rd</sup>, Oct. 30<sup>th</sup>, Nov 6<sup>th</sup>, Nov 13<sup>th</sup>

Time: 4:00PM - 4:50PM

Cost: Full session=\$75.00 Mondays and Wednesdays

Half session=\$45.00 Mondays or Wednesdays

Single Day=\$10.00

Please make all checks out to: David Appel

Please note: Pick up is 4:50-5:00 promptly at the side of the school by the basketball courts.

If later than 5:10pm more than 3 times students will be asked not to return.

Please fill out and return:

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent Cell Phone number \_\_\_\_\_

I hereby give permission to my son to attend KES After School Sports Program.

Parent's Signature \_\_\_\_\_

Full session  Mondays only  Wednesdays only

I have included payment of \$ \_\_\_\_\_

# chosen words

**Personal Growth**

## The 48 Essential Qualities for Learning

*If you want to acquire Torah, all you have to do is study. Right? Surprisingly, Pirkei Avos tells us that study is just one of 48 qualities necessary to successfully acquire Torah.*

Among the other essential traits named in the Mishnah in Avos are joy, modesty, slowness to anger, a good heart, and closeness with peers. According to Rav Chaim Volozhiner, you attain Torah in direct proportion to your efforts in developing these traits. Without them, Torah can't be fully grasped.

**Essential Quality #1 – Joy**

For those who struggle to find time to learn, or struggle with learning itself, "joy" might seem a remote quality. But Tehillim describes the Torah's words as "upright, gladdening the heart (19:9)." Rav Avraham Pam, shlita, tells us that when Hashem gave us the Torah, He did it in a spirit of joy, saying, "I have given you a good acquisition." From this, he says, we know that we, too, should impart Torah with joy. It's not an innate quality that some have and others don't. It's something everyone can work to attain. And it's especially vital when a parent or teacher imparts Torah to children, because only through joy are a child's

mind and heart opened.

**Shabbos Table Discussion:**

1. Why should joy be integral to acquiring Torah?
2. Describe the thoughts of a joyful person as he starts to learn. Chazal tell us that the more detailed a picture one paints of a desired quality, the more of that quality he will "own."

**Effective Prayer**

## Stuck at the Starting Gate

*Part of a Series on Preparing for Prayer*

Ever try to pray and the words and feelings just don't flow? You're not alone. That's why the Sages who arranged the Siddur placed a simple, one-sentence introduction before the central Shemoneh Esrei prayer:

*Hashem, s'fasai tif-tach, ufi yagid t'hila-secha. "My L-rd, open my lips, that my mouth may declare your praise."*

This verse is a powerful key

**Torah Tools for Personal Growth**

**Inspiration**

▼  
**Ideas**

▼  
**Excellence**

▼  
**Success**

**Tell Us:** Send us your suggestions on how to make learning/homework time with children less stressful and more joyful. We will share them with our readers in a future issue.

*Adapted from "For Love of Torah," by Rabbi Shimon Finkelman, with permission from Mesorah Publications*

**Better Relationships**

## Take Your Finger Off the Trigger

*Part of a Series on Loshon Hora-Free Living*

Everyone has his "pet peeve." A certain relative, teacher, neighbor, or group of people that... Best not to get started.

If there were a meter that measured loshon hora, most people would probably find that much of it stems from one or two sore subjects. For some people it might be 18% about neighbors, 27% about relatives, and maybe a whopping 55% about their boss! And therein lies an opportunity to dramatically reduce loshon hora.

Identify the "trigger" that gets you going and cut that topic from your conversation except when absolutely necessary. If, for example, your loshon hora is about your boss, then this strategy would help with 55 percent of your loshon hora, an incredible accomplishment.

Once you've identified and cut out your trigger topic, conversations leading in that direction will trip your early-warning system, allowing you to veer off the path before any loshon hora is spoken.

*Adapted from "Strategies," an upcoming book to be published by the Chofetz Chaim Heritage Foundation*

to effective prayer—in essence, a prayer that G-d should help us to be able to pray. It also points to a deeper understanding of the whole concept of prayer, because in truth, whether we realize it consciously or not, G-d provides the life-force and the power behind everything we do, prayer included. So it's only natural that if we find our own personal limitations getting in the way of the process, if we're sometimes too tired or too distracted to approach prayer with energy and enthusiasm, we should turn to G-d Himself for a help.

Those few short words are well worth our intense concentration, because as the Torah tells us, the beginning

*cont. on back*



*"Joy and learning go hand-in-hand."*



**Published for Torah Emes Academy of Miami by the Chofetz Chaim Heritage Foundation**

DEDICATED BY MR. AND MRS. JOE ANDISMAN IN HONOR OF RABBI BAUMANN, THE ROSHEI YESHIVA, AND THE STAFF OF TORAS EMES

# Thinking Your Way Out

#1 in a Six-Part Series on Worry

Worry damages a person's spirituality by preoccupying his or her mind with depressing thoughts. And it destroys happiness by obscuring the good in one's life. When you worry, you make yourself a prisoner of your own imagination. You turn a problem that's two months or even two years down the road into a problem that eats at you all day, every day. Worry is a habit of thought, and like any other habit, it can be broken. It all depends on how you choose to think about it...

### Coping with the Present Proves You Can Cope with the Future

If you analyze the components of a problem, you will see that it actually has two parts: the challenge itself and the worry about the challenge. When you worry, your mind takes hold of a problem, follows it to its worst possible

conclusion, paints the future black, and replays this imagined misery in your mind over and over again.

To break free of worry, it is key to recognize and be aware of your own ability to cope. If you have managed thus far to tolerate other setbacks and troubles in your life, you have already proven that you can cope with what comes your way.

Two simple mental exercises will help: First, think of a time when you faced a difficult situation. Replay in your mind how you adapted and how you survived the problem. Second, think of someone you know who—faced with exactly what you are now facing—got past the initial trauma and went on to live a normal, successful life.

Just as replaying your fears of the future can weaken and frighten you, replaying

past instances in which you've coped successfully can strengthen you and give you confidence. The more you do these mental exercises, the stronger your power to cope will become.

*Adapted from "Gateway to Happiness," with permission from the author, Rabbi Zelig Pliskin*

**Stuck**, *continued from front* determines all that follows. Sometimes the meaning of a prayer penetrates deeper into your heart when you first think about its essence in your own words: "Hashem, I have come before You to daven. Please open my heart and help me pour out my needs to You."

*Adapted from "Shemoneh Esrei," by Rabbi Avraham Chaim Feuer, with permission from Mesorah Publications.*

## Joy of Life

R' Nosson Zvi Finkel strove to create an atmosphere of happiness in the Slobodka Yeshiva. On Shabbos the joyous melodies of zemiros floated from his apartment and the students' quarters. Even on ordinary weekdays, the yeshiva was predated with an atmosphere of happiness. R' Nosson Zvi saw joy as a prerequisite to scholarship and creativity.

*Excerpted from "Sparks of Mussar," by Rabbi C.E. Zaitchick, Pisgah Foundation*

## Dedications

לע"נ

ר' יוסף בן משה הלוי ז"ל

Mr. Joseph Rosenberger z"l

נלב"ע ז' חשוון תשנ"ט

ה.נ.צ.ב.ה.

*We gratefully acknowledge our generous sponsors for making this publication possible.*

# What's Better Left Unsaid

From the Lives of the Sages

Rabbi Nachum Zev Ziv, an accomplished and dynamic orator, sat among the dignitaries in the audience he was scheduled to address later that night. He listened to the evening's first speaker, a very distinguished Torah scholar whose halting delivery left the audience shifting in their seats while trying valiantly to maintain an attitude of absorbed interest.

Rabbi Nachum Zev Ziv was scheduled to speak next. Suddenly he rose, approached one of his colleagues and excused himself from addressing the crowd. Later he said to his daughter, "People would have compared my speech to the one before. Mine would have stood out. The other man would've been shamed. How could I derive honor at the expense of someone else's humiliation?"

*Adapted from Tnuas HaMussar*

Index Reference 508



**Chosen Words is a biweekly publication of the Chofetz Chaim Heritage Foundation**

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**✉ We welcome your comments!**

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*in the*  
**ALL NEW Positive Word Power FOR TEENS**  
*as a z'chus for a loved one.*

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