

## **DIVREI YOSEF**

דברי יוסף

Volume 22, Issue 20

י"ט שׁבט תשפ"ג February 10th , 2023 Candle lighting: 5:06pm Havdalah: 6:08pm

## **IMPORTANT DATES**

Feb. 10/11-8th Grade Shabbaton

Feb. 15- Sharsheret Pink Day, MS Only

Feb. 17- Presidents' Day Assembly, Wear Red,

White, and Blue

Feb. 20- Presidents' Day, NO SESSIONS

Feb. 22- Rosh Chodesh Adar and Topsy Turvy

Day

Feb. 23- BPY Annual Dinner

March 1- 5th Grade Megillah Reading @ 6:30pm

March 2- Read Across America

March 6- Ta'anit Esther, 2:00pm Dismissal.

Aftercare ends at 4:30pm, No After School Programs

Programs

March 7- Purim, NO SESSIONS Family Megillah

Reading @ 10:00am

March 8- Shushan Purim, Costume and

Carnival Day

March 12- Daylight Savings Time

\*Lantern walk time TBD

March 14- 4th Grade Heritage Fair @ 6:00pm

Pi Day Program

March 17- Begin Late Friday Dismissal- EC

2:05pm/ ES&MS 2:20pm

**March 19- Parent Teacher Conferences** 

**GOOGLE MEET** 

March 23- Rosh Chodesh Nissan-Wear Blue

and White

March 26- BPY Drama Club Performance

#### Mazal Tov / Mabrook

· Dr. Hadar on the Engagement of her son!

#### Parnas HaYom: Learning Dedication

 Learning is dedicated by the Miller family in memory of Rochelle Miller, beloved grandmother of Annie (8) and Darren Miller (2).

## **TORAH BOWL**

קבוצת התורה בול הנהדרת שלנו מונה כ20 תלמידים
וממשיכה ללמוד בכל הכוח. כל כך כיף לראות את הרצון של
התלמידים ללימודי תורה ,ובטח כשמדובר בספר בראשית
שאנחנו זוכים לתקן דרכו את המידות שלנו דרך המידות של
האבות. בתורה בול אנחנו לא לומדים רק את הפשט של
הפסוקים אלא לעומק הדברים,רוב השאלות הם על רש"י
ומדרשים שמביא רש"י. כיף לראות את ההתקדמות של
התלמידים ממפגש למפגש, ואת הרצון שלהם באמת ללמוד.
השבוע יצא לנו לארח את המפגש של התורה בול אצלנו בבית
הספר. התלמידים שלנו הציגו ידע מרשים,ובכך עלינו לפלייאוף
הספר. התלמידים שלנו הציגו ידע מרשים,ובכך עלינו לפלייאוף
במפגשים בבית הספר ואם במפגשים שאנחנו עושים בערבים.
מעבר לזה שהתלמידים לומדים תורה,כיף לראות שיש גם
תוצאות טובות. שנזכה תמיד לחבר את התלמידים שלנו ללימוד







The tuition assistance process for the 2023/2024 school year is now open. The deadline to apply was February 8, 2023. If you would like more information, please reach out to Shoshi Ryp, Director of Finance, at shoshir@benporatyosef.org or ex 1812.

Families can dedicate a day of learning in memory of a loved one, in honor of a special occasion, or in the merit of a speedy recovery through our Parnas HaYom program. For more information regarding this and other sponsorship opportunities, please contact Development at giving@benporatyosef.org or visit our website www.benporatyosef.org

# PARASHAT YITRO DR. SAMANTHA KATZ SCHOOL PSYCHOLOGIST

Gratitude abounds in this week's parashah from its opening lines, when Yitro comes to meet Moshe and Bnei Yisrael, to the conclusion of the Aseret HaDibrot. As soon as Yitro arrives at Bnei Yisael's camp, Moshe recounts the way that HaShem saved them from their oppression at the hands of Paroh and the Mitriyim. Yitro rejoices upon hearing the news and declares בַּרָוּךְ ה' אֲשֶׁר הִצְיִל אֶתְכֶם blessing HaShem for his salvation. Immediately after meeting up with his son-in-law, Yitro pauses to express his gratitude to HaShem.

This emphasis on gratitude continues through the Parashah's climax: the presentation of the Aseret Hadibrot. The final commandment, לָא תַחְמִד, explains that we cannot covet the house, wife, slaves, animals, or anything else that belongs to our neighbors. While all the other commandments focus on physical actions or the spoken word, this is the only one that requires us to avoid a particular emotional response. How, though, can HaShem ask us to avoid the feeling of envy? After all, controlling emotions is no easy feat!

Rabbi Sacks explains that our thoughts, feelings, and actions are closely linked. Cognitive behavioral therapists speak about these three components that make up the cognitive triangle. Emotions can alter our thoughts and behaviors. For example, Yosef's brothers' jealousy resulted in their plots to harm him and in their act of selling him to the Yishmaelim. Envy can quickly lead to resentful thoughts and spiteful behavior.

Judaism emphasizes the importance of gratitude in place of envy. One of the most famous pessukim in Pirkei Avot reads "איזהו עשיר? השמח בחלקו," or "who is rich? A person who is happy with what he or she has." At the start of this parashah, Yitro pauses to express his gratitude for HaShem's generosity in saving Bnei Yisrael. These feelings of gratitude lead people to view the world through a rosier lens and to share kindness with others.

Psychologists have long emphasized the tremendous benefits that gratitude bestows upon us. Martin Seligman and others in the positive psychology movement have noted how thoughts or expressions of gratitude are linked with happiness, optimism, improved relationships, and better overall physical health. Sonja Lyubomirsky, author of, "The How of Happiness" indicates that gratitude closely associated with happiness "is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation." It's no wonder that Yitro, a figure defined by his equanimity and sage advice, practiced gratitude.

As our children grow, may gratitude be a value that they hold close to their hearts. By encouraging them to take the time to thank others, from their teachers to security agents, grandparents, maintenance staff, and housekeepers, we can help them build up their gratitude muscles. Similarly, we can encourage our children to take a couple of minutes each day to think about what they are thankful for or to journal about this. Not only will this gratitude increase their own sense of wellbeing, but it will strengthen their connections with others.

### **UPCOMING EVENTS**



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## **GAN ILANOT LEARNS ABOUT JAPAN!**

After enjoying Winter Break with our families, as a class, Gan Ilanot decided to travel together. Our Morot asked if we wanted to visit Japan and we excitedly agreed, but none of us had ever been there! We had so many amazing guestions and began to do some research. We looked at the Japanese landscapes, writing, and culture. We were so excited to interview our very own Morah Yumi on her experience growing up in Japan. She showed us traditional Kimonos, how Japanese children go to school and even what the Japanese money looks like! To end our fun learning we traveled to Japan to become sight word Ninja spies, bento box makers, Sushi experts, and even watched Mt Fuji erupt! What a fun learning experience. While exploring the country of Japan, Gan Ilanot studied the famous Japanese artist, Yayoi Kusama who is world renowned for her interactive polka dot painting. As a class we painted our own BPY inspired polka dot mural. We had a blast immersing ourselves into our Kusama Inspired Painting!













## **1ST GRADE GS**

First graders have been hard at work drafting, revising, editing, and publishing their informational books! Each student chose a topic about which he/she is an expert, such as art, baking, bowling, dogs, or soccer, and wrote a detailed book designed to teach others about the topic. To celebrate our students' work during this unit, each student had a chance to give an Expert Presentation to the class. For the presentation, the students wrote short speeches and practiced reading them fluently, using the skills that they learned in their reading workshop fluency unit. On the day of the celebration, the students were excited to come to school dressed up as experts in their fields. The students did a beautiful job with their presentations and were excited to share their completed books with their peers.























## The Gift That Keeps Giving **ARI Z. GREENE, DIRECTOR OF DEVELOPMENT**

The Passuk in this week's Parashah tells us of the famous story where Yitro instructs Moshe to delegate his duties and create a system within the ranks to answer the questions of Klal Yisrael. The exact quote is "אַנְשֵׁי־חַוֹּיָל יִרְאַיָּ אֱלֹקִים אַנְשֵׁי אֱמֶת שׂנְאֵי בָצַע.". This means strong men, G-d fearing men, men of truth, and men who despise gain. Yet we find that when Moshe implemented this system, it says he chose "strong men". What happened to the rest of the qualifications?

The MiShulchan Gavo'a offers an answer in the name of Rav Eliyahu Chaim Meisel, the Rav of Lodz. He explains that since the manna fell at the doorsteps of the tzadikim, it was very clear who the tzadikim were. The only problem was that HaShem, in his kindness, also put the manna at the doorstep of those who were elderly, weak, and infirm, even though they were not deserving. To find out who the right candidates were, to help answer questions, all Moshe had to do was take those who had the manna delivered to their doors and were strong. This was proof that they were great tzadikim and were not of poor health.

Every day, HaShem delivers presents to our doorsteps. Sometimes others see our gifts and we don't even recognize them. BPY provides the gift of a warm, nurturing environment as we pursue academic rigor and excellence in למודי - Limudei Kodesh (Judaic Studies) and למודי חכמה - Limudei Chokhmah (General Studies). Please consider making a "Gift" to our Annual Dinner to help support BPY.

Let us take the time to appreciate all the gifts we receive and the merits that HaShem sees in us and continue to live a life that will generate more gifts and a clear realization of HaShem's love for us and His will to keep us alive, healthy, and happy.

**EVERY GIFT IS MEANINGFUL EVERY GIFT STRENGTHENS** 

## **MESSIBAT CHUMASH**

This past Sunday, our second grade students celebrated receiving their Chumash with a beautiful Mesibah!

The children, having learned about Avraham Avinu and Sarah Imeinu in Parashat Lech Lecha, reenacted the story in Hebrew in front of their families and friends. Through song, dance, and acting, they told the story of Avraham's journey to Eretz Cana'an and the shepherds' rivalry. Throughout the play the students enthusiastically demonstrated their love of Torah and Chumash, and showcased their Hebrew skills by speaking and singing in Ivrit during the entire play (with English translation available, on large screens throughout).

At the conclusion of the play, after recitation of the Birkat Kohanim, two sifrei Torah, Ashkenazi and one Sefaradi, were carried in and each student read aloud a verse from the Torah on his or her own. To cap off this important and moving milestone, the students each proudly received their very own Chumash!

Our wish for our 2nd grade students is that they will always be happy to learn and grow from the Torah and follow the path of our forefathers and foremothers.

































## **CELEBRATING TU BESHVAT AT BPY!**

Tu BeShevat Higiyah! Our students celebrated Tu BeShevat this year by having an inter-grade learning and seudah together. Students in 5th-8th grades prepared for a special learning session last week, which they then taught to our 1st-4th graders. They came to the little gym, two grades at a time (1st & 5th Grade, 2nd & 6th Grade, 3rd & 7th Grade and 4th & 8th Grade), and spent 40 minutes together learning, making berachot and eating. It was so beautiful to see our older students rise to the occasion and teach their younger schoolmates. They learned about hakarat hatov, and what it means to appreciate what we have - noting that one way to appreciate what HaShem gives us is by making berachot. Each student got his or her own plate of treats - with one food from each berachah. The grades took turns leading the berachot and saying amen. While it was winter outside, the room was filled with tremendous amounts of warmth and love!



## **MORAH DINA'S 6TH GRADE IVRIT CLASS**

In Ivrit 6W with Morah Dina, we began a new unit of study-the environment and recycling. Following initial discussion in class about the importance of the environment and its preservation, we began studying students' environmental habits. We discussed food waste, shopping bag use and even the use of lunch containers vs plastic baggies. Students filled out a survey on their family's recycling habits and then went on a mission to survey 30 students and teachers in the hallways about their same practices. We have just completed all of our surveys and are excited to tally up the results and analyze BPY's Middle School environmental practices based on our small pool of people. We were also excited to see that we were already familiar with some vocabulary words connected to recycling and the environment in lvrit!

Here are some vocabulary words that we learned:

recycling-מיחזור metal -מתכת

metal -מתכת







## Kehilah Kedoshah Janina Synagogue and Museum NYC, New York

Located in the Lower East Side is the only Romaniote community in the western hemisphere. These Jews' ancestors settled in Greece after the Spanish expulsion in 1492. Since the community was geographically isolated from the other Jewish communities, it continued to speak Greek, even though many of the other sephardic communities spoke Spanish. The Orthodox congregation came to New York in 1906 and the synagogue opened its doors in 1927 on Broome Street. The community came because of economic instability, antiquated inheritance laws, the dowry system and the dream of a better life. The community was close knit and many married within the community. The New York congregation stayed in close connection with the community in Greece. To this day, many of the tunes that are used are the same ones that were used in Greece. Some are in Hebrew and others are still in Judeo-Greek, the language of the Romaniote Jews who lived in Ioannina. They wrote Greek using Hebrew letters. In 1997, a museum was opened in the upstairs women's section to detail the history and customs of the community of loannina, Greece. The museum is open on Sundays and by appointment.







### PARASHAH CORNER WITH RAV ACOCA פינת הפרשה

QUESTIONS TO ASK YOUR CHILDREN ON SHABBAT

#### **Parashah Questions**

- 1. What is the name of this week's Parashah?
- 2. What was the name of Moshe's father in law
- 3. What was the name of Moshe's wife?
- 4. What were the names of Moshe's children?
- 5. What did Yitro hear about?
- 6. What did Yitro suggest to Moshe?
- 7. What did Bnai Yisrael get in this week's Parashah?
- 8. For how many days did Bnai Yisrael prepare themselves before getting Torah?
- 9. What did HaShem tell Moshe?
- 10. Which day did HaShem give Bnai Yisrael to rest?

#### **Parashah Answers**

1.Yitro
2.Yitro
3.Tziporah
4. Gershom and Eliezer
5.About all the miracles
that HaShem did to Bnai
Yisrael
6.To get people to help
him to teach and judge
him to teach and judge
8. 3 days
9.To remind Bnai Yisrael
9.To remind Bnai Yisrael
mout to get too close to the
mountain



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ALL OF ISRAEL ARE UNITED IN FRIENDSHIP



THURSDAY, FEBRUARY 23, 2023 יום חמישי אור לגי באדר תשפ"ג

7:00 PM • EDGEWOOD COUNTRY CLUB



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KINDLY RESPOND BY **FEBRUARY 12, 2023** 

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