



Inside SCHECHTER

January 26, 2024 / 16 Shevat 5784
Weekly Parashat : Beshallah

Candle lighting: 4:38 PM
Shabbat ends: 5:43 PM

Spreading Joy Through Song and Dance at Gidwitz Place



Last Sunday, our Rakdanim Dance Troupe and Shira Choir spent the morning at Gidwitz Place for Assisted Living, where they brought music and joy to the residents.



"As Abraham Joshua Heschel said, 'A test of a people is how it behaves toward the old,'" said Rena Rozen and Elizabeth Botnick, Sager School and Ginsburg ECC Dance and Movement Specialist and Music Teacher respectively. "We are proud of our students for embracing the opportunity to share their passion for music and dance as they give back to our community."

Big Ideas: A Week of Trailblazers



Our 7th and 8th graders are continuing to leave their traditional schedules behind as they immerse themselves in "The Big Idea."

This groundbreaking program introduces captivating mini-courses crafted to align with students' unique interests and passions, fostering a meaningful and personalized learning experience.



During the last week, students welcomed Diane Pathieu from ABC 7 Chicago; participated in conversations about *spycraft* and fingerprinting with government employee, Emily Hikade; spoke with Jacob Magid, US Bureau Chief for *The Times of Israel*; and heard from Michelle, owner of "Sweets by Michelle;" and more.

Our deepest thanks to The Harvey L. Miller Family Foundation for providing the funding to launch this innovative program.

Tu B'Shvat: Celebrating the Holiday of the Trees



Sager School students combined learning with fun as they celebrated Tu B'Shvat. In honor of the holiday, 2nd graders prepared and enjoyed fruit-filled snacks and recited the blessing together for the delicious fruits that grow on trees.

Exploring the Wonders of Nature at the ECC



Our *yeladim* in Alim are busy on a journey of discovery as they plant seeds and watch lima beans sprout and grow! Our little scientists are buzzing with questions and excitement as they observe and care for their plants.

Schechter Learns: Modeling Emotional Regulation Skills

Emotion Regulation Skills
Essential Tools to Model and Teach Emotion Management

Elizabeth Dexter-Mazza, PhD
Co-developer of Dialectical Behavioral Therapy Skills Training for Emotional Problem-Solving for Adolescents (DBT STEPS-A)

Thursday, February 8, 2024 7:00-8:30 p.m. CST
Live on Zoom

Register for this seminar at:
go.wellnessinstitute.org/emotionregulation

Cost: \$18 per person
Use promo code: SSDS

Produced by the Wellness Institute,
a division of the Rohr Jewish Learning Institute (LJI)

For all questions, email
info@wellnessinstitute.org

**Emotion Regulation Skills:
Essential Tools to Model and
Teach Emotion Management with
The Wellness Institute
Thursday, February 8th
7:00 - 8:30 PM CT**

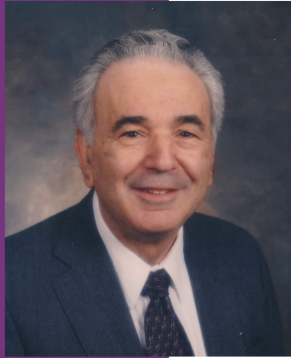
Parenting is a journey, especially when it comes to our kids' emotions. Join us for a meaningful webinar with Dr. Elizabeth Dexter-Mazza from The Wellness Institute. Discover insights into children's emotional challenges and gain practical strategies for fostering lasting emotional regulation

Register for the webinar now, by clicking [here](#).

Thank You to This Week's Day of Learning Sponsors!



Day of Learning *Sponsor*



In Memory of

Rabbi William Fertig

loving father and zaydie
on his 5th Yahrzeit on the
10th of Shevat

The Fertig, Levy and
Trauben Families

MONDAY, JANUARY 22



Day of Learning *Sponsor*



For Tu B'Shvat,
in honor of

Carole Bernstein

who loves trees and
gardening.

With much love,
Jeff Bernstein

THURSDAY, JANUARY 25

Every day at Schechter, students receive the gift of an outstanding education. You can help support a day of learning with a \$250 sponsorship to celebrate a child, honor a friend, mark a special occasion, or remember a loved one.

[Learn More](#)

Join us for Schechter Gives Back

SCHECHTER Gives Back



**Sunday, January 28 | 10 AM
Northbrook Campus**

Join with Schechter families as we partner with TOV & Holiday Heroes to assemble activity boxes for pediatric hospital patients. Open to all ages.



Join us this Sunday, Jan 28, at 10 AM as we team up with TOV & Holiday Heroes to create activity boxes for pediatric hospital patients. It's a chance for Schechter families to join together and make a difference. Open to all ages. Sign up now at schechter.org/events

Rochelle Zell Curriculum Night is Around the Corner



CURRICULUM NIGHT

TUESDAY, FEBRUARY 6, 2024
6:00-8:00 PM
ROCHELLE ZELL JEWISH HIGH SCHOOL



ROCHELLE ZELL JEWISH HIGH SCHOOL



Join Rochelle Zell Jewish High School for Curriculum Night on February 6 from 6:00-8:00 pm! Curriculum Night will focus on 9th grade academics at RZJHS. Learn about the freshman curriculum, daily schedule, and course placement guidelines, attend model lessons from a variety of subject areas to get a glimpse into the RZJHS student experience, and enjoy dairy & pareve hors d'oeuvres. **RSVP HERE.**

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