



Inside SCHECHTER

February 2, 2024 / 23 Shevat 5784
Weekly Parashat : Yitro

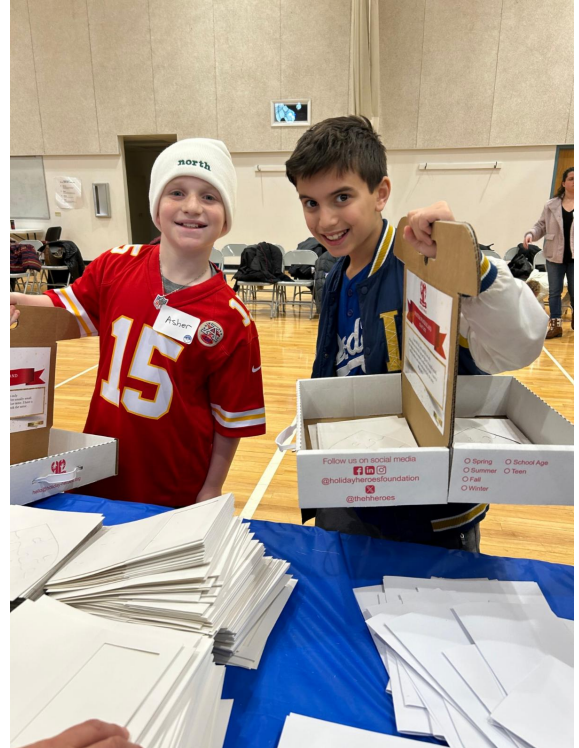
Candle lighting: 4:47 PM
Shabbat ends: 5:51 PM

Schechter Families Give Back



Last Sunday, the Schechter spirit was in full swing as more than 25 families joined forces with TOV and Holiday Heroes to assemble 110 infant bags and 151 school-age craft boxes to distribute to pediatric hospital patients at 11 local hospitals.

"We're grateful for each member of our community who contributed their time and creativity to spread kindness and joy – our families truly embody the spirit of giving back," said Shira Rozgovich, Development and Events Manager. "Our thanks to Holiday Heroes for partnering with us and providing all of the materials for this meaningful service project!"



Musical Marvels: 5th Grade Band Showcase



Our talented 5th grade Beginning Band students showcased their skills at a concert on Thursday night. The performance featured selections from their lesson book, and students demonstrated their progress since the beginning of the school year.

Each instrument group performed and every student mastered a solo or ensemble piece, enhancing their rhythm and note-reading skills, and developing teamwork and responsibility. The repertoire included, "Theme from Harry Potter," "The Hey Song," "Theme From Star Wars," and more.

"I truly enjoy teaching this amazing 5th grade band," said Mrs. Marsha Rosenson, Band Director. "I look forward to every rehearsal and I expect to see great things from this group of students in the future!"



7th and 8th Graders Present Video Capstone Projects



This week, our 7th and 8th graders showed their video capstone projects for the Big Idea at a Mixed Media Festival at Landmark Theaters.

"There was something special about seeing the videos they created on the big screens at the movie theater," said Noreen Ohcana, 5th - 8th grade math teacher.

Stay tuned for more on the Big Idea presentations next week.

Class of 2013 Alumni Reunite at a Shabbat Dinner



Top row, left to right- Gabe Strauss, Jake Dayan, Adam Gilman, Charlie Cramer, Jonny Benishay, Akiva Stein, Brad Leshem, Seth Katz, Bryce Levin, Henry Wolle, Talia Gorstein, Arielle Small, Molly Copley, and Brian Kolton. Bottom row, left to right- Dina Plofsky, Alex Masover, Allyssa Cohen, Sydney Cohen, and Lily Stone. Not pictured: Harrison Freeman

Last Friday night, you could feel the warmth of friendship and shared memories as 20 Schechter alumni from the Class of 2013 came together for a pot-luck Shabbat dinner. The inspiration for the gathering came after a few class members saw each other at a rally in Chicago following October 7th.

"We talked about how great it would be to get together, and posted the event on the Class of 2013 Facebook page and in group chats," said Dina Plofsky, one of the organizers along with Alex Masover, Allyssa Cohen, and Gabe Strauss. "Seth Katz reached out to One Table and received a stipend to help cover the costs."

"I hadn't seen some of my Schechter classmates since graduation, and we stayed for hours just talking and catching up," Dina added. "We've all grown up, but we were raised with the same values and have a lasting bond that was formed through our years at Schechter. Being together reminded me of the strength of our Schechter community."

Schechter Alumni Named 18 Under 18 Honorees

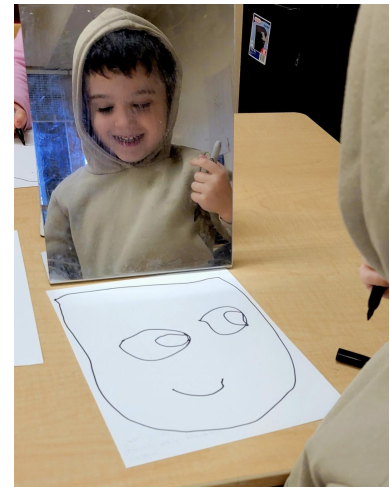
Congratulations to Schechter alumni, Ash Eliaser (SSDS '20) (first row, second from left) and Daniel Weisskopf (SSDS '21) (first row, second from right) for being named one of Springboard & Jewish United Fund (JUF) 18 Under 18 Honorees!

SPRINGBOARD



18 Under 18 was designed to recognize inspiring teen leaders who represent different aspects of our community, all working to make our community a better place. Both Ash and Daniel are currently students at Rochelle Zell Jewish High School.

Ginsburg ECC Artists Illustrate Their Self Portraits!



Our youngest students at the Ginsburg ECC showed their progress by creating their third self-portraits this year! They added details like the hair and eyelashes with careful strokes and were excited to share the results.

"These portraits help the students to develop their motor skills, hone their focus, and express their own creativity, while also showing how their sense of self changes over time," said Zahava Berman, Ginsburg ECC Director.

Schechter Lions Roar in Basketball Tournaments



Congratulations to our Schechter Lions 7th grade girls and boys basketball teams, who competed in a series of games for their tournaments this week against Baker, Bannockburn, Hillel Torah, and Arie Crown. We loved seeing you in action and we look forward to cheering our 8th grade teams next week!

Kindergarten Students Spread Peace and Kindness



Our Kindergarten students have been studying the life and legacy of Dr. Martin Luther King, Jr. and learning about civil rights, the ongoing battle against racism, and how they can help to make the world a "better and kinder place." As a culmination to their study, they created self portraits to highlight the beauty of our differences and how each of us is made in the image of God, *B'tzelem Elohim*.

Inspired by Rabbi Abraham Joshua Heschel's quote that Dr. Kushnir reads each morning: *"Every action counts and every word has power. Choose actions and words that will make the world a better and kinder place,"* the peaceful words of Dr. Martin Luther King, Jr., and the book *Martin's Big Words* by Doreen Rappaport, our empowered students created their own "big words" and went on a Peaceful March to

Schechter Parent Shares: "We Will Dance Again!"



Lesley Kagan Wynes, owner of dyeGirl Chicago, is among the many Schechter parents who have organized fundraisers to benefit the survivors of the October 7th attack in Israel. For every \$18 "We Will Dance Again" tee shirt purchased, dyeGirl will donate a tee to a survivor through Maman Nonprofit and JUF.



The first batch of 50 donated tees will be gifted to Nova Music Festival survivors attending a healing retreat organized by Maman Nonprofit in Los Angeles next week. Click [HERE](#) to contribute to the next batch of tees going to Israel with a JUF Solidarity Mission later this month.

Pictured: Schechter friends (including a soldier in Israel) display one of the tee shirts.

Schechter Learns: Modeling Emotional Regulation Skills



W the wellness institute

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: SSOIS

For all questions, email:
info@wellnessinstitute.org

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

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 Sponsor!

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.



FRIDAY, FEBRUARY 2

Day of Learning
Sponsor



In honor of
Ari Fisher's
upcoming birthday

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gift of Jewish education!

With much love and pride
Arna & Dad

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