

REUVEN REVIEW

YOUR WINDOW INTO THE WORLD OF YESHIVA KETANA OHR REUVEN..

כג' אדר ב' תשע"ט

פרשת שמייני

7:00 p.m.

Vol. 6 Issue #22 March 29, 2019



Rabbi Brodie, S'gan Rosh Yeshiva, wishing mazel tov to the first graders in honor of being Mesayim a Perek in Chumash!

Rabbi Myski, First Grade

PRECIOUS PARSHA PEARLS

The Three Rs in פרשת ויקרא

Respect

Moshe didn't want to be a *baal ga'avah* so he made a small 'א in the word ויקרא?

Daniel Peikes (6)

Bringing *karbonas* shows respect to Hashem.

Shalom Gross (7)

Responsibility

Bringing a *karbon* as *teshuva* for an *aveirah* is taking responsibility for one's actions.

Menachem Goldstein (1), Dani Stern (1), Yehuda Leib Nadav (2), Yehuda Weisberg (5), Daniel Peikes (6), Shalom Gross (7)

Ruach

כהנים זריזים ומקדימים הם

Daniel Peikes (6)

How Can I Follow the Example in the *Parsha*?

To be an *anav*

Yehuda Leib Nadav (2)

Last Week's Winners

Shalom Gross (7) Yehuda Leib Nadav (2)



Brachos Review Game
Rabbi Weissman, Second Grade



Boys are still in the Purim mode as they share information they've learned from their biographies.
Mrs. Stein, Fourth Grade



PURIM



Mechiras Yosef Play

Rabbi Biller
Third Grade



Mazel Tov

Miss Silberman, *Receptionist*, on her marriage

P Dov Pollak 1 Yehuda Smolen, Yehuda Stansky, Avi Newhouse 4 Shalom Saperstein, David Gutmacher 5 Naftali Tzvi Frankel, Nati Zisman 7 Yehuda Berman, Shalom Frances, Yaakov Issacson 8 Eli Kamensky



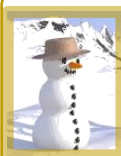
A Peek Into Yeshiva Ketana's Upcoming Events

Tuesday, April 16th~
Dismissal K: 12:00 p.m.
P-8: 1:00 p.m.

Wed - Sun. April 17th - 28th~
Pesach Break~ No Sessions

Weather Hotline Number

In case of inclement weather,
please call the YKOR message line
845-521-9174



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Parenting in the Parsha

פרשת שמיי Trauma

ויאמר משה אל־אהרן הוא אשר־דבר ה' לאמר בקרבי אקדש ועל־פני כל־העם אכבד וידם אהרן

Then Moses said to Aaron, "This is what the L-RD meant when He said: Through those near to Me I show Myself holy, and gain glory before all the people." And Aaron was silent.

דאגה בלב איש ישחנה רבי אמי ורבי אסי חד אמר ישחנה מדעתו וחד אמר ישחנה לאחרים

"If there is care in a man's heart, let him quash it (*yashhena*)" (Proverbs 12:25). Rabbi Ami and Rabbi Asi dispute the verse's meaning. One said: He should forcefully push it (*yashena*) out of his mind. One who worries should banish his concerns from his thoughts. And one said: It means he should tell (*yesihena*) others his concerns, which will lower his anxiety.

Trauma is a fact of life. It does not, however, have to be a life sentence.

- Peter A. Levine

Childhood trauma can, and often does, have life-long effects on children. That trauma can manifest in any number of ways. Sometimes children cope with death and loss. Other children deal with the trauma of divorce. Some face the pain of illness in family members, while other children might have to deal with the stress of a parent losing a job. The common denominator in all of the above is that these are traumatic events that can impact children far more than we realize.

In this week's *parsha*, Aharon becomes the paradigm for how a great human being can deal with the trauma of loss. With the death of his two sons marring his inauguration as *Kohen Gadol*, Aharon remains stoic and silent in the face of his loss. Because we have Aharon as the model, we sometimes forget that he is an adult dealing with tragic loss, and not just any adult, but one of the greatest adults to ever live. It is unrealistic and counterproductive to expect children to react to trauma like this.

That is not to say that all children will react the same to trauma. Some may want to talk, others may turn inward and be silent. But, there are certain common factors of children and trauma that can help us, the adults in their lives, help them to cope.

As a general rule, children are likely to overestimate the possibility of a traumatic event that they hear of happening to them. Frightening news stories or personal stories of others' struggles will often impact children, with them fearing that will happen to them or a loved one. A child, for example, who hears of a divorce will begin to fear that his parents will divorce. It is very important to be careful about what we expose our children to and what we, and others, discuss before them. If they have been exposed to frightening ideas, we need to take their worries seriously and reassure them gently and convincingly that the fact that a relatively rare occurrence happened to someone else does not at all mean that it will happen to them.

For children who have experienced, or are experiencing traumatic events in their lives, they will also not react as adults. Children will often refuse to accept reality and instead occupy the realm of fantasy where everything goes back to the way it was before. Children of divorce will fantasize about their parents getting back together and may even try to do what they can to make that happen. Children who have dealt with the death of a loved one will *daven* fervently for *Moshiach* to come and revive their relative. They do not want to move on just yet. Adults need to understand that and not rush a child to a place he is not ready to go.

Do not force your child to talk about the issue. Some children will want to talk and will find conversation cathartic. Others will not want to discuss. Let him know you are there for him and available as needed. Lead your child in normal everyday conversation and activity. The child may want to perseverate on the trauma and he will need you to bring him back to the distractions of normal life.

Pay careful attention to your child's exercise routine and diet. Getting fresh air, engaging in sports and other cardiovascular activities, and eating a healthy, balanced diet can all help combat stress and anxiety.

Slowly rebuild trust, giving the child small opportunities to face his fears and see that things will be OK. A child who has gone through a traumatic experience may not feel comfortable being separated from his parents. Start slowly, leaving the child in the care of another for a few short minutes and returning when promised. Build on that, and continue to rebuild his confidence.

Most importantly, know when you're in over your head. If the child is exhibiting prolonged signs of severe trauma, which can include not eating, not sleeping, not engaging socially or becoming excessively clingy to you, seek outside help. There are simply some things that are too big for parents to be expected to do on their own and too important to ignore. Find the right therapist, and put your child on the road to recovery. That recovery will carry him the rest of his life.

Good Shabbos

Rabbi Yisroel Gottlieb

Name: _____ Grade: _____ פרשת

...PRECIOUS PARSHA PEARLS...

The Three Rs in the פרשה

RESPECT

RESPONSIBILITY

RUACH

HOW CAN I FOLLOW THE EXAMPLE IN THE PARSHA?

Machzikei Torah
Zichron Yitzhak



מחזיקי תורה
זיכרון יצחק

LEARNING PROGRAM

Erev Shabbos & Shabbos



שנים מקרא ואחד תרגום

Raffle

Grades 1-2: Until שני

Grades 3-4: Until שלישי

Grades 5-6: Until רביעי

Grades 7-8: Whole פרשה

לז"נ הרב ירחמיאל שלום
משה בן הרב ישראל זצ"ל
מגיד שיעור - ישיבה דרך חיים

**GRAND RAFFLE
ON MAY 12, 2019**

IN ADDITION THERE WILL BE A
WEEKLY RAFFLE
FOR A \$25 GIFT CARD

שבת פרשת

- Learned 15 minutes on Erev Shabbos ◦ Learned 15 minutes (Grades 1-4) / 30 minutes (Grades 5-8) on Shabbos ◦ Learned שנים מקרא ואחד תרגום

Name _____

Address _____

City _____ State _____ Zip _____

Yeshiva _____ Grade _____

Phone _____ Parent's Signature _____

Completed forms must be received by May 7th to be included in the raffle.

Completed forms should be faxed to 646-595-2402 or emailed to egoldberg417@gmail.com.

Grand raffle will take place on May 12, 2019

50 PRIZES WILL BE RAFFLED OFF!!

**ALL
LEARNING
COUNTS!**

HESHY FISHER

YESHIVA CHASAN
SOFER

EREV SHABBOS / FRIDAY NIGHT

Name _____

Phone _____

SHABBOS

Name _____

Phone _____

שנים מקרא ואחד תרגום

Name _____

Phone _____