

UPCOMING EVENTS

Monday January 16, 2023 No Transportation Dismissal K-8: 3:00 PM General <u>Studies In-Service</u>

Motzei Shabbos January 21, 2023 N'shei Tea

Thursday - Monday January 26-30

Mid-Winter Vacation K-BM No Sessions

Sunday February 12, 2023

5th Grade Hascholas Gemarah



Mazal Tov to the Rosh Yeshiva and Rebbetzin on the birth of a granddaughter! Mazal Tov to our Menahel, Rabbi Rawicki on the birth of a grandson!





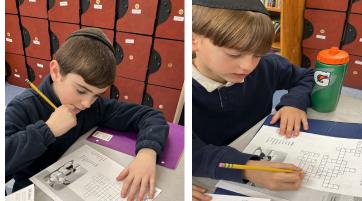


Miss Mitzmann's 2nd grade celebrating Morah Hadassah's engagement

IMPORTANT NOTES

Save The Date: N'shei Tea Motzei Shabbos Jan 21





Mrs. Stein's 4th grade doing a "do now" crossword puzzle





Ms. Paretzky's 6th graders presenting their "how-to" paragraphs



Rabbi Lowy's 4th graders learning and practicing how finger raffles were done in the בהמייק





Kindergarten building Moshe Rabeinu's basket PLEASE SHARE WITH US! Please email any Mazel Tov information to reuvenreview@ohrreuven.com!

MAZEL TOV!

The Rosh Yeshiva and Rebbetzin on the birth of a granddaughter!

Moshe and Sara Rudinsky upon the birth of a baby girl!

Rabbi & Mrs. Rawicki upon the birth of a grandson!

Mazel tov to Rabbi Biller and his wife (2nd grade Rebbe) on the birth of a baby boy!

PARENT FEEDBACK:

- My husband and I were blown away when at supper last night, someone bothered our son. His response was: I am going to use my prefrontal cortex! I am going to stop and think! I am not going to just let my amygdala go crazy! He then shared with us what Mrs. Leibovic taught him about the brain with the model of the brain etc...It was super impressive!!!!! The kids asked "who is Mrs. Leibovic?" To which he answered: "she's my feelings Morah" Every student in every Yeshiva should be blessed to have this opportunity and be in an environment that puts emphasis on social emotional learning and wellbeing!!!!

- The way Morah Jenny weaves the theme of the week through every story and lesson, the way my son knows the aleph bais cold, she's really doing something very well and with Mrs. Plotzker. Morah Jenny is firm but very loving and she knows exactly what a bunch of leibadik 4-5-year old's need. I'm so impressed how she runs the classroom and how my son is so happy to go to school every day and comes home really knowing the material well and gives it over to us. I am so happy with the kindergarten Morah, Thank you so much!



Rabbi Kohn's 6th graders presenting their Eretz Yisroel Projects

HAPPY BIRTHDAY! Aryeh David Kurtz, 3rd Aaron Needleman, 8th Davey Schiller, 2nd Eli Wassner, Pre-1A



שמות

Resistance Training

ּוְכַאֲשֶׁר ׁ יְעָנּוּ אֹתוֹ כֵּן יִרְבֶּה וְכֵן יִפְרָץ וַיָּלֵֶצוּ מִפְּנֵי בְּנֵי יִשְׂרָאֵל:

But the more they were oppressed, the more they increased and spread out, so that the [Egyptians] came to dread the Israelites.

כי באמצעות העינוי והצרות תתברר בחינת הטוב מהרע ותסמך אל חלק הטוב ותתברר בחינת הרע מחלק הטוב ותסמך אל בחינת הרע, וב' פרטים אלו רמוזים באומרו לרע לו והוא עצמו שאמר הכתוב וכאשר יענו אותו כן כשיעור העינוי היו מוציאים ומבררים חלק הטוב ומתרבה חלק הטוב וכן יפרוץ.

when one has to endure persecution and troubles, the good is distilled from the evil joining other areas which are totally good. Similarly, the Torah here tells us the same thing. The more persecution the Israelites suffered the more "good" was released from what had been only a mixture of good and evil previously.

Ohr Hachaim

Growth only really comes at the point of resistance, but that is the moment that we tend to stop. Because it hurts... pushing our limits, is a muscle that can be cultivated like any other - incrementally.

Joshua Waitzkin

One of the most startling and striking statements of the *parsha* is only startling and striking because it goes against the grain of our preconceived notions and ideas. We search for explanation and meaning, blinded to the plain meaning by deeply rooted misconceptions.

The Torah tell us that as the Egyptians persecuted the *Bnei Yisrael*, so did they increase and so did they multiply. It does not tell us that despite the persecution the *Bnei Yisrael* prospered, but it implies that the growth of the Children of Israel in Egypt was the result of their oppression. That anomaly sparks much reflective commentary. But, perhaps no remark is more poignant than that of the Ohr Hachaim.

The Ohr Hachaim cites the Zohar in supporting the notion that suffering and tribulation are actually of benefit. The Ohr Hachaim sees the benefit of that suffering in more *kabbalistic* terms, the trials and tribulations serving to uproot the evil from within. But, the notion of the Ohr Hachaim is true across the board. Growth doesn't happen in spite of the hardships we face; it happens because of them.

Anyone who has ever engaged in physical fitness understands that you build strength and stamina by pushing yourself against resistance. The key in fitness is to calibrate that resistance to a point just beyond your current limit, growing and expanding your capacity and strength. One's psychological, emotional, and spiritual fitness follows the same path. To grow and strengthen, one must work against and overcome resistance, not avoid it.

The *Bnei Yisroel* were placed in *Mitzrayim* for one, solitary purpose, to transform this modest family into a nation that would alter the course of human history. How do you build a people into a mighty, noble, and morally confident nation? Not by coddling and protecting them, but by Rabbi Yisroel Gottlieb

forcing them to fight against the resistance of oppression, bondage, and injustice. The cruel harshness of their Egyptian overlords was no accident. It was Divinely designed precisely to provide the resistance necessary for the growth of the *Bnei Yisroel*. As they oppressed them, so did they grow, and so did they multiply.

The parenting connection? By now, it should be clear and obvious. It is hard for parents to sit by and watch their children struggle socially or academically. But, there are two very different ways that parents react to their children's struggles. One is to support the child by helping and guiding him to cope with his challenges, empathy, offering training, advice, and assistance. The other approach is to take charge of the situation and remove the stressor from the child's life, what is commonly called snowplow parenting.

The second parent believes himself to be helping his child. After all, the child now seems happy and free of stress. But, that child has not grown at all. He has neither gained nor advanced, and has only learned that when he faces adversity it will be someone else's job to remove that difficulty.

The first parent, who leaves the challenge in place but provides the child the tools and support to navigate that challenge has truly helped his child to grow. That child may struggle for now, and that parent may wonder if he is doing good by his child in not simply neutralizing the source of the child's consternation. It is in those moments of doubt that we, as parents, need to remind ourselves that the sight of our children pushing up against resistance is the sight of them growing, maturing and advancing. Isn't that what our job is all about?

> Good Shabbos, Rabbi Yisroel Gottlieb Principal



We are pleased to inform you of the launching of our YK² ושננתם program,

Each week the talmidim will receive a different yedia to know by heart. (A study sheet with a one letter study guide will beH be provided) Points will be awarded based on the level of the yedia.



Small prizes will be awarded for mastering each week's goal. Bonus prizes will be given for every 250 points.

Talmidim who accumulate over 1000 points will be part of our end of year ושננתם banquet.

Talmidim can be back tested on previous week's yedios.

See other side for a list of this year's yedios and point levels.

To sponsor this or any of our other programs please email bplotzker@ohrreuven.org

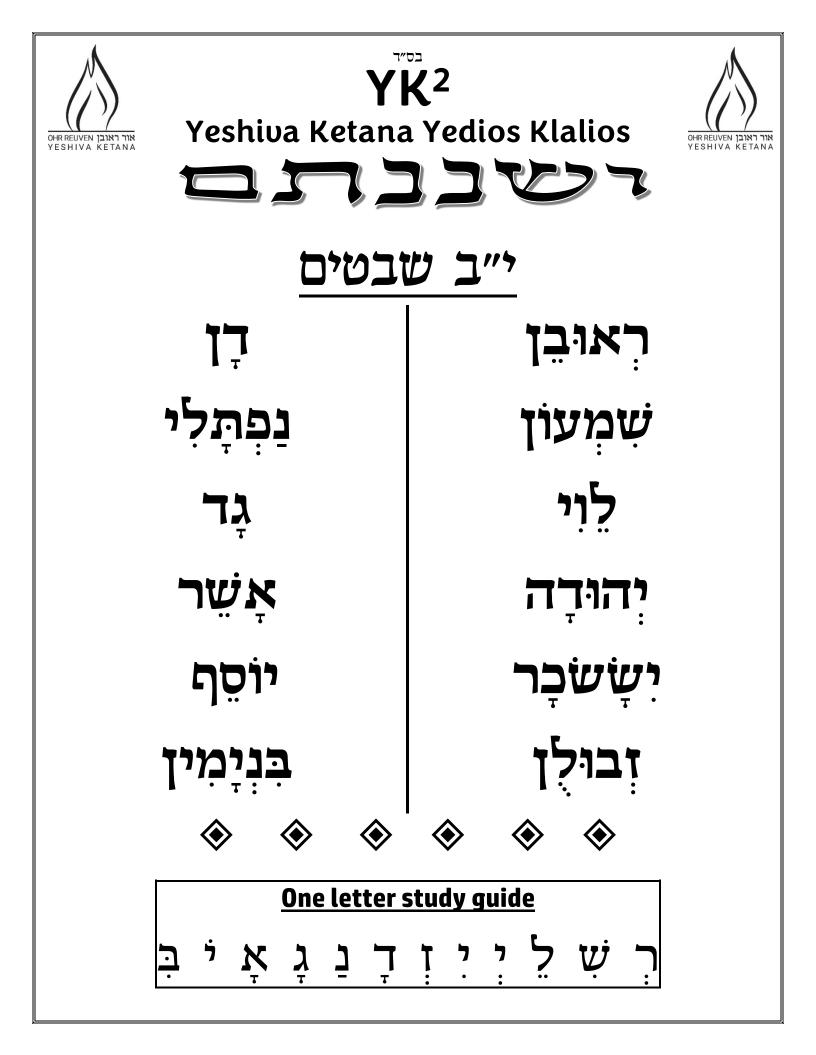
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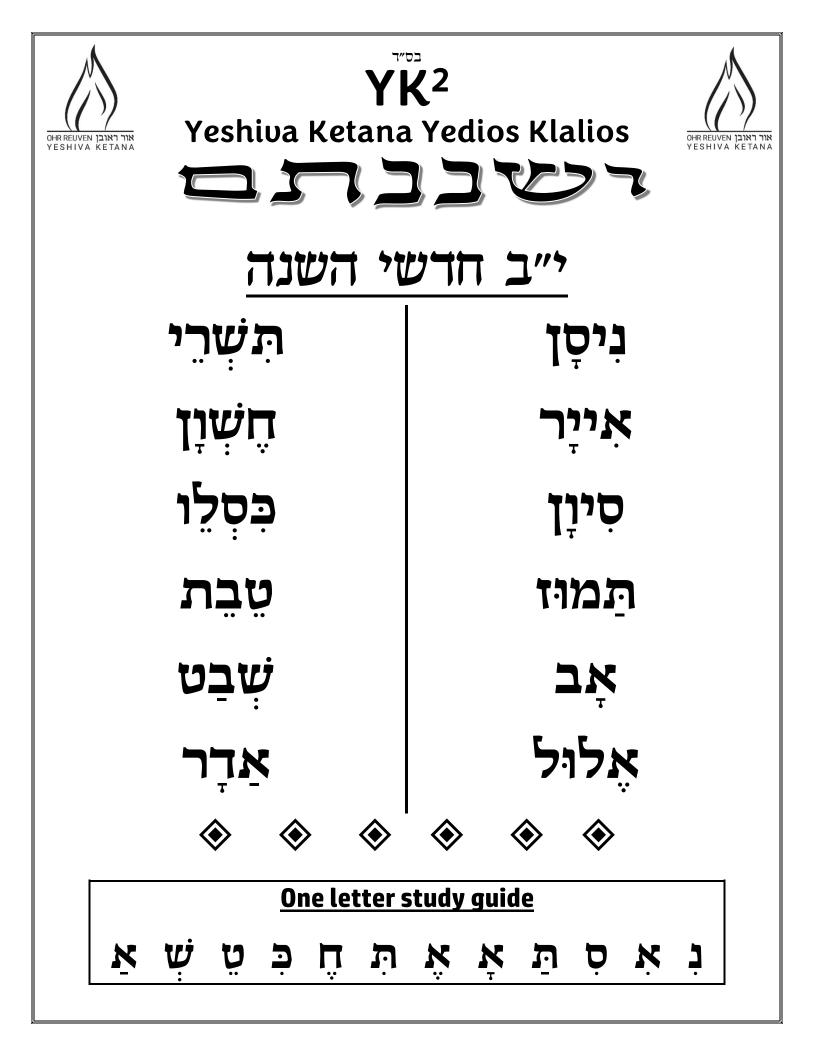






V'shinantom Topic Week Number Points Al Hamichya Shevatim Months of the year Asher Yotzar Parshios in Chumash Beraishis Parshios in Chumash Shemos Parshios in Chumash Vayikra Parshios in Chumash Bamidbar Parshios in Chumash Devarim Brochos on Events in Nature Sefarim in Neviim Sefarim in Kesuvim Mesechtos in Seder Zeraim Mesechtos in Seder Moed Mesechtos in Seder Noshim Mesechtos in Seder Nezikin Mesechtos in Seder Kodshim Mesechtos in Seder Taharos First paragraph of Aleinu Second paragraph of Aleinu **TOTAL POINTS AVAILABLE** 1,550







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JOIN US FOR OUR ANNUAL

NSHEI TEA & AUCTION

MOTZEI SHABBOS JANUARY 21, 2023 8:00PM

AT THE HOME OF

MR. AND MRS. YOSSI & CHAYA LIGHT 1 LOIS LANE



Look out for more information on our exciting raffle prizes!

Please note that tickets will only be sold at the tea this year and will not be able to be purchased in advanced.



N'SHEI REBBI PRIZES

THE ROSH HAYESHIVA, RABBI RUDINSKY 15 MINUTE CHAVRUSA WITH THE ROSH YESHIVA

RABBI RAWICKI 2 FREE BLUE NOTE PRIZES (10 WINNERS)

> RABBI GOTTIEB: FREE SLURPEE (2 WINNERS)

RABBI MYSKI - GRADE 1 5 WINNERS TO BE REBBI'S HELPER FOR THE DAY

RABBI BILLER - GRADE 2

FREE HOMEWORK PASS (5 WINNERS) FREE TEST PASS (5 WINNERS) EXTRA SHABBOS TREAT (5 WINNERS) REBBI'S HOMEWORK STAMPER (2 WINNERS)

> RABBI HOROWITZ - GRADE 3 5 FREE REBBI DOLLARS FREE PRIZE FROM PRIZE STORE FREE HOMEWORK

RABBI LOWY - GRADE 4

AN OVERNIGHT KUGEL FOR THE CLASS! PICK A PRIZE FROM REBBI'S PRIZE BAG (5 WINNERS)

> RABBI ROBINSON - GRADE 5 2 MA'AH COIN AND HOMEWORK PASS

> > **RABBI KOHN - GRADE 6**

2 GOLD COINS - 3 WINNERS SPIN THE WHEEL - 3 WINNERS

RABBI PRUPAS - GRADE 7

HOT COCOA IN CLASS (3 WINNERS) NIGHT OFF HOMEWORK (3 WINNERS) GAME OF HORSE WITH REBBI CHANGE MORNING SONG TO SONG OF BOY'S CHOICE (1 DAY)

RABBI PEIKES - GRADE 8

HOT COCOA (5 WINNERS) 5 SCRATCH OFF TICKETS HALF HOUR CHAVRUSA TIME WITH REBBI MAKE YOUR OWN CASE CHASE GAME

RABBI PLOTZKER - GRADES 1-8 I COLD CAN OF SODA FOR FOUR WEEKS (3 WINNERS)

> RABBI ZIPPER - GRADES 5-8 2 SCRATCH OFF CARDS (2 WINNERS)

> > RABBI KATZ - GRADES 1-5 REBBI'S HELPER

nnual lea & Auction

JANUARY 21 2023 | 800PM AT THE HOME OF MR. AND MRS. YOSSI & CHAYA LIGHT • 1 LOIS LANE

TICKET PRICE: \$10 EACH · 12 TICKETS FOR \$100

Eisenbergerand Adler

\$1000 CREDIT TO EISENBERGER-ADLER ORTHODONTICS Towards A Full Orthodontics Treatment Sponsored By The Adler Family



ONE LARGE CARVING BLOCK RESERVE PLATTER Valued at \$300



FREE SCHOOL LUNCH FOR ONE BOY FOR SECOND HALF OF THE YEAR Sponsored by Yeshiva Ketana Ohr Reuven



FULL SUSHI &

FNJOY

VALENTINO DESIGNER WALLET Sponsored by the Reichmann Family



APPLE AIRPODS 2 winners



\$100 GIFT CARD TO JUBILEE \$150 GIFTCARD TO CUFF & CO Sponsored by the Perkowski family



PHOTOSHOOT WITH SRIVKI Sponsored by the Weisberg Family



\$150 TO SYLK \$100 GIFT CARD TO LIMAGE Sponsored by the Berman family



\$250 GIFT CARD TO FIRESIDE



WINE PACKAGE VALUED AT \$500 SPONSORED by the Hook family



\$1000 OFF FULL SUMMER OR \$500 OFF HALF SUMMER TO CAMP CHEVRA



1 SUBSCRIPTION TO THE LOOP 2 BABKAS FROM BABKATOURE \$36 GIFT CARD TO TORAH TREASURES \$75 GIFT CARD TO THE LACED SHOE