

UPCOMING EVENTS

Wednesday March 13, 2024

YK Carnival Day

Thursday March 21, 2024

Taanis Esther Dismissal K: 12:00, P-8:12:30 No Suffern Central Transportation

Friday March 22, 2024

YK Dress Up Day

Sunday -Monday March 24-25 2024

Purim & Shushan Purim No Sessions

Friday March 29, 2024

No Transportation

IMPORTANT UPDATES

PLEASE NOTE REGARDING ROSH CHODESH TREATS:

The treats are made in a nut free facility and there are other options in the office for kids that have allergies

This months rosh chodesh treat is sponsored by the Gotesman family liluei nishmas their aunt Frumit Rina bas Shlomo Aryeh and in honor of Daniel and Benny's wonderful moros and Rebbeim

REUXEN BEUXEN BEUXEN

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5:37 PM

פרשת ויקהל



Rabbi Zevy Shain, head of Bnei Emunim in Eretz Yisroel inspired the middle school and mesivta with stories and insights into the power of brochos and saying Amein



Reward trip for the Rabbi Peikes' 8th grade talmidim who reviewed the entire first *perek* of *makkos* over midwinter vacation



Rabbi Horowitz's 3rd grade making a siyum on *Parshas Vayeishev* Mazal Tov!



DID YOU SEE THE EMAILS REGARDING TRANSPORTATION? For the email including details about applying for transportation for the first time click HERE For the email including details about renewing transportation click HERE





As in past years, Yeshiva K'tana Ohr Reuven's 13th annual raffle campaign will begin on Rosh Choder Adar 1 5784!

This year the boys can look forward once again to fantastic prizes as well as new and amazing class prizes! Each class will have the opportunity to experience everything from pizza parties to exciting class trips. As Purim approaches we want each and every Talmid to do their best collecting on behalf of the Yeshiva and make a Kiddush Hashem wherever they go!



Rabbi Peikes coming to watch his talmidim play



P2 boys worked together to build a mishkan

HAPPY BIRTHDAY!

Moshe Brand, 3rd Shlomo Reiss, 3rd Aviel Salvay, 3rd Aron Senter, 2nd Kuti Nadoff, 1st Ikey Azer, 7th

PARENT FEEDBACK:

- Rabbi Lowy thank you so much for calling my son tonight- you really made his day. He was smiling from ear to ear and as soon as he hung up the phone he said to me "I might go to school tomorrow" with a huge smile on his face. Thank you for everything.
- We wanted to share with you how excited and proud Aryeh was to have completed learning a parsha in school! He asked if he could make a siyum in shul on shabbos and invite boys from the neighborhood to participate. He told Betzalel Beller his idea, and they both were so excited to make this siyum together. Aryeh decided wearing a suit was appropriate for this heilig occasion. They gathered together in shul on shabbos afternoon, where Arveh and Betzalel took turns reading some pesukim from the parsha, a friend of theirs gave a dvar Torah, and they gave out nosh in honor of this wonderful achievement. It was so beautiful and special, and we were so proud! Thank you for instilling in Aryeh a love and pride for learning Torah, and may you continue to be matzliach in your Avodas Hakodesh.

PLEASE SHARE WITH US! Please email any Mazel Tov information to reuvenreview@ohrreuven.com!

MAZEL TOV!

Rabbi Lowy on the birth of his granddaughter! Elkanah Berkowitz on the engagement of his sister!

Alumnus Yaakov Zev Fogel on the birth of a baby boy!

Alumnus Myer Silber on his upcoming marriage this week!

PARENTING de PARSHA



ויקהל

Anger Management

(פ) לא־תְבַעֲרָוּ אֵׁשׁ בְּכָל מֹשְׁרְתֵיכֶם בְּיָוֹם הַשֵּׁבֶּת: (פ)

You shall kindle no fire throughout your settlements on the Sabbath day.

לא תבערו אש בכל מושבותיכם ביום השבת רומז לאש המחלוקת ואש הכעס שצריך האדם ליזהר שלא לבער אותו עולמית, ומכל שכן ביום השבת קודש שאין בוער בו אש של גיהנם. והכועס בשבת או עושה מחלוקת ח"ו גורם להיות חמת הגיהנם בוער בו בר מינן:

The word "fire" here is an allusion to the destructive fire engendered by strife and anger. One needs to be careful not to allow oneself to become angry so that the fire of that hatred should not consume one. The "fire" is an allusion to the fire of purgatory that one would suffer from as a result.

- Shelah

והסר כעס מלבך והעבר רעה מבשרך

and banish care from your mind, and pluck sorrow out of your flesh!

Koheles 11:10

כל הכועס כל מיני גיהנם שולטין בו שנאמר והסר כעס מלבך והעבר רעה מבשרך ואין רעה אלא גיהנם שנאמר כל פעל ה' למענהו וגם רשע ליום רעה

Anyone who gets angry, all kinds of Gehenna rule over him, as it is stated: "Therefore remove vexation from your heart and put away evil from your flesh"

Nedarim 22a

There are two things a person should never be angry at, what they can help, and what they cannot. - Plato

The Rambam, in the fourth chapter of the *Shemone Perakim*, his seminal introduction to *Pirkei Avos*, lays out a sweeping view of the world and of our character traits. In the Rambam's Aristotelian perspective, the Torah demands of us to always follow the middle path between polar extremes of character. For example, the Ramba"m writes that one should be neither a spendthrift nor a wastrel, but should find the middle path between these extremes.

The Rambam notes indications in *chaza"I* that sometimes seem to call for conduct towards one extreme. He explains that anytime *chaza"I* seem to be guiding us to one extreme, that is merely a recovery program for one who is already veering toward the opposite extreme, to bring him back to the middle, the Golden Mean. But, the Rambam has two exceptions, arrogance and anger. In these two traits, the Rambam feels that one needs to stake out an extreme position that keeps him far from arrogance and a good distance from anger. These are traits that are simply too dangerous. Playing with anger is like playing with fire.

The *Shelah* tells us that we must be extra careful in avoiding anger on Shabbos, interpreting the fire that we are forbidden to burn on Shabbos as the fire of anger. There is a unique relationship between anger and Shabbos. Anger is the outgrowth of the frustration that we feel when there is a gap between the way that we believe things should go and the way they actually do go.



No one is angry when things go the way they want them to go.

Shabbos is our declaration that there is a G-d who created the world and continues running that world according to His will. Everything goes as He wants them to go. Always. Shabbos and anger are incompatible. Becoming angry is a declaration that one is unhappy with the way things are going. It is, in essence, a denial of the fact that everything is going according to G-d's plan. We must be exceedingly cautious in avoiding anger on Shabbos.

The frustration that boils over to anger can be particularly acute in young children. Kids have little control over most aspects of their lives, and are often on the cusp of frustration and anger as they try to take control where they can. Anger is their natural, emotional reaction. It's also potentially harmful, and it's our job to help them overcome their anger and their tendencies to become angry.

The number one rule in parenting is to start with yourself. Children mirror our actions and emotions. If we become angry and act out of anger, they will too. We need to learn to count to ten ourselves before we teach our children to count to ten. Anger begets anger. Calm begets calm.

Thomas Jefferson once said, "When angry, count to ten before you speak. If very angry, count to one hundred." It is sage advice. Children need to be conditioned to count to whatever number they need to that will allow them to act calmly and rationally.

Don't tell an angry child (or adult) to calm down. There is no better way to turn anger into rage than telling the angry person to calm down. In the moment, support, distract, and defuse. Support by validating the concerns that have him upset. You don't have to agree with the concern, but you can validate that you understand why he is upset. Distract by shifting focus and attention to something more benign. When all else fails, simply give the child space to be angry and upset. Conversations about how to deal with anger must take place when everyone is calm, relaxed and composed. Then you can discuss with the child what do when he feels anger overtaking him.

Help your child become aware of his own emotions. Make him sensitive and attuned to the signs that he is becoming angry so he can head off the emotion and/ or remove himself from the situation. Catch him catching himself and praise him for it.

Anger is a fire that can burn everything in its path. Give your children the tools to be firefighters.



