



OHR REUVEN אור ראובן
YESHIVA KETANA

UPCOMING EVENTS

Monday
January 20, 2025
Dismissal K-8: 3:00
General Studies Teacher
In-Service
No Transportation

Wednesday
January 29, 2025
Dismissal Grades K: 12:00
P-8: 12:30

Thursday-Monday
January 30-3, 2025
Mid-winter Vacation
No Sessions

REUVEN
REVIEW

YOUR WINDOW INTO THE WORLD OF YESHIVA KETANA OHR REUVEN

Vol. 12 Issue #15 January 3, 2025 4:22 PM ג' טבת תשפ"ה פרשת ויגש

Chanuka Events in Yeshiva



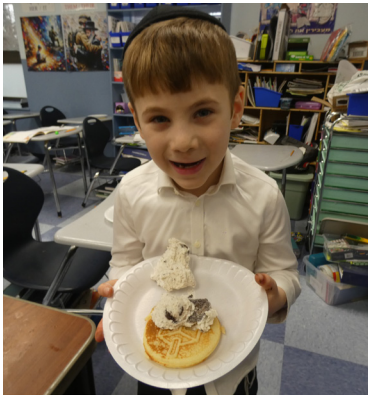
Thank you to the YK Nshei for sponsoring virtual reality & The balooner rebbe on chanuka & Rosh Chodesh!



Michoel Rudinsky, the Rosh HaYeshiva's grandson's upsherin



Mesivta Chanukah Breakfast



Rabbi Biller's 2nd graders making dreidel waffles



Rabbi Peikes' 8th grade Chanuka mesiba!



Mrs. Friedman's ELA classes celebrate "Best Chanuka ever"



Yaakov Seleski & Yitzky Yablosnky lighting the menorah

HAPPY BIRTHDAY!

- Dovi Leff, 8th
- Eliyahu Margulies, 8th
- Daniel Gotesman, 7th
- Dun Elhyani, 6th
- Yishai Beller, 4th
- Yosef Ahron Steinman, 4th
- Shmuel Meir Yablonsky, 2nd
- Alex Hertzberg, K
- Gavriel Rosenstock, K

PLEASE SHARE WITH US! Please email any Mazel Tov information to reuenreview@ohreuen.com!

MAZEL TOV!

Noam & Mordechai Deutsch on their brother's, Akiva's bar mitzvah!



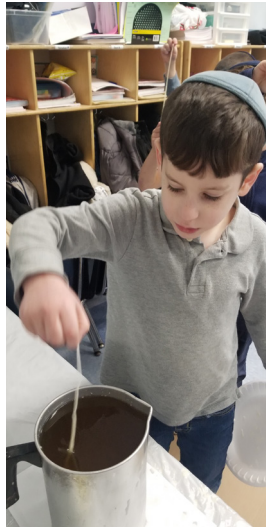
Rabbi Gottlieb presenting the honor roll certificates to the middle school boys who earned it



Kindergarteners letting Yaakov know Yosef is alive



7th grade class mesiba at Rabbi Prupas' house this past Tuesday night



Rabbi Myski's 1st graders making their own candles in class



Rabbi Kahana's 8th grade Chinese Auction

ויגש

Defusion by Diffusion

ויגש אליו יהודה ויאמר בי אדני ידבר-נא עבדך דבר באזני אדני ואל-יחר אפך בעבדך כי כמוך כפרעה
Then Judah went up to him and said, “Please, my lord, let your servant appeal to my lord, and do not be impatient with your servant, you who are the equal of Pharaoh.

כי כמוך כפרעה. קשוב אתה בעיני קמלך... דבר אחר מה פרעה גזר ואינו מקיים, מבטיח ואינו עושה, אף אתה כן; וכי זו היא שימת
עין שאמרת לשום עינה עליי? דבר אחר, כי כמוך כפרעה, אם תקניטני אהרג אותך ואת אדוניך

In my sight you are as important as the king... Another explanation is: you are as unreliable as Pharaoh — just as Pharaoh issues decrees and does not carry them out, makes promises and does not fulfil them, so also do you. Is this what you meant by “setting your eyes” upon him when you said, “Bring him down and I will set mine eyes upon him”? Still another interpretation of *כי כמוך כפרעה* FOR THOU SHALT BECOME EVEN AS PHARAOH: if you provoke me I will slay you and your master

- Rashi

Emotions are contagious – choose your company wisely

- Psychology Today, October 20, 2012

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

- Tom Stoppard

In the last few decades, neuroscientists have identified and zeroed in on mirror neurons. In multiple experiments, those scientists have been able to monitor brain activity in people watching others engage in activities or undergo emotive experiences. The brain regions that control those activities or emotions lit up in the passive observer, even though he was only watching the person engaged in the activity! In fact, in one such experiment, subjects who observed others immersing one hand in ice water actually experienced a measurable drop in temperature in their same hand as well!

The neuroscience community believes that mirror neurons are responsible for our ability to read social signals and to empathize with others.

We can read the emotional state of others because the motor neurons in our brains fire in concert with the brains of those around us. Children and adults who suffer from autism show markedly decreased function in mirror neurons, and therefore have great difficulty with social signals and cues.

Because our neurons fire in consonance with those around us, emotional states are very contagious. If we smile, the neurons that control smiling in the brains of those around us will fire too. If we frown, they will experience the emotion of sadness as well. If they are tense, we will be tense, while if they project calm, it will calm us as well.



The contagious nature of emotions sets up an emotional cycle that can be difficult to break. If others confront us with anger, we naturally become angry, responding to them in anger and triggering their anger neurons as they respond to us in turn, trapping us in the vicious cycle. If, however, we are cognizant of the feedback loop of emotions, we can break and reverse the cycle.

Yehuda sees tensions rising in his encounter with Yosef. As each exchange plays out, emotions rise and the situation escalates. Yehuda's natural reaction is to continue the emotional cycle, ratcheting tensions ever higher in this dialogue. But, Yehuda's reason prevails over his emotion. He knows his best bet is to deescalate, not escalate. He chooses calm over anger, tranquility over belligerence.

Rashi lays bare for us the tension within Yehuda. The subtext, that which he would love to say is there, just below the surface. He would love to be confrontational and threatening, to one up the viceroy in their verbal joust. But, he recognizes that he holds the power to defuse the situation and begin a cycle of calm, positive emotions between them. Yehuda controls his emotions, and succeeds in shifting the tone and tenor of their confrontation, directly leading to Yosef's breaking down and revealing himself to his brothers.

The moral for parenting is abundantly clear. Children are a hotbed of emotion. They can become angry, heated, defiant, and oppositional. Nature dictates that we would mirror the emotions projected by our children and further escalate an already difficult situation. If, instead, we project calm, warmth, and joy, we set the cycle in the opposite

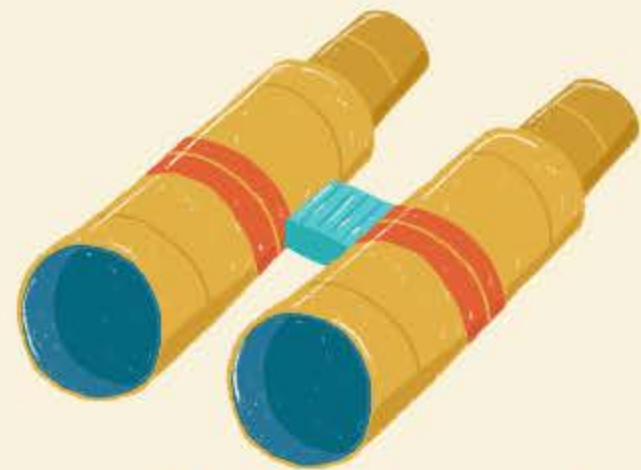
direction. Our children then mirror our calm and tranquility and their emotional state comes down to a healthy, workable place, calming us in return. And, it goes without saying that we should always initiate any interaction with our children by projecting calm, relaxation, and happiness. They will catch our emotions.

You have the power to control the emotional weather in your home. Use your power wisely.



8th Annual
Yehudah Memorial Bikur Cholim

Toy Drive



Thanks to YOUR generosity, new toys and games were sent to kids spending Chanukah in the following hospitals:

Montefiore Medical Center, Mount Sinai West, Mount Sinai Beth Israel, Mount Sinai Oncology Center & North Shore LIJ

5th Grade won the pizza party for being the class that collected the most toys!



YKOR collected 118 toys all together! wow!
Tizky Limitzvos!!

May all the sick children have an immediate Refuah Shelema, and may you always be on the giving end!!

