

Hebrew Day Institute

לכבוד שבת

L'chvod Shabbat



February 22, 2006

**Wonderland!**  
 Thursday, March 23 at 7:00 pm  
 Friday, March 24 at 10:30 am

Tickets will go on sale in March.  
 Students/Seniors: \$5.00  
 Adults: \$ 10.00




### After School Clubs

By Robert Thompson

This session of After School Clubs has begun. You can still sign your child up in clubs that have spaces available. If you need details on any club, or need a reservation form, for to the HDI website at [www.hebrewdayinstitute.org](http://www.hebrewdayinstitute.org) and click on "After School" on the left side of the page.

#### Clubs in progress are:

- Math Matters 2 - Mondays
- Kids Moving Company - Tuesdays
- Science Club 2 - Wednesdays

- Tae Kwan Do - Thursdays
- Daisies and Brownies - Tuesdays
- Mishmar - Thursdays

#### Clubs starting in the Spring:

- Variety/Drama Club - Thursdays (starting March 16)
- Sports Club 2 - Tuesdays (starting March 21) (April 4, Field trip to Wheaton Ice Arena)
- Chess Club - Mondays (starting March 27)
- Rollerblade Club - Fridays (starting April 26)



#### Did You Know???

You can **Honor** the accomplishment of a family member, friend or co-worker; **Celebrate** a special event in the life of someone special to you, **Commemorate** the life of a loved one with a contribution to **Hebrew Day Institute's Tribute Fund.**

With a donation of \$18, HDI will send a personalized card (omitting gift amount) acknowledging your gift to the individual or family you designate. This is an easy way for you to honor someone celebrating a special event or accomplishment, or remember someone you love.

### Keep in Mind

**WONDERLAND Rehearsals:** Children should have ALL their lines memorized by March 1. That's Wednesday. Please take a little time each night to work with your actor. The more secure they are in knowing their parts, the more fun they will have.

### Mishloach Manot for Purim

Forms were sent home this week. Please look for them in backpacks and get them back to school.

### Read to Your Child's Class for Read Across America Day

Read Across America Day is celebrated on March 2, which is Dr. Seuss' birthday. We are inviting parents and grandparents to **come to school and read to classes** as part of our celebration from March 2—March 9. Sign Up Forms and information are on the back page of this L'chvod.

On Thursday, March 2, we'll also have an all-school celebration after lunch, with cookies and a special reading of some Dr. Seuss books.

### Welcome

Lisa, Evan, Tasha and Gabe Mervis welcome the newest member of their family, Maia Danielle, who was born on Friday, February 17. Everyone is healthy, happy and at home.

### Picture Day

Picture Day is Thursday, March 9. A flyer will be sent home with details.



## Parsha Talk

By Rabbi Philip Pohl (a proud HDI parent)

### Parshat Mishpatim

Torah reading - Exodus 21:1 – 24:18

Maftir reading – Exodus 30:11 - 16

Haftarah (Prophetic) reading – II Kings 12:1-17

Below you will find a summary of the Torah portion followed by several questions for discussion. I hope you will use this material to enhance your Shabbat study experience as a family.

Shabbat Shalom,

This Shabbat (February 25, 2006 – Shevat 27, 5766) we read Parshat Mishpatim, the sixth portion in Sefer Shemot (the book of Exodus). Since this Shabbat precedes Rosh Hodesh Adar it is also known as Shabbat Shekalim because of the additional (Maftir) Torah reading which describes a collection of half-Shekalim (coins) that always took place at this time of year. The Haftarah tells us of a later Biblical version of this collection. Shabbat Shekalim is the first of two special Shabbatot which precede Purim, followed by two special Shabbatot which precede Pesah.

Parshat Mishpatim is the portion which comes right after the “Aseret HaDibrot – 10 Commandments.” Since Mishpatim is one of the Hebrew words for “laws,” it is not surprising that this portion is filled with many laws and mitzvot that supplement the 10 Commandments.

Another name for this section of the Torah is “Sefer Ha-Brit - the Book of the Covenant.”

Here is the way the Etz Hayim commentary describes the four parts of the covenant in this section of the Torah (p. 456). After each description I will list a few of the legal topics found in that part:

“The first part (21:2 -- 22:16) deals with civil and criminal matters.” (e.g. slavery, capital crimes, laws of personal injury, property damage, theft, and negligence, laws governing different kinds of property custodians - unpaid, paid, and borrowers).

“The second part (22:17 – 23:19) treats a variety of topics, with special emphasis on humanitarian considerations.” (e.g. occult practices; forbidding the oppression of the powerless and the weak, including the stranger, the widow, the orphan, and the poor; laws concerning the sabbatical year, Shabbat and Festivals).

“The third part (23:20 -- 33) affirms the divine promises

to Israel and warns against the dangers of assimilation to paganism.” (e.g. a reminder of the need to follow God's law and the consequences when we don't).

“The fourth part (Chapter 24) concludes the book of the covenant with the description of how the document was ratified and an account of Moses ascending the mountain once again to receive the Decalogue incised in stone.” (e.g. Moses again ascends the mountain and receives the tablets, remaining there for 40 days and 40 nights).

Below are five questions to consider from this week's Torah portion. These questions are meant to prompt discussion within your family. Often there will not be a definitive right or wrong answer. It might be useful to review these questions with a Humash containing a commentary nearby for reference.

**Question 1** – Look up Exodus 21:15 and discuss this verse as a family. Be careful with and to your parents.

**Question 2** - Do the same for Exodus 21:17 - What does this teach you about the power of curses?

**Question 3** – In Exodus 21:24 -- 27 we read the famous verses beginning with the phrase, “An eye for an eye ....” What is our non-literal understanding of these verses?

**Question 4** – What does Exodus 23:19 teach us about kashrut?

**Question 5** – Why in the special Maftir reading for this Shabbat is a *half* shekel selected to be donated as a ransom for the possibility of a needing to kill someone in military action? Read Exodus 30:11 – 16.



# Mathematics of the Heart

By Robin A. Lempert

## Heart Month

We continued our celebration of National Heart Month This week with activities centered around measuring our pulse and counting heartbeats. These are the activities the classes have done.

### Kindergarten – 2<sup>nd</sup> Grade

**Check your pulse.** Use your fingers (not your thumb) to gently find your pulse on your wrist. Have a friend help you count how many times the straw moves in 1 minute. Compare your number with an adult's. Does your heart beat faster or slower than

the adult's? By how much?

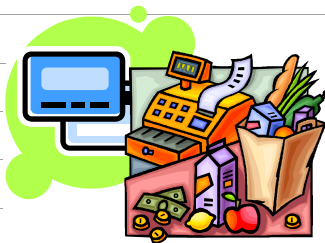
### 3<sup>rd</sup> and 4<sup>th</sup> Grade

**That's a lot of blood.** The human body contains approximately 6 quarts (or 5.6 liters) of blood. As part of the circulatory system, the average heart pumps about 1,900 gallons of blood through it each day! How many gallons is that in one week? One month? One year? Compare your answers with another person's. Did you use the same strategy to get your answers?

### 5<sup>th</sup> and 6<sup>th</sup> Grade

**The heart of it.** Listen to your heart-

beat or take your pulse by putting your fingers (not your thumb) gently on your wrist where you can feel your pulse. Count the number of beats for 10 seconds. Determine your resting heartbeat per minute. How does that compare to the average heartbeat of 70 beats per minute? Display the class data. Find the minimum, maximum, range, mode, median and mean of your class data. Do you think your information would be the same as that of another class?



## Scrip Program

### Scrip Program Commences at HDI *Help Raise \$\$\$ while you shop!*

## YOU CAN MAKE A DIFFERENCE

You can help fundraise for HDI through your everyday grocery shopping. If you shop at **Giant Food, Kosher Mart, Snider's** or **Shalom's** HDI will receive a 5% return on your purchases. Scrip is now available for these grocery stores. Scrip is used exactly like a debit card. All you have to do is place your order with payment, allow 24 – 48 hours for turnaround, and pick up your scrip at our school office.

You can buy as much as you want, but there is a \$100 minimum. **HDI needs and counts on your financial support in order for us to keep growing.** This is an easy win-win situation for all of us. Renee Salzberg is coordinating the program. If you have any questions regarding the scrip program, feel free to contact Renee directly any time. She can be reached at 301-649-5808 or [rsalzberg@hebrewdayinstitute.org](mailto:rsalzberg@hebrewdayinstitute.org). Thank you for your continued support of Hebrew Day Institute!



## PTO Corner

By Elisa Elfasi

### PTO Meetings

#### Purim Planning Meeting

Sunday, February 26, 2006, 11:00 a.

m. at Magen David. Everyone is welcome to come and get involved! A continental breakfast will be served.

#### General PTO Meeting

Monday, March 6, 2006 at 7:30 p.m. Site TBA. Would anyone like to host the meeting? Let me know if you can. You may contact me at [efasi7@aol.com](mailto:efasi7@aol.com).

### Save the Date

#### Purim Carnival

Sunday, March 12, 2006 at 12:30 p.m. at Magen David Sephardic Congregation. There will be games, food, moon bounce, popcorn, cotton candy, prizes and more! There will also be a Purim puppet show from Lion Tales Puppet Theater. It is a show for all ages. A flyer will be sent out next week with more details.

(Continued on page 4)

*PTO Corner  
(Continued from page 3)*

### **PEP – Parent Encouragement Program Workshop on “Diffusing Sibling Rivalry”**

Thursday, March 30, 2006 at 7:00 p.m. to 8:30 p.m. in the Sarah Lechter Hall.

Sibling fighting, teasing and bickering can be very challenging to parents. Come and learn why children fight and what you can do to help your child develop better relationships and to fight less often. There is no charge and refreshments will be served.

### **Picture Day**

Thursday, March 9, 2006 is Picture Day. A flyer will be sent out next week with more information.

### **Tzedakah Projects**

#### **Pennies for Patients**

Starting Monday, March 6, 2006 the PTO will be collecting Pennies for Patients. The Leukemia & Lymphoma Society has designed a program to educate children about blood cancers while allowing them to become actively involved in funding blood cancer research. We will be collecting these coins everyday for 3 weeks starting March 6. The class who has collected the most coins will receive a pizza lunch. Everyone will receive ice cream for their participation. A flyer will be sent out next week regarding the program. *Please note* the flyer indicates Domino's Pizza will provide the pizza for the winning class. However, kosher pizza will be provided for our school.

#### **My Fathers House International – Orphanage in El Salvador**

Time is running out to collect art supplies and books in Spanish for these underprivileged children. There is still time, so kindly place those items in the box provided next to Mr. Stewart's desk this week.

#### **Tsad Kadima**

Just a quick reminder, that every Friday's Tzedakah is collected for the Tsad Kadima. Tsad Kadima is an organization based in Israel for children with motor disabilities.

### **Continuous PTO Fundraisers**

#### **“Restaurant Nites”**

*Every Monday Night*

**Moti's Grill** which is inside Kosher Mart

**Sienna's Pizzeria & Restaurant** – Monday night special: Buy one pizza get the 2<sup>nd</sup> one for \$2.00.

*Every Wednesday Night*

**Ben Yehuda Café & Pizzeria**

Next Max's night is Tuesday, March 14, 2006.

#### *Sally Foster*

You may continue to order online at [www.sallyfoster.com](http://www.sallyfoster.com). Please select HDI **Account # 5050893**. Orders are sent directly to the individual.

### **TARGET**

Take care of Education gives money to our school PTO. Use your Target RED card® or Target Visa® when you shop. To register call 1-800-316-6142 or [www.target.com/tcoe](http://www.target.com/tcoe). Designate HDI, school number: **7906**.

## **Open House**

There are two Open House meetings coming up **in March** for prospective HDI parents. Please help spread the word!! Prospective parents can also schedule individual tours by contacting Dina Korman.

**Tuesday, March 7 10:00 am**

**Thursday, March 30 7:00 pm**



"If you never did,  
You should.  
These things are fun  
And fun is good."

*One Fish Two Fish Red Fish Blue Fish*  
by Dr. Seuss

"Read Across America Day"  
Celebrate with HDI

"Read Across America Day" celebrates reading on Dr. Seuss' Birthday, March 2.

March 2 is the kick-off day to our Spring reading program which will continue for the next few months. As part of our celebration, we are inviting parents and grandparents to come to school and read to the students.

Just use the form below to sign up. When we have all the forms, we'll work out a schedule and confirm with you.

Dr. Seuss books are good for kids of any age. **Or you can choose any other book by any author that's appropriate for the grade.** For the older grades you can choose a short book or a short story to read with them. We'll help you pick if you can't decide.

**Please return the form on the next page to Insuk by Tuesday, February 28.**

What should you read?

That's up to you.

I'm sure you have a favorite book or two.

Or three or four or maybe more.

You may even have books piled up on the floor.

Or under a table or in the bed.

Just waiting for you and waiting to be read.

So gather those books, pick one to share.

If you can't choose, don't tear out your hair.

The teachers can help with ideas galore.

Sign up, come to school, and knock on their door.

We'll have stories waiting, just waiting to be read,

Bring your own or use ours instead.

Brighten the day of each child that goes by,

Add some excitement, let their minds fly.

**"READ ACROSS AMERICA"  
Reading in Classes Sign-Up Form**

Your Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Child(s) name and grade(s):  
\_\_\_\_\_

\_\_\_\_\_ **YES! I want to sign up to read to my child's class.**

You can read to classes during Media Center (Library) time. Here's the schedule. *Please circle the days and times that work for you.*

**Friday, March 3**

Kindergarten: 12:30-1:10  
6th Grade: 9:40-10:20

**Monday, March 6**

4th Grade: 9:00-10:20

**Tuesday, March 7**

3rd Grade: 9:00-9:40  
5th Grade: 9:40-10:20  
1st Grade: 2:30-3:15

**Wednesday, March 8**

2nd Grade: 2:30-3:15

If you can't come during Media Center classes, or if the schedule fills up that day, is there another day between March 3-March 10 you could join us? (Check all that you could be available; write down your preferred times on the line.)

Friday, March 3 (time) \_\_\_\_\_  Monday, March 6 (time) \_\_\_\_\_

Tuesday, March 7 (time) \_\_\_\_\_  Wednesday, March 8 (time) \_\_\_\_\_

Thursday, March 9 (time) \_\_\_\_\_  Friday, March 10 (time) \_\_\_\_\_

Another Day/Time: \_\_\_\_\_

Do you want to bring your own book?  Would you like the teachers to pick a book or story for you?  If you already know the book you're going to read, please tell us:  
\_\_\_\_\_

Questions? Email Robin Lempert at [rlempert@hebrewdayinstitute.org](mailto:rlempert@hebrewdayinstitute.org)

Please return this form to Insuk  
no later than Tuesday, February 28.



**Hebrew Day Institute**  
1840 University Blvd., West  
Silver Spring, MD 20902  
Phone: 301-649-7870  
[www.hebrewdayinstitute.org](http://www.hebrewdayinstitute.org)

