

Hebrew Day Institute

לכבוד שבת

L'chvod Shabbat

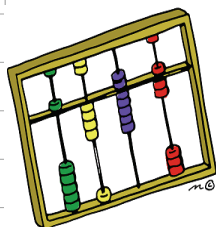


September 21, 2007

In the news...
Hebrew Day Institute



On Wednesday, September 12th, the Gazette newspapers printed a wonderful article showcasing Hebrew Day Institute's hands-on teaching styles. Students and teachers were interviewed and photographed. The reporter remarked how much fun our children were having learning while baking, singing and acting. She couldn't believe how we were able to combine math, Hebrew, Torah and the significance of the holiday in one fun lesson! She noted that they were well spoken, knowledgeable and polite! Please view the online version which is linked on the front page of our website.



Math Message

By Robin A. Lempert

Back by popular demand, **Family Math Night!**

To give you a clear idea of what is being taught in math this year, how it is being taught, and how you can support your child at home, we are holding a **Family Math Night** on **Wednesday, October 10th** from **7:00 pm to 8:30 pm**. Everyday Math approaches math differently from the way most of us were taught. It is based on much research and testing and has proven to be an extremely effective program. To truly understand how it works and what's included in the program, we've created this fun filled family oriented **Math Night**.

Please join us for this interactive, fun and informative event to learn about the math program and to try some of the math games and activities your child use every day. The evening will include many of the hands-on activities your children use in class and they will be there with you to show you the games and activities and play them with you. I hope at least one family member will attend. I look forward to seeing you there!

Upcoming Dates to Remember

School Closed for Sukkot

Noon dismissal on Wednesday, September 26. School will be closed on Thursday, September 27 and Friday, September 28. Classes resume Monday, October 1.

Hakafotathon

Tuesday, October 2 at 10:30 am. Please remember to send your child's sponsor sheet to school!

School Closed for Hashannah Rabbah

School will be closed on Wednesday, October 3.

School Closed for Shemini Atzeret

School will be closed on Thursday, October 4.

School Closed for Simchat Torah

School will be closed on Friday, October 5. Classes resume on Monday, October 8.

Tzedakah of the Month Kehilat Netzach Israel Soldier Fund

Please remind your children to bring in their Tzedakah every Friday or the last day of the school week!



Hakafot-a-thon

In celebration of Sukkot and in preparation for Simchat Torah, we are holding our annual Hakafot-A-Thon (walk-a-thon) on Tuesday, October 2, 2007 at 10:30 am.

Students, teachers, and staff from kindergarten through sixth grade will walk a maximum of seven times around the school holding a "stuffed" torah, symbolic of the Hakafot of Simchat Torah.

Each student is encouraged to obtain sponsors for each lap walked. The money raised from the Hakafot-A-Thon will benefit the Hebrew Day Institute Scholarship Fund. Please sponsor your child with a minimum pledge of \$18.00.

Please support our Hakafot-a-thon generously. If you have any questions, please contact Dina Korman at dkorman@hebrewdayinstitute.org and to volunteer, please contact Edith



PTO Corner

By Edith Calem

Dear Parents –

Shana Tova to all!

Chess club begins on Monday September 24th, from 3:45 until 4:45.

Israeli Folk dancing begins on Wednesday October 10th from 3:45 until 4:45. Forms for both activities are available in the school office.

It is not too late to order challah for Shabbat. Please contact Edith Calem by Monday of any week if you'd like to be added to the weekly order. Edith's phone number: 301-963-4409.

The Sally Foster fundraiser is underway. Don't forget that you can have your long distance relatives buy online and our school can get credit for the sales! We make a 50% profit on all orders!

The PTO sponsored Fall Boutique show will be on Sunday October 28th from noon until 4pm in the Sarah Lechter Hall. Tell your friends about it! There will be vendors offering jewelry, stationery, gifts, hand made children's clothing, judaica, and much more. We will have free massages and nail polish changes. If you'd like to help out with this event, please contact Edith at 301-963-4409, or Noya Shilo at 301-776-8149.



PTO School Spirit Store

School Store News

New item! Hebrew Day Institute canvas tote bags! They're roomy and stylish—buy yours today! Price: \$15.99. For more information, please contact Edith Calem at pto@hebrewdayinstitute.org. Many thanks!



Parent Education

Body Changes and Your Pre-teen

Hygiene is more than just being clean. It is defined as the many practices that help people be and stay healthy. Practicing good personal hygiene is smart for two reasons. First, it helps prevent people from catching and spreading illness and disease. Second, it helps people feel good about themselves and their bodies. In American society, cleanliness is an important issue; poor hygiene is seen as unacceptable and unhealthy.

As children grow older, their bodies go through a number of changes. While good hygiene is important for everyone at any age, it can require greater care at the onset of puberty. When puberty arrives--usually between the ages of eight and sixteen--hormones, certain chemicals made by one's body, produce both physical and emotional changes. It is the physical changes that require greater attention when it comes to hygiene. For a young girl or boy, this means dealing with acne, bad breath, and a stronger body odor.

Controlling Body Odor—Deodorants and Antiperspirants

When a boy or girl begins to go through puberty, the body will produce more perspiration because sweat glands, some of which are located near the underarms, become more active. More perspiration means a different type of body odor, one that is stronger and similar to an adult's. Daily bathing and showering are enough to control body odor, but many people go above and beyond just washing and use different types of hygiene products that will keep the body smelling and feeling fresh.

Deodorants and antiperspirants come in many varieties. Deodorants work to cover up the body odor, while antiperspirants work to control, or dry up, perspiration. Many products now contain both a deodorant and an antiperspirant. These products come as aerosol sprays, roll-ons, sticks, creams, and even crystals. Different people prefer to use different products, and the companies that make the products will advertise specific types of deodorants and antiperspirants for men and women. This is because men and women have different body chemistries. However, these products all tend to work the same way.

This article has been excerpted from The Health Encyclopedia online.

For more information, check out the following books:

Kerr, Daisy. *Keeping Clean*. New York: Franklin Watts, 1995

Madaras, Lynda. *What's Happening to My Body? Book for Boys*. New York: New-market Press, 1988.

Madaras, Lynda. *What's Happening to My Body? Book for Girls*. New York: New-market Press, 1988.



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