

# The Preschool Peckelach

משנכנס אדר מרבים בשמחה.....

The same way we decrease our joy when the month of Av approaches, we increase our joy when we enter the month of Adar. Think about it, that's a lot of joy!!

How do we increase our joy? I believe that if you observe a young child and watch what brings them joy, you can learn a lot about this feeling. For instance, just the thought of Erev Shabbos, brings a smile to a preschooler. Why does the thought of Shabbos elicit such joy? I believe it's about connections! Children are able to connect with their families on a very wholesome and meaningful way on Shabbos. Then of course there's our spiritual connection to Hashem on Shabbos that elevates everyone's simcha!

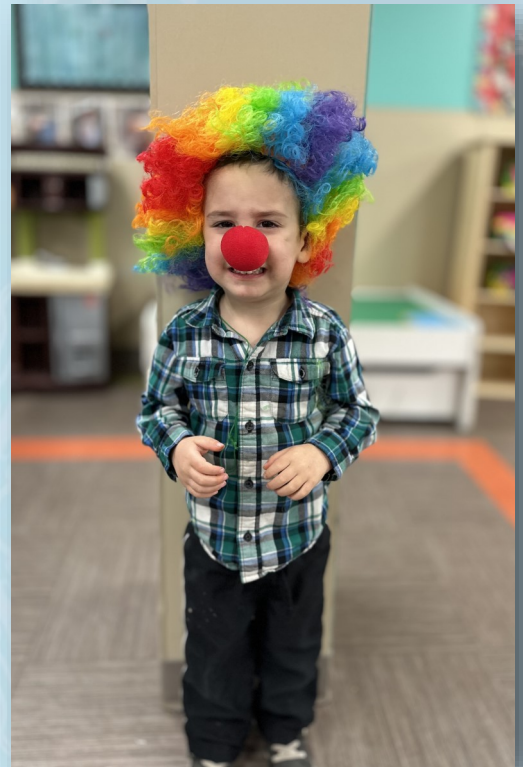
The saying "live in the moment" - doesn't seem like a concept based in Yiddishkeit. But look closely and it really is. It's about mindfulness - noticing each moment and letting it bring you simcha. A walk in the park, a hot drink in the morning, an open window bringing in fresh air, a delicious Shabbos meal, a game with your children, notice them, enjoy them. Reflect on these moments with your children.

Each of our preschool classes spends time learning about our emotions. Adar Alef is such a perfect time to learn about emotions. You see, learning is empowering. If we can recognize our feelings and the feelings of others (through facial expressions etc), we can find what brings us simcha!

Rosh Chodesh Adar Alef arrived and was celebrated with music and dancing and a simcha game!. Our EC Morahs are naturally bringing an added level of simcha to their classrooms!

May we all merit to see much simcha in our lives this Adar and always!! - Good Shabbos—

Morah Basya Malka Levit







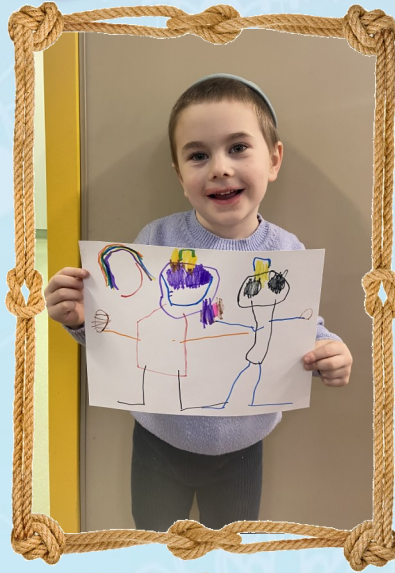




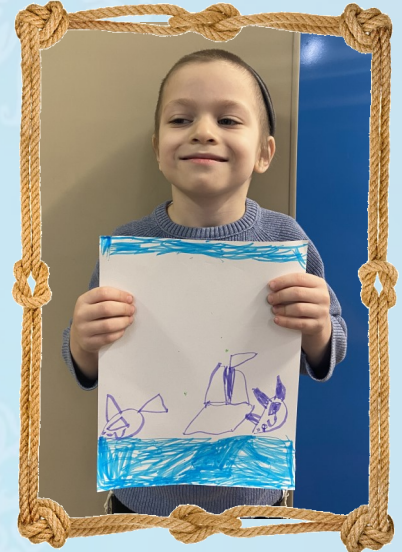
# ARTIST of the WEEK



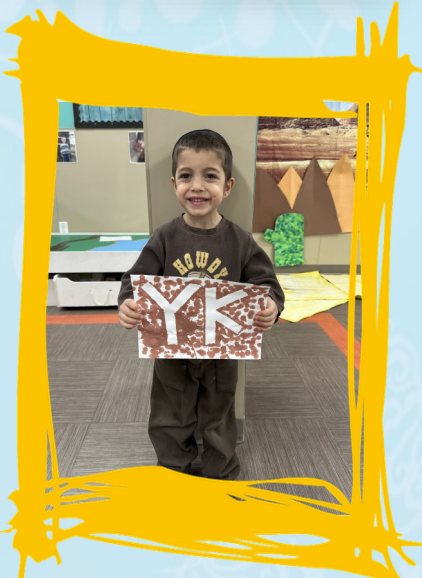
Leah Larkin T



Yehuda Sputz—K1



Yisroel Spektor K1



Yehuda Kushnir N



Tzipora Miller N



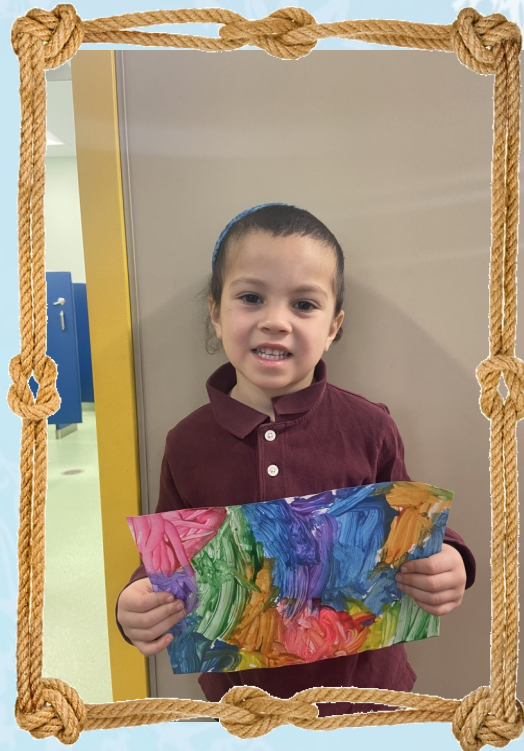
David Nechemia Naimark N



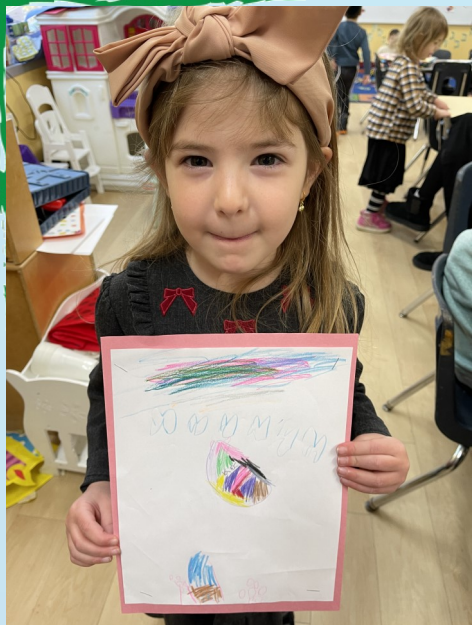
# ARTIST of the WEEK



Brocha Zarkhin -K2



Yimmy Weitzman-K1



Chana Nussbaum -K2



Sara Leah Manheimer - T





Eli Mittel  
Toddler



Sara Leah  
Manheimer  
T



Chava D.  
Engleberg  
K1



Tzipora Miller  
N



ZZ Zanziper  
N



Rachael  
Rothenberg  
K2



Ella Hurwitz  
N



Rina Klein  
N

