



Bnos Malka Academy

EDUCATION. HASHKAFKA. WARMTH.

Upcoming Events

Tuesday, May 21

BMA Annual Dinner

Make your reservations!

Monday, May 27

No sessions

Sunday, June 9

PKA graduations

Mazel Tov

Mazel tov to Mr. and Mrs. Daniel Meyrov on the birth of a girl. Mazel tov to Ruti (PKA C)

Mazel tov to Ms. Avital Hochster on her engagement.

Mazel tov to Mrs. Yafa Pinkhasov, Pre1a C and 4K assistant, on the birth of a boy.

Mazel tov to Mrs. Sora Malka Wagner on the marriage of her son.

Water Bottles

Please label all water bottles with your child's initials (including disposable)

A Message From Rabbi Michael Weichselbaum, Menahel

Everyone knows that every word in the Torah conveys a message. Not one word nor even one letter is superfluous. It therefore appears puzzling when we look at **י"ט פסוק י"א** which commands us, **לא תגנוב** - do not steal! Didn't we already receive this prohibition in the **עשרת הדברות** which also states, **לא תגנוב**? What is the Torah coming to teach us in **פרשת קדושים** that we didn't already learn in **יתרו**?

Our first clue, which you've probably already noticed, is that **לא תגנוב** of the **עשרת הדברות** is written in the singular form while in our parsha it is written in the plural form **לא תגנובו**.

To begin with, in the **עשרת הדברות** the Torah is speaking about someone who steals, "people" - a kidnapper. In **פרשת קדושים** the Torah is introducing the **לאו** of stealing items. In the **גמרא** in **בבא קמא** the Gemara quotes **בן בג בג** who says that if someone steals an object from you, you may not enter his yard to "steal" it back. You can walk up to him and tell him that you are going to take back your object, and if needed, you are permitted to 'knock out his teeth' in order to retrieve your item. (Most are of the opinion that this means to take the robber to **בית דין** and not actually knock out his teeth.) But, it's my object, why can't I just walk into his yard and take back what is mine? The answer is, that people whom see you entering your neighbor's yard are given the impression that YOU are the thief and the Torah commands us to be **נקיים מה' ומישראל**. We are obligated to go to extremes to be innocent in the eyes of Hashem **and** the Jewish people. We may not do anything that even looks as though a frum Jew is acting in a less than honorable manner. Therefore, we are prohibited from taking the law into our own hands, and rely on **בית דין** to reunite us with our property.

If this is true in regards to property that we actually own, how much more so should we make certain that our actions are aligned with the Torah when it comes to more questionable activities?

When Hashem exhorts us **קדושים תהיו**, He is commanding us to act in a way that creates a **קידוש ה'**, a sanctification of His Name. When someone looks at us they should leave that encounter with the knowledge that the Torah makes one a better person.

This places upon us a tremendous responsibility. A Jew is an ambassador of **הקב"ה** and must always remember to act in a noble manner.

Uniform Reminders

- ◆ Leggings are not allowed
- ◆ Grade 1-4—socks must cover the ankles
- ◆ Did your daughter grow? If her skirt does not cover her knees when standing and sitting, please make sure to get her a new one as soon as possible.

Fact and Opinion

Mrs. Golda Yadlovker, 1st grade

It is so hard to believe that this school year is nearly over. The girls have blossomed and matured. We have been learning the difference between fact and opinion.

For their final writing project, the girls will read a nonfiction book about an animal. Then they will write 4 facts and 1 opinion about their animal. They will then illustrate their book and share it with their classmates. It was a pleasure having taught your daughters this year. Have a wonderful summer!



Science of Design

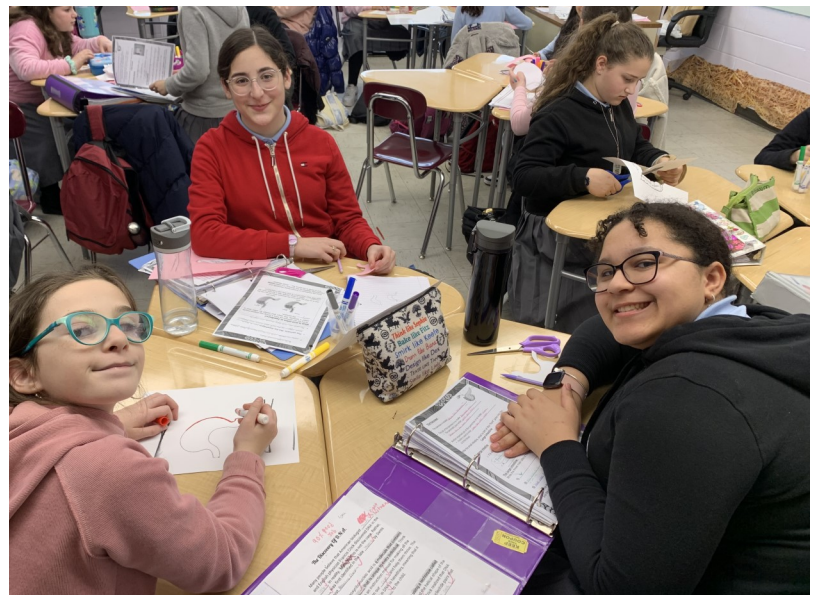
Ms. Avital Hochster, 8th grade

This week 8th grade has begun redesigning everyday items! Using the engineering design process, they have chosen a commonly used item and improved or added to its function! I have been incredibly impressed with their ideas and creativity. Can't wait to see how they turn out!

Breath of Fresh Air

Ms. Avital Hochster, 7th grade

7th grade is just finishing up our unit on the respiratory system! We learned all about the amazing and delicate tissue our lungs are made of and the importance of keeping them healthy!



Friendship Art

Morah Zisi Koss, Pre1a K

In the spirit of ואהבת לרעך כמוך and to reinforce this important lesson, the ילדות paired up with a friend and painted a joint picture. The pictures are beautiful and creative and will be displayed outside our classroom on the bulletin board.



Outdoor Fun

Morah Eileen Cohen, PKA C

The days are often sunny and getting warmer. One of our classes favorite activities is playing outside. Our students are so happy to be out and able to socialize with their friends. We have many proficient climbers who do amazing maneuvers on the jungle gym. Riding and zooming on the yellow bikes, climbing on the big piece of equipment with the slides, and playing in the house are so much fun for them. Hula hoop competitions and catching balls are other fun outdoor activities. The smiles on their faces and laughter that we hear really tells it all. Best wishes for a good Shabbos.



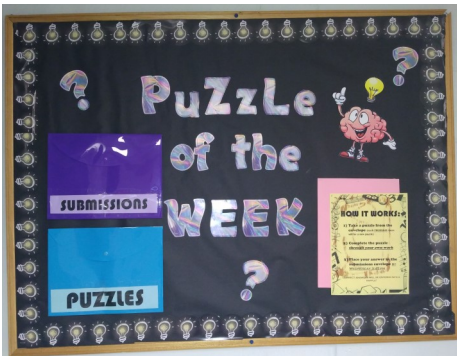
April Bas Melech Awards

Devorah Kashani, Atara Nisanov, Sevia Benzakaria, Kayla Matatov, Baila Harris, Miriam Yusupov, Abby Koptiev, Tova Inslicht



Brain Games

Ms. Talia Ganchrow, Enrichment Coordinator



Congratulations to Sevia Benzakaria (class 6C) on winning the previous Puzzle of the Week raffle! Give her the numbers 1 through 9 - in order - and she can turn them into 100!

Congratulations to Dina Fabian (class 6K) on winning this week's Puzzle of the Week! If you ever need to figure out something having to do with time and the clock, ask Dina, and she will answer you with thought-out precision!

☯ Mindfulness Corner ☯

Dr. Chaya Lieba Kobernick and The CBT/DBT Center Team

Hello everyone!! Welcome back to Mindfulness Corner! It's been a while since our last column so let's jump right back in! This week we will discuss mindful conversations. It shouldn't come as a surprise at this point that we can practice mindfulness even while having a conversation with someone. But what does that practically look like? How do we practice mindfulness when speaking and listening to others?

Well first I'd like you to think of a person you really enjoy speaking to. You probably love sharing what happened in your day with this person. Maybe you love telling them what you're most excited for in the future and what you're currently feeling stressed about. Why do you love speaking to them? Why does it feel so good when we speak with certain people? The answer is they are probably really great listeners.

To be a good listener you have to do more than simply hear well. A person can have top notch ears and still not be a great listener. To be a great listener, we have to stay in the moment of the other person's words. That means that while someone is talking to us, we aren't trying to think of a response, we're not trying to figure out what they're really thinking. We are simply taking in what they say at the moment.

The next part of being a good listener is making the other person feel *heard*. We can do this in a few ways. We can repeat what the person said in our own words to let them know we understand what they are saying. And if we don't understand, we can ask for a clarification! For example, if someone comes to school and tells you she's feeling super stressed because she woke up 20 minutes after her alarm clock rang, and then forgot to pack her lunch, and then came to school and realized she was wearing two different shoes, you can help her feel heard by repeating what she said in different words. Maybe you'll say something like, "Whoa, it sounds like you had such a hectic and overwhelming morning!" You'll likely get back a "Oh my gosh yes it was!"

Another way we can help people feel heard is by asking them follow-up questions. Let's take that previous example. If a girl comes to school and simply says she's feeling stressed, you can ask her what happened that's making her feel this way. She might want to share and you asking this question can open up the conversation and make her feel like you want to listen. You can also ask specific questions. Let's say your little sister comes home from her siddur play all excited. You ask her how it went and she responds saying "it was so much fun!" You can ask a specific follow up question like, "what was the most fun thing about it?" This allows people to expand on the things they already said, likely making them feel like they're really being listened to.

As I mentioned before, it's important to try not to think of our response while someone is speaking to us. But sometimes, our answer needs a bit of thinking time. And because we want to answer right away, we assume thinking while the person is talking is the most efficient time-saver. Here's the catch, though. You don't need to answer right away! If someone is talking to you, you can take a few moments after they finish what they're saying to think of your response! Of course, these skills take practice. No one can become the world's best listener overnight. However, we can practice these skills, even if it's only with one person, one time a day. Hopefully with practice we will become better and better listeners ensuring that we aren't only hearing well, but also making people feel heard. Wishing everyone a beautiful Shabbos!