



Bnos Malka Academy

EDUCATION. HASHKAFAH. WARMTH.

Upcoming Events

Tuesday, April 9
Rosh Chodesh Nissan

**Thursday, April 18—
Wednesday, May 1**
Pesach break
No sessions

Thursday, May 2
Regular sessions resume

A Message From Rabbi Michael Weichselbaum, Menahel

This week's parsha, פרשת צו, continues to teach us about the קרבנות and עבודת of the כהנים with regards to the מזבח. Interestingly, two of the עבודות have to do with the ashes which remained after a קרבן was burned on the מזבח. The first one was called תרומת הדשן. Each morning, the selected כהן would start his day by removing a handful of ash from the מזבח and placing it on a pile called the תפוח by the side of the מזבח. When the pile became too large, another כהן would carry the ashes outside of the encampment.

While these two actions may seem very similar, Rav Hirsch זצ"ל explains that in some ways they represent completely opposite ideas. To begin the day with the removal of a handful of ashes is not the start of the new day's עבודה, as we would have thought. But rather, it is the conclusion of the previous day's service. By placing the remains of yesterday's קרבנות side by side with today's sacrifices, we send a strong message to those who have brought the קרבן: There is nothing new here! You are performing the same מצוה as all those who have come before you. You are a continuation of the previous generation. For this reason, the כהן performs the task of removal with his hand, signifying the passing of the Torah and Mitzvos from one generation to the next.

The second עבודה of the day, the removal of the ashes to a location outside of the מחנה is the first service of the new day. It symbolizes the need to look beyond our past into our own actions. We cannot rely completely on those who came before us. We must earn our rightful reward. It also represents the idea that we must approach our own עבודת ה' with a fresh perspective each and every day using the talents, abilities, and affinities which are uniquely our own.

This is the powerful lesson which is taught to us by the lowly ash. And there is no better time to keep its lesson fresh in our minds than this time of year as begin preparation for Pesach, the chag of Geulah. We must remember the values and traditions of our ancestors and remain true and faithful to them while at the same time allowing our own special personalities to shine and flourish.

Save the Date

BNOS MALKA
ACADEMY

28th Annual Dinner

May 21, 2024

Da Mikelle Palazzo
69 02 Garfield Avenue
Woodside, NY

Registration is open!

<https://customer.infograsp.com/mobile/signon.html>

**Tuition Assistance
Applications**

are available on the website

bnosmalka.org/tuition-assistance

Deadline extended to March 29.

(Tuition assistance submitted after March 29 will require a \$150 fee).

Questions? Email susang@bnosmalka.org



Friend in a Frame

Mrs. Golda Yadlovker, 1st grade

The girls were busy over the past two weeks using what they learned in writing; such as spelling, capitalization, punctuation, nouns, verbs, adjectives, and pronouns to interview a classmate and then take their answers and change it into a story. They then posed for a picture with their friend and that became the cover of their story. It is hanging outside our classroom if you happen to be in the building.

Let the Cleaning Begin

Morah Zisi Koss, Pre1a C

We began our **פסח** preparations in class the same way we begin them at home...by cleaning! We first had to identify *what* and *why* we were cleaning! This led us to a discussion about **המץ**. We talked about what makes a food **המץ** ("flour and water together for longer than 18 minutes") and the opposite of **המץ**—"כשר לפסח". We all agreed that it's a big job to make our house **המץ**-free...especially the kitchen! We began creating our own "**הגדה** Book" by drawing a picture of what we will help to clean in our house. Many of the **ילדות** pledged to help clean "my room", "the car", and even "the whole house"! (Please send *those* girls my way!!)



Hands-On Science

Ms. Avital Hochster, 7th and 8th grade

The 7th grade has been eating up all the information on the digestive system! Together we worked as a class to create a display of the pathway of our food! With insightful questions and comments the girls have shown just how much they have learned!

The 8th grade has been working hard on their labs! Learning about how to understand weather maps and patterns in order to predict future weather. They worked in partners to find patterns and correlations using data tables and should be really proud of their efforts!



The Creative Curriculum: Buildings

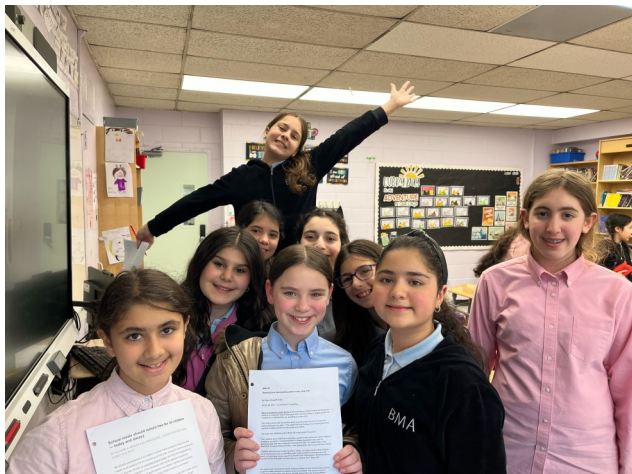
Morah Eileen Cohen, PKA C

This month's Creative Curriculum unit was all about Buildings. Many of our students enjoy building in our Block center and can create many interesting and unique structures using wooden blocks, hollow blocks, and soft blocks. We have many accessories that are available to them including jungle and farm animals, vehicles, signs, and block people. Magna-Tile is part of our Toys and Game center where they use such creativity to build many different things such as towers, castles and even cities. We added a math lesson to our Buildings unit by counting all the doors and windows in our classroom. We then took a tour of the first floor of school and looked at more doors, windows and even stairs. Best wishes for a good Shabbos!

Into Eretz Yisroel

Mrs. Yehudit Laniado, class 4K

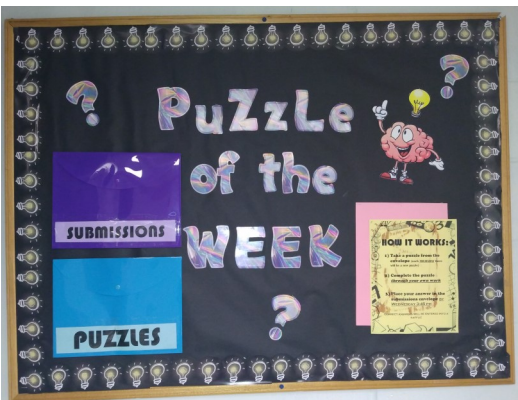
Have you heard the news? The Fourth Grade ב"י are to defeat the Fourth Grade כנענים in a stunning battle at the city of יריחו! Next week the girls are bringing the story of כיבוש יריחו in נביא to life in front of their Third Grade audience! The videos of the girls' performances will be sent out following the presentation. Stay tuned! With פרק ו' behind us we are now ready to march off to פרק ז' and conquer the next city in א"י! Will it be as miraculous this time around? What misfortune awaits ב"י? All this remains to be seen in פרק ז'.



Persuasive Arguments

Mrs. Leah Rabinowitz, 6th grade

This week in ELA the 6th Grade has continued to work on their essay on persuasive writing. Each girl picked a topic they feel passionate about and are excited to write an essay showing off their opinions. Want to know why homework causes stress, why school meals should always be free for all students, or why each family should have a pet, ask the 6th Grade!



Brain Games

Ms. Talia Ganchrow, Enrichment Coordinator

Upside down, right-side up... It's hard to tell what's what anymore! If you passed by a Bnos Malka middle school student standing on her head this week, it might be because she was trying to figure out the answer to this week's puzzle! Congratulations to the girls who correctly solved the riddle, and congratulations to Chanala Feldman (class 6C) on winning this week's raffle!

☯ Mindfulness Corner ☯

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

Hi everyone and welcome back to Mindfulness Corner! If you remember from last week, we are currently discussing the three most helpful steps in being mindful of our tasks. As we discussed, mindfulness helps us become more aware of our thoughts and behaviors which ultimately can help us work on our middos and achieve what the Rambam refers to as the "shvil hazahav". The three steps to being mindful while engaging in various tasks are observe, describe, and participate. Last week we spoke about how to observe our surroundings without labeling them. We mentioned our ability to fully immerse ourselves in our surroundings using our five senses and how that can help us observe our environment.

This week we will discuss part two, describe. Though we tried to refrain from labeling last week, this week we DO want to label. Describing our environments helps us distinguish what we observed from what we didn't observe. For example, someone who is describing a painting might use the words "yellow", "landscape", and "waterfall". We want to be conscious, however, of simply *describing* our environments and not *judging* our environments. What does "judging" look like? People often think judging means thinking negative thoughts about something or someone, which it definitely could be. However, judging encompasses a lot more. Judging is asserting our own opinions onto someone or something else. So, if someone wants to describe a painting, he or she won't be using words such as "good", "bad", "pretty", "comforting" etc. because those are judgment words, those are a person's opinions of the painting. In order to achieve mindfulness we want to try to describe what we are observing as objectively as possible.

We can describe lots of things, not just our environment. If, say, a person wants to be mindful of his or her emotions, then the describing part of that mindfulness would look something like "I am noticing the feeling of frustration inside me". Remember that describing does not mean judging, which means the feelings of frustration are neither "good", "bad", "annoying" or any other opinion. We are simply describing that which we observed.

If something is not observed then it cannot be described. Most people at some point mistakenly believe they can describe lots of things they haven't actually observed, like someone else's thoughts. As far as I know, mind readers don't exist. So, if you cannot observe someone else's thoughts, intentions, or emotions, then you cannot describe them either. Only Hashem can do that. This week let's try to take that message with us - that we cannot observe another person's thoughts or feelings and therefore cannot describe them (and most definitely cannot judge them) either. Let's try practicing differentiating between our observe and describe skills so that we can hone our mindfulness abilities and get a little better at understanding ourselves! Wishing everyone a fantastic Shabbos!