



Bnos Malka Academy

EDUCATION. HASHKAFAH. WARMTH.

Upcoming Events

**Thursday, April 18—
Wednesday, May 1**

Pesach break
No sessions

Thursday, May 2
Regular sessions resume

Mazel Tov

Mazel tov to Mrs. Goldie Gitelis,
school social worker, on the birth of
a boy.

Parnes Hayom

Wednesday, April 17

Sponsored by Mr. and Mrs. Mordy Goldstein
L'ilui nishmas his mother,
Itka Raizel bas Mordechai, z"l
18 Nissan

To sponsor a day of learning, contact
msalzbank@bnosmalka.org

A Message From Rabbi Michael Weichselbaum, Menahel

The following fictional account is given by Rabbi Shimshon Pincus zt"l. Imagine a person who purchases an airline ticket, packs his bags, wakes up early on the day of his flight, waits in line to go through security and then checks in his bags. With plenty of time remaining until his flight leaves, he buys a newspaper, walks into a cafe, buys a cup of coffee and sits down to catch up on the news and enjoy the coffee. Finally, his flight is called. Oddly enough, the fellow doesn't move. A little while later, over the loudspeaker came the words, "Final call for flight... leaving for" Still the man doesn't move and his flight leaves without him.

Yet, there is another traveler who also has a ticket for that same flight. He follows in the footsteps of the first traveler but with one important difference. When his flight is called he folds up the newspaper, throws out the remainder of his coffee, gets in line at the gate, boards his plane, takes off on time and reaches his final destination safely.

Rabbi Pincus compares our approach to Pesach to the story of our two travelers. We each spend weeks cleaning, and shopping for food and clothes. We're great at preparing for the יום טוב. Then, an unfortunate thing happens to us. We wore ourselves out during the preparations and left nothing in the tank for the actual event. Some of us come to the סדר so exhausted that we forget that the main part of the מצוה is sitting down with our families and telling over the story of יציאת מצרים. We are obligated to express our הכרת הטוב ה' for all that He has done for us. WE'VE NEGLECTED TO BOARD THE PLANE!!

So, as we are busy preparing for the most important of all nights, let's remember that our preparations are just that. We are getting ready to retell the story of How Hashem took us out of Mitzrayim. Your daughters, and I'm sure your sons as well, have also worked hard preparing for this Mitzvah. Take the time to listen to their דברי תורה. Come to the table with your דברי תורה as well. Help to strengthen our מסורה and may each of us be זוכה to shep much nachas from our children.

Every student must register every year!

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

Tuition Assistance Applications are available on the website

bnosmalka.org/tuition-assistance

(Tuition assistance applications will require a \$150 fee).

Questions? Email susang@bnosmalka.org





Math Strategies

Mrs. Yocheved Kandler, 2nd grade

The second graders have been applying strategies we learned for 2 digit addition to help us master 3 digit subtraction! If you don't understand how this is possible please ask your daughters to explain! We are thrilled that the hard work we put into understanding strategies so many units ago is helping us "get" the math now! The whole second grade wishes everyone a chag kasher visameach!

Remember What Happened

Mrs. Chani Felt, 3rd grade

Pesach is definitely in the air in Bnos Malka Academy! In kitah gimmel, we introduced this special yomtov by imagining waking up to a neon green post-it note, with the words "Remember what happened yesterday!" Now imagine you kept seeing that post-it with those words. You would know something VERY important happened yesterday. So too, yitzias mitzrayim is mentioned 3x a day in shema and in our mezuzos and in kiddush- why?? We discussed that the reason why yitzias mitzrayim is so important to remember, is because it is the foundation of our EMUNAH! Through exploring this incredible yomtov and story, we saw clearly Hashem's control, and my hope is that our own emunah has been more developed as a result. Wishing everyone a chag kosher v'sameach!!





Pesach is Coming!

Morah Rina Devora, PreK K

Pre-K K has been learning about Pesach around the clock! We've learned about cleaning for Pesach, bedikas chametz, burning chametz, and all about the seder! We learned an amazing new song! We have been working very hard on our haggadahs every single day. We went through which foods in our dramatic play area are chametz! We've been cleaning, singing, and preparing. We can't wait for Pesach!



No Bones About It

Morah Natalie Avizov, Pre1a C

This week in Pre1a-C, the girls learned about our bodies and why it's important to keep them healthy. We talked about the organs that help our bodies work properly, and how our skeleton protects us. Our skeleton is made of bones, and it's our body's frame. Bones are hard and strong, and they come in all shapes and sizes. Some bones are long, like the ones in our arms and legs, while others are flat, like the ones in our skull. We also have small bones in our hands and feet. All these bones work together to help us move and stay strong. The girls made their own skeletons using Q-tips and black construction paper. They did a great job!



Pesach All Year Round

Ms. Tehila Hecht, class 5K

Class 5K is learning and preparing for Pesach. We went through the Hagada and learned various ideas about Pesach. We have actually been learning all about Mitzrayim this year in Chumash class! It is beautiful that the girls recognized many pesukim and ideas quoted in the Hagada. The girls also had an opportunity to create their own pillows for the Seder!



🌀 Mindfulness Corner 🌀

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

Hi everyone and welcome back to Mindfulness Corner! I am very excited to discuss this week's topic because it's something most of us experience, yet we are often left unsure of how to go about solving it. This week, we will be discussing stress and how mindfulness can possibly help diminish our stress levels.

Who hasn't experienced stress at least once in their life? Stress can crop up in varying degrees and is often experienced differently by each person, yet we all seem able to relate to that uncomfortable feeling. What's important to note first and foremost is that stress is not always bad. In fact, a little amount of stress can sometimes be very helpful! It's the small amounts of stress that motivates us to study for tests, care when someone is upset with us, and make sure we get to appointments on time! Stress can help us be productive and accomplished. However, stress can become unhelpful and even hindering once the stress levels surpass a certain amount (which is different for each person). Larger amounts of stress can lead to feeling stuck, paralyzed, and unable to accomplish much.

So where does mindfulness come in here? Well, it's important to remember that mindfulness cannot change that which we are stressed about. Say, for example, you're feeling stressed about an upcoming final exam. The test is on many units from the beginning of the year and covers so much material that even thinking about it makes your heart race. Practicing mindfulness will not get rid of those aspects of the test that are contributing to your stress. It's not a magic spell that suddenly diminishes the amount of units on the test or pushes off the test date. Mindfulness DOES, however, help you sit with those uncomfortable feelings without letting those thoughts rule your mind. Mindfulness can help us learn to appreciate the stress as just a voice. Because really all our thoughts come to us for a reason and are usually there to try to help us. We saw before how stress can sometimes be really helpful! The only thing is, sometimes the stressful thoughts are not helping us even though our brains might initially think they are. So, in those moments when we don't need those high levels of stress, we can learn to be appreciative of our bodies and our "stress" voices. We can thank our stressful thoughts for what they're trying to do for us, and then gently tell them they're not needed right now, and let them go. Mindfulness takes the power away from stressful thoughts and gives it back to us.

What's amazing about engaging in mindfulness is that it can eventually change our relationship with the things that are causing us to feel stressed. So no, mindfulness will unfortunately not make midterms and finals go away. But, it can change how we feel about midterms and finals to begin with. Can you imagine that?? Imagine not feeling stressed about finals, or that specific friendship, or about whether or not you'll make it to that dance class in time! Sounds a bit liberating doesn't it? It's definitely not easy. To be able to interact with stress and allow it to come and go takes a lot of practice. But that's what we're here for! We've been discussing lots of different ways to practice mindfulness. We discussed observing our surroundings using our five senses, how to be mindful of our emotions, how to engage in mindful walking, and how to be mindful of others through our lovingkindness! The more we utilize these tools, the easier it is to put them into practice when we feel stressed at a particular moment. And the more we put them into practice when we feel stressed, the less stress we will hopefully feel. As we approach Pesach, a time which can be especially stressful, let's try to put our mindfulness skills into practice. Be'ezras Hashem it will help us have an enjoyable and stress free yom tov. Wishing everyone a chag kasher v'sameach and a beautiful Shabbos!