

NURSERY SCHOOL NEWS

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Director*



Shabbat is a gift that Judaism has given to us and we can share with our children. Shabbat is a time to take a break from our hectic daily lives, let go of some of the anxiety and fears perpetuated by current events, reflect on our personal choices of the past week, focus on strengthening relationships with friends and family, and perhaps explore our spiritual side. Mental health experts say we all need to make time to unplug, relax, rejuvenate, and re-align our priorities. Child development experts say one critical skill we should teach children is to reflect on their behaviors and plan future actions. Shabbat provides a framework for us to take these steps toward positive, healthy living.

In TBANS, joyfully honoring Shabbat is a special part of our week. Technically, it's Ta'am Shel Shabbat (Hebrew for "A Taste of Shabbat"), since we celebrate on Friday morning, not technically the Sabbath day. Our goal is to create a

peaceful atmosphere by slowing the pace, illuminating our world (with candles), sweetening our bodies (with grape juice), filling our stomachs (with challah), and lifting our spirits (with song). Children prepare the room with their hand-made table settings and gleefully anticipate the rituals. Each classroom has their own unique traditions, just as every family might. For example, some classes bake challah each week, and others make pretend chicken soup. Our Gimel classes come together for a Shabbat sing Friday before lunch. Our Bet and Dalet classes share a "Shabbat Buddy" activity. Come visit us on a Friday morning and share this developmentally appropriate introduction to Jewish ritual and Jewish living.

Community Shabbat. In addition to our classroom celebrations, our Temple clergy lead our entire school community – children, teachers, parents, and guests - in a monthly Shabbat experience

including songs and traditional prayers. It's a special treat to hear children share their gratitude and receive a blessing. Please join us in the Sanctuary at 9:30 am: October 18, November 22, December 20, January 31, February 28, March 27, April 24, and May 22.

Tot Shabbat. Of course, the Temple offers spirited services for all our families with young children. New this year, and in response to your requests, we are holding some services Friday night at 6:30 and others Saturday morning at 9 am. They are always on the second weekend of the month. Check our website for the schedule.

We hope to honor and observe Shabbat with you and with children who are so lucky to be able to integrate the gift of Shabbat into their lives at such a tender age. Please introduce yourself to our school staff and clergy when you come.

