

Calendar

Fri. Feb. 18th & Mon., Feb. 21: Presidents Weekend - **No School**
Tues. Feb 22 - Fri. Feb 25 :

NO Busing for Henrietta, Pittsford or City Schools
YES : Brighton Schools will be busing



Fun & Learning at DHR



Benching Superstars!

Zecharia Akkerman	Rikki Lagunov	Aliza Sloviter
Yosef Brea	Liba Mittel	Rachel Stein
Malka Burger	Sophie Nussbaum	Hannah Ulloa
Hirshy Cohen	Michal Polatoff	Shmuel Winograd
Ruvy Dan	Bentzion Scutaru	Levi Yaras
Leora Diskind	Meir Leib Shulman	Moshe Zargary
Ahuva Kilminick	Yosef Shulman	

Mazel Tov to ...

...the Twersky family on the birth of their new baby boy!
...the Giardina family on the birth of their new baby girl!







Thank you to...

...Rabbi Shmuel & Shana Herman for donating \$1,000. for new Jewish library books for DHR's growing Abe Schwarzman Memorial library.
...Mrs. Esti Lagunov for picking up the 8th grade girls' new soups!
...Rabbi Ross Kosow for making all of the delicious garlic knots for the 8th grade girls' sale!

Middos Mentions!



-  During Art class, Avigail moved to another table when one table was full; she smiled and had fun at the new table.
-  Liba and Adina ran to help someone clean up a mess!
-  Talia was cleaning and picking up other people's garbage in the lunchroom. What a big help! Thank you!
-  Paysach, Efraim and Shlomo helped Ms. Hajduk carry chairs to her room and they walked back by themselves! Very responsible!

From the Principal

Mrs. Lea Goldstein

It is amazing how the Torah subtly relays multiple messages at once in order to convey a nuanced approach to crucially important issues. At the beginning of this week's Parsha, Hashem commands Moshe to take a census of the Jewish nation through a half-shekel donation from each individual.

Numerous questions are raised by the meforshim regarding the details of this directive, and many beautiful lessons are derived from various aspects of the counting. Rashi, in Bamidmar 1:1, points out that this counting was obviously not done for the sake of Hashem's knowledge (as He clearly knew the number of people without actually counting them); but to show His love for every member of the Jewish nation. Imagine a jeweler who counts his jewels often because of each jewel's individual worth. So too, Hashem periodically counts His people in order to show how much He values every member of Am Yisrael. The census was designed to instill within each and every member of the nation an inherent sense of their own self-worth; to remind them that in G-d's eyes, every single person "counts".

In fact, the words "כי תשא" which literally means "when you will raise." teaches us that the act of counting each member of klal Yisrael was ultimately meant to raise each individual up; to highlight that individual's uniqueness and importance. On a basic level, the concept of a national census reminds each and every individual of their own importance and self-worth. We truly cherish the contributions of each individual to the Jewish nation and to the world at large.

And yet, embedded within that very crucial message is the added reminder that, as important as each person is; we, alone, are limited in what we can accomplish. Only when we move beyond ourselves and partner with others can we truly reach our potential.

Rabbi Simcha Bunim of P'shischa is known to have said that everyone must have two pockets, each with a note inside it. On one note should be the phrase "Bishvili nivra ha-olam", "The world was created for me" (Gemara: Sanhedrin 37b), and on the other note should be written "V'anochi afar v'efer", "I am but dust and ashes" (from Avraham Avinu in Bereishis 18:27). Each of us has infinite value and a unique contribution to make to the Jewish people and the world at large. At the same time, we must balance that feeling of self-worth with a healthy dose of humility, and an understanding of our limitations as individuals. As our children grow up in the "selfie" and "I" generation, we are tasked with helping them appreciate the limitations of the individual, and how much more they can become when they partner with others.

Many studies have noted a sharp rise in anxiety, depression and low self-esteem in children and teens over the past 20 years. Prominently identified among the possible sources of this unfortunate phenomenon, is the rise in use of smartphones/devices and social media. Children today are spending much more time in front of devices, and much less time interacting in person with others. This tendency inevitably leads to a greater sense of existential loneliness. In addition, the realities of social media; the bullying, social pressure, and social comparison inherent therein; cause many children to develop issues concerning their self-esteem. Given the challenging reality of child-rearing today, it is imperative that we spend much time, thought, and energy cultivating within our children a deep sense of their inherent self-worth and value. From an early age, we must constantly impress upon them their importance and how much we, and Hashem, treasure their unique place in the world - and to help them internalize that their inherent value comes from within - and is not dependent upon outside approval or recognition.

Excerpted from: Parenting from the Parsha- Parshat Ki Tisa- Balancing Self-Esteem and Humility by R' Yosef Goldin

