

Calendar

- Sun.-Tues., Sept 25th-27th: Rosh Hashana Break: **No School**
- Wed., Sept. 28th: Tzom Gedalia: **1:00pm Dismissal**
- Tues., Oct. 4th: Erev Yom Kippur - **No School**
- Wed., Oct. 5th: Yom Kippur - **No School**
- Fri., Oct. 7 - Wed., Oct. 19: Sukkos Break -**No School**

Work & Fun at DHR...



Middos Mentions...



Efraim, Shlomo & Binyamin were all great listeners and role models in P.E. class! 🌟

Yisroel offered to share his markers with a friend who said he didn't have any!

Racheli helped pick up things from the classroom floor before recess!

Aliza, Naava & Rochi all went out of their way to help classmates; they shared markers, helped with reading and shared snacks! So nice! 🌟

Benching Superstars

Rikki Lagunov
Ahron Shulman

Michal Polatoff

Tehila Savin
Aliza Sloviter

STEM Physics Experiments...



Mazel Tov to...

... Yossi & Tova (Berenstein - DHR class of 2012) Rubin, upon the birth of their son Shimshon Dovid.



From the Principal

Dr. Lea E. Goldstein

"Attitude of Gratitude" - Appreciating Blessings

Perhaps the best strategy to improve one's happiness level is to work on inculcating the trait of gratitude. In psychological literature, gratitude is consistently correlated with happiness. Additionally, working on gratitude through various strategies has been shown to boost happiness levels. What is the connection between gratitude and happiness? What is it about gratitude that increases happiness?

In one of the most important studies on the subject, researchers Robert Emmons and Michael McCullough (2003) hypothesized that responding gratefully to life's circumstances allows people to "positively interpret everyday experiences." Well-being and happiness come from "the ability to notice, appreciate, and savor the elements of one's life." They found that "a conscious focus on blessings may have emotional and interpersonal benefits".

In this week's parsha, while describing the brachos earned by obeying Hashem, Moshe states that "All these blessings will come upon you (וְהַבְרָכָה וְיָרַדְתָּ עָלֶיךָ) and will reach you (וְהַשִּׁגְגָה)" (Devarim 28:2). The meforshim are bothered by the seeming redundancy of the verse. What is the function of a blessing reaching someone if it has already come upon them? Rabbi Yissocher Frand quotes Rabbi Elyakim Schlesinger who explains that blessings could "come upon" us, but we may not even realize them. While our lives may be filled with blessings, if we do not develop an attitude of awareness and appreciation, those blessings may not "reach" us. **The blessings are there, we just need to notice them.**

One of the reasons that we may have trouble noticing blessings is that there is a human tendency to always want more. Yes, I have some money, but I could always have more. After delineating the confession that accompanies the Bikkurim - bringing of the first fruit to the Bais HaMikdash, the pasuk concludes: "You shall rejoice with all the good (וְשִׂמְחֶתְּ בְכָל-הַטּוֹב) that Hashem, your God, gave you and your household" (Devarim 26:11). Rabbi Mordechai Gifter, ז"ל, understands the rejoicing not as a description, but as a mitzvah, a commandment. Because people have a tendency to downplay the blessings of the harvest, the Torah requires us to overcome that propensity by being satisfied, appreciating the good, and being happy.

Our lives are filled with both blessings and curses, delights and hardships, and positive and negative experiences. It is up to us to determine the subjective realities of the blessings and curses. Let us choose to approach what we are given with appreciation and gratitude, counting our blessings and being thankful to Hashem for the good He has bestowed upon us.

Excerpted from <https://aish.com/appreciating-blessings/> by Rabbi Mordechai Schiffman

Thank you to...

...A VERY generous donor who is underwriting the cost of the Rosh Chodesh Project! We are so appreciative! If you are interested in sponsoring one of our fabulous special programs like Boys' Night Seder, Code Monkey (for middle school coding), buses for field trips, cookware and kitchen utensils, new smartboards and more, please reach out to the office!

...Nancy Klein & Congregation Rosh Pinah for their donation of \$100.

...Yudi & Shoshana Polatoff for their ongoing donations to DHR's Sharon Polatoff Memorial Scholarship Fund!

...Rabbi and Mrs. Benjamin Sloviter for their donation.

...Rabbi Shmuel & Shana Herman for baking delicious treats for boys' night seder on a regular basis!

