

Calendar כתיבה וחתימה טובה! 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...

Nosson helped take down all the chairs that were on the table, So proud of him!

Shira was so kind to share her soup with a friend, who needed a new soup!



Benching Superstars

Zevi Gestetner 🌟🌟 Zecharia Kuyunov 🌟🌟 Ahron Shulman

Mazel Tov to...

...Yeshaya and Rivky (Max - DHR Class of 2010) Levin on the birth of their daughter Batsheva!



Thank you to...

...Yudi and Shoshana Polatoff for thier ongoing generous donations to DHR's Sharon Polatoff Mermorial Scholarship Fund!

...the London and Roth families for donating the contents of their tzedaka boxes.

...our wonderful talmidim on Rhinecliff Drive for donating the proceeds of their lemonade sale to DHR!



VIP Visitors!

On Monday, TIUNY and DHR welcomed Rabbi Yeruchim Silber, Agudah's New York Director of Government Relations and Rabbi Yehoshua Pinkus, Director of Yeshiva Services for Agudath Israel of America. They were in Rochester meeting with NYS Senators and their representatives to advocate for our schools.



From the Principal

Dr. Lea E. Goldstein

How many of us, as parents, have demanded that our children say "I'm sorry" and apologize even when they do not feel the least bit sorry? We can usually insist that our child apologize, but does that actually help them feel genuine remorse, make amends and improve their behavior the next time? Often, for kids, after the forced "I'm sorry", that's where the conversation ends, with little if any discussion of what happened, why it was hurtful to the person they're apologizing to, how they can address the hurt they caused, and what they can do to change their behavior. These perfunctory apologies—especially when uttered begrudgingly—don't generally address the situation or improve the behavior, yet they remain the standard apology that children continue to use into adulthood. Non-apologies, made without wholehearted remorse, don't usually improve the situation or change the behaviors.

As we enter the Yamim Nor'aim, the issue of teshuva is foremost in our minds. As we know from the Rambam, the main steps of the teshuva process include: recognition and regret about the improper action; confession – by giving the action a concrete form in your mind; and resolution - leaving the sin and committing to not do it again. Thus, a real apology—whether the person delivering it is an adult or a child—needs to contain an acknowledgement that we did something wrong, and that is what makes it so difficult. No one likes to admit a mistake. Therefore, in the same way that we need the Rambam's guidance, our children need our guidance. Teshuva is challenging, and usually uncomfortable. It is difficult and humbling to admit our mistakes. And, the requisite follow-up changes require a lot of work and effort.

Ultimately, the way we guide kids through an apology is as important as the apology itself. When children are upset, dealing with the consequences of their actions in the heat of the moment generally doesn't work. At that time, they're still feeling whatever emotions they have that caused them to behave inappropriately in the first place. They need to calm down before they're ready to listen to you and reflect on their actions.

The next step involves helping your child figure out what they were feeling and how those emotions might have led to the problem behavior. Perhaps they were jealous or they were overly tired or hungry. Whatever the reason, the emphasis should be on their actions being the problem, not their emotions. Once they understand the problem, it's time to talk about how the other person felt. This can be done by relating the situation back to something similar that happened to them.

Then, it's time to problem-solve the situation with your child by asking what they'd do differently if the issue happens again. Role-playing different scenarios and brainstorming together can be very helpful.

At that point, your child will probably be ready to apologize. A sincere apology needs to prioritize the other person's feelings as well as demonstrate remorse. As Dr. Edwin Battistella, author of "Sorry About That: The Language of Public Apology" explains, "a good apology needs to do several things. It needs to name the harm done, be sincerely remorseful, and repair the harm in some way". Sounds familiar, right? The components of teshuva are universal. So, our ultimate goal is for our children/students to really own their relationships and start to take the initiative to apologize to one another rather than wait for an adult to remind or force them to do it.

Of course, one of the most effective ways for children to learn how to apologize is by watching us. As we know, they are constantly observing and mirroring us. When we practice what we preach and apologize sincerely when we do something wrong, our children have the opportunity to see what a true apology looks like. Modeling for children that mistakes are opportunities to reflect and learn can change the way they view mistakes and combat the instinctive defensiveness that is connected to admitting wrongdoing.

Finally, unlike with our supremely patient and kind Creator, even the most genuine apology does not necessarily guarantee forgiveness. There are some things we can't just make right and some people who won't be willing to forgive us. It's important to teach our children that apologies are not only about being forgiven; it's mostly about taking responsibility for our actions.

Bottom line: Being able to genuinely apologize and admit mistakes, especially at a young age, goes a long way toward inculcating empathy within ourselves, holding ourselves accountable, and preventing bad behavior from becoming a pattern in the future. If we can train our children to be specific about their wrongdoings, examine the consequences of their actions, build empathy, overcome the natural impulse to blame others and act defensive, make a plan to actually stop the unwanted behavior, and allow themselves to experience the discomfort of asking for forgiveness, we will help produce more thoughtful individuals who are increasingly aware of the way their actions affect others.