

January 20, 2023
27th of Teves, 5783

Candle lighting: 4:42 pm (Morganville)
Havdalah at 5:52 pm

MA CHADASH?

A WEEKLY NEWSLETTER FOR SHALOM TORAH ACADEMY OF CENTRAL NEW JERSEY

Dear Shalom Families,

Our students returned from winter break refreshed and energized, and since then the month of January has been an unending hum of activity.

Specials:

We welcome Mrs. Faber to our team, as our Art Teacher. Students have been excited to add art to their repertoire of specials classes, and the creative juices are already flowing! Students spent the first two classes describing aspects of themselves in an artistic way, and are looking forward to future lessons where they will experiment with a variety of media and styles.



Our health classes, given by our very own nurse, Mrs. Frenk, have been a huge hit as well. Students are learning about important topics such as healthy sleep habits, nutrition, the benefits of physical activity, mindfulness, and more. Health and library classes take place on alternate weeks.

Our fifth graders took their science lesson on ecosystems and the food chain to the next level this week as they engaged in a hands-on experiment in our science lab. Students each dissected an owl pellet, using special equipment. They were able to see and identify the tiny bones from the owl's meal, and got an inside view of the owl's diet, region, and habitat.



Melava Malka Update:

On another note, our Shalom students have been hard at work preparing for our melava malkas. The boys have been filming and acting, and the girls have been recording their songs, practicing motions, and dancing up a storm. We are so excited to welcome all fathers, brothers, grandfathers, etc. to our Father-Son Melava Malka this motzai Shabbos, and all mothers, sisters, grandmothers, and guests to our Mother-Daughter Melava Malka next week (January 28th). These events are a true highlight of the year, where every student has a chance to shine, and families bond over great food and fun.

Looking forward to greeting you all!

Have a wonderful Shabbos,

Mrs. Hoberman



Parsha Lesson

Va'era- True freedom

Rabbi Eli Meir Kramer

For this year's Parsha Lesson I will be focusing on a chinuch (parenting/educational) lesson that can be derived from the Dvar Torah.

Background

At the beginning of this week's Parsha we have the famous four (according to some opinions- five) languages of redemption that Hashem told Moshe that He is going to do for the enslaved Jewish nation. The four languages are found in pesukim (verses) 6 and 7 in perek (chapter) 6. They are:

1. **והוצאתי**-And I will take them out
2. **והצלת**-And I will save them
3. **וגאלתי**-And I will free them
4. **ולקחתי**-And I will take them

The Seforno explains that these 4 languages each refer to a different part of the process of the emancipation of the Jewish nation, our people, from slavery. The first one, 'I will take them out', refers to, according to the Seforno, when the plagues began against the Egyptians. At that time the active enslavement, the Egyptians forcing the Jewish people to work, ceased.

'I will save them' refers to when the Jewish people were actually taken out of the confines of the Land of Mitzrayim (Egypt). 'I will free them' refers to when the Jewish people saw that the dead Egyptian soldiers wash up onto the shore after the splitting of the sea and the subsequent drowning of the Egyptian army. 'And I will take them' refers to when Hashem took us as His chosen nation, when He gave us the Torah on Mt. Sinai.

Question

The 3rd of the languages, 'and I will free them', is the one which is most clearly the freeing and emancipating of the Jewish nation as slaves. 'Geulah' is the word which is referred to throughout Tanach as the 'freeing' of something from another's rulership and control. Therefore, it would seem, according to the Seforno, that this 3rd level of the emancipation process, the Jewish people seeing the Egyptian army dead on the shore, was the most significant level of the freeing of the Jewish people from slavery.

The question is- why? Why were the Jewish people not considered to be 'freed' without seeing the Egyptian army dead on the shore? Their work for their owners had ceased almost a full year beforehand! With the beginning of the plagues, the Egyptians no longer forced the Jewish people to work. And certainly, with the Jewish people being out of the actual land of Egypt- that should certainly be considered to be 'freedom'!

Why are those two very significant steps towards freedom not considered by Hashem to be the 'freeing' of the Jewish people, and only seeing the Egyptian army dead on the shores were they now considered to be free?

Answer

So long as the Egyptians were alive and had an army to chase the Jewish people and bring them back to their positions as slaves, the Jewish people were not free. Yes, they may have no longer been working for the Egyptians and they may have no longer even been within the confines of the land of Mitzrayim, but there was still the possibility of them being pulled back into their slavery and the overlordship of their masters being re-established, and therefore the Egyptians were still at the forefront of their thinking and they were not emotionally and mentally free of them.

It was not until they saw the threat of their masters being completely destroyed, it was not until there was no possibility of the Egyptians ever re-assuming authority over the Jewish nation, were they able to be fully free. To not just be practically 'freed' but to be 'geulim', free men.

Chinuch Lesson

There are many things in life which 'trap' us and have a hold over us and do not allow us to realize our potential. Be it a fear, a limiting mindset, our own character defects and shortcomings, etc. For someone to not allow this 'trap' to control their life and dictate their behavior is a tremendous step, and an important first step, towards being a 'free man' capable of acting and thinking without that hold over them. For one to further free themselves and no longer be in the confines of whatever it is that traps them, to be further removed from falling into the clutches of that which has a hold over them, is another important step towards becoming 'free' and living and acting as a 'free man'.

But this person is not 'free' or one of the 'geulim' until they can face down that which 'trapped' them and see that it has no effect on them. So long as a person is avoiding that which limits them, so long as a person is consumed with worrying about that which held them down, they are not really free. A person needs to build up the courage to look their 'master' in the eyes and see that it does not hold any power over them.

A 'free' person is able to take responsibility for their own actions and is able to grapple, rationally, with life and the various scenarios that come up. Someone who is not free is constantly consumed and fixated on that which has a hold over them and is not able to function properly. When someone sees that that which limits them is powerless and incapable of getting in the way of their acting in the way that they know they should, that is a person who is fully 'free' and on track for great success in life.

If we can encourage our children, and those we lead, to not just avoid problems and challenges, and be held captive by them, but to rather face their challenges and see their ability to grapple with them- in order to be fully free of them- we will be showing them how to live as free people.

A Highlight from our Judaic Studies Department

Rabbi Shalom Jacoby and 7/8 Grade Boys

We have been to a fantastic start since the mid winter break and we are looking forward to a very productive semester. In gema-ra we started one of the biggest *sugya's* (discussions) the *sugya of shomer avaida*. This *sugya* has a lot of depth and breadth and really gives the students the opportunity to think and originate many logical arguments on their own. So far it has been electrifying!

In chumash, we have just finished a unit about the experience of *matan torah* with a big quiz and are ready to begin learning the ten commandments inside with *Rashi's* commentary. As well we have begun preparing for our play for the father-son melava malka giving each boy a chance to shine with his talents and abilities!



A Highlight from our Preschool

Morah Nechama Greenwald and Kindergarten Class

Kindergarten has exciting news to share. We have been working on the letters of the alphabet since the beginning of the year. Last Thursday we learned the last letter, Z. To celebrate we had an ABC party. Morah gave us a blank bingo board and we got to choose any letters to fill it in. Next, we played bingo using winkies as our bingo chips. Finally, we got pretzel sticks and pull-n-peel licorice to form our ABC letters. We had so much fun!!



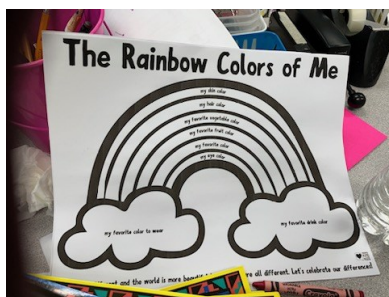
A Highlight from our General Studies Department

Mrs. Aimee Friedell and 1st Grade Students

This past week in first grade we learned about diversity. First, we drew two pictures. One of the pictures was drawn with just one color. The other picture was drawn using many different colors. We decided that our pictures were much more interesting when we used different colors. We realized that it would not be very exciting if everything was just one color.

After we read a book called, "The Rainbow Colors of Me", we completed a special project. We colored pictures of rainbows with all of our individual colors. Our hair color, our eye color, the color of our favorite vegetables, and the color of our favorite drinks were all part of our rainbow.

We learned that we are all different and that's a beautiful thing!



Saturday Night, January 21	Father-Son Melava Malka Grades K-8
Saturday Night, January 28	Mother-Daughter Melava Malka Grades K-8 (Note change of date)
Wednesday, February 8	First Grade Chumash Celebration at 9:30 am
Tuesday, February 14	Kindergarten Siddur Play (Note change of date)
Monday, February 20	President's Day - No School
Friday, March 3	Purim Carnival



It is with great sadness that we share with you the news of the passing of **Mrs. Shelley Glashow**, mother of our 3rd Grade teacher-**Ms. Renee Glashow**.

May the family be comforted among the mourners of Tzion and Yerushalayim.

Mazel Tov
מזל טוב

Mazel Tov to Mrs. Risa Gold on her grandson's wedding.



Tehilla Lasry - January 22



These students passed
Level Two:

Kira Lipner
Ava Lipner
Elora Maksumov
Ruby Rozenberg

These students passed
Level Three:

Menachem Kramer

Mazel Tov!
These students passed

Level One:

Raziella Smekhov
Avraham Arazi
Aiden Misyuk
Kaila Tiner

Level Two:

Dov Ber Lustgarten

Level Three:

Moshe Dovid Stamler

January/February School Lunch Menu

Monday, 1/23	Tuesday, 1/24	Wednesday, 1/25	Thursday, 1/26	Friday, 1/27
Grilled Cheese Sandwich, French Fries, Sliced Veg.	Rotini in Alfredo Sauce, Split Pea Soup, Vegetables	Cheesy Breadsticks, Scrambled Eggs, Israeli Salad	Fried Calzone (Potato & Cheese), Tomato Sauce, Bean Soup, Sliced Veg.	1 Pizza Slice
Monday, 1/30	Tuesday, 1/31	Wednesday, 2/1	Thursday, 2/2	Friday, 2/3
Mac & Cheese, Sliced Vegetables	Pizza Bagel, Vegetable Soup, Health Salad	Fish Sticks, Rice, Vegetables	Bourekas with Cheese, Potatoes, Veg. Soup, Sliced Veg.	1 Pizza Slice
Monday, 2/6	Tuesday, 2/7	Wednesday, 2/8	Thursday, 2/9	Friday, 2/10
Bagel (choice of Egg Salad, Tuna or Cream Cheese, Veg. Soup, Israeli Salad	Veggie Burger, French Fries, Sliced Veg.	Baked Ziti, Garden Salad	French Toast, Scrambled Eggs, Sliced Vegetables	1 Pizza Slice