



Theme of the Month: Freedom

Each and every one of us is a slave in one aspect of our life or another. Making sure we stop being slaves is what we need to be working on during Pesach. It's not that Pesach gives us the Light or the power to end the slavery itself. Pesach is a time to realize that we're a slave; that we have darkness, and we're not letting the Light in. But when we realize we're a slave and we tell ourselves to stop and let the Light in, that is the true power of Pesach: putting the Light in those places where we're slaves.



From the *Introduction to the Kabbalah Hagadah* by Rav Berg

A Message From Our Principal....

Mr. Edward Eiseman

In an article in the New York Times written by Edward Rothstein entitled "Put Yourself In the Story Of Passover," it describes how the Haggadah has been transformed, translated, sung and illustrated to meet the needs and customs of different people. "And in 5000 or so editions since the invention of the printing press, it has invoked ancient Egypt, Eldridge Cleaver, third-century rabbis, the invention of the sandwich, sixth-century Palestinian poetry, the Holocaust... civil rights movement and counting songs." He also commented that "79% of American Jews observe this occasion – the Aramaic and Hebrew text known at the Haggadah will be their guide."

The general theme of all these various Haggadahs is "Freedom." Here at Kabbalah Children's Academy, the theme for the month of Nissan focused on "Freedom." The students discussed the topic in a broader scope than just being free from the slavery imposed by one group on another. The Middle School visited the Museum of Tolerance and discussed the impact of their visit on their lives today. They wrote and talked about conditions in some countries that are similar to that of years past. They also talked about other types of slavery that affect each individual.

The Day School students under the guidance of Rabbi Abraham, Morah Gabbai, Morah Yael, Mrs. Sokoloff and Ms. Shampansky created their own version of the Seder. It combined the traditional version of the Haggadah with a modern twist. They also welcomed the Prophet Elijah during the Seder. The program culminated the following day with the searching for and the burning of Chametz. All the students wrote and burnt their personal "chametz," as well as the traditional chametz. Each student even carried home their own Haggadahs.

In the Preschool, the children also prepared for Passover. Students baked matzo, made grape juice, cleaned classrooms, made charoset, and maror (bitter herbs). The week culminated with their Seder. Morah Lilac and Morah Sharon led a very successful event.

When we return to school after Passover, we start preparing for the events that precede Shavuot. Depending on the ages of our students, we will observe Holocaust Remembrance Day, Israel's Memorial Day, Israel Independence Day, Lag B'Omer and Jerusalem Day.

In the Day School, our students will take the ERBs (a standardized test) during the week of May 2nd. We will mail you more information when school reopens.

Re-enrollment applications for the 2011 – 2012 school year have been distributed and re-registrations are coming in. Space is limited, so hurry and turn in your paperwork. Summer Camp at the Preschool runs from Monday, June 27, 2011 to Friday, August 12, 2011. Please call Pauline Mathews for more information.

Looking forward to a healthy and fit month of May.

Ed

Happy May Birthday to...

Yosef Arnan

Shimon Cohen

Rachel Farnoosh

David Gol

Moshe Kessler

Miriam Kessler

Miriam Saedian

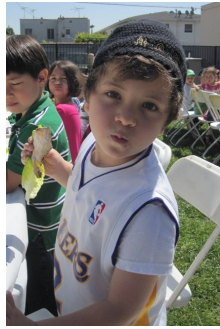
Daniella Sharabi

Jakob Yona



Early Childhood Happenings

Spotlight - Pre-Kindergarten



The month of Nissan/Aries is a very important month. Nissan allows us to leave behind the personal blockages that prevent us from achieving true freedom in all areas of life. The same energy that was revealed when the nation of Bnei Yisrael left Egypt is revealed every fourteenth day of Nissan, when the moon is in full force. Nissan is ruled by Mars, the planet of war, which allows us to wage war on the conflicts in our own lives. It supports us in infusing the year with the right consciousness in any war zone, whether it is between nations, people, or our in the conflict that rages between us on a daily basis – the fight between the desire to receive for the self alone and the desire to share. In the Early Childhood we shared a Pesach Seder together. Every child from the youngest to the oldest came together to share in the Passover experience. We sang songs and read from the Haggadah. We ate a festive meal together and then were visited by someone who resembled Eliyahu the Prophet. The older children immediately figured out who the imposter was but some of the younger children were quite concerned who it might be. In the end it turned out that Mr. Eiseman was the man behind the mask. The Pre-K and Kindergarten children even had the opportunity to search for the Afikoman. Congratulations Ester Lerner and Shaya Schwartz for finding the middle matzah.

Nissan is just about over and then comes the month of Iyar/Taurus. The month of Iyar is understood to be the month of Divine healing power--healing with light. May the coming month be a source of light for us all.

Lilac, Devorah, and Ronit



Day School Happenings

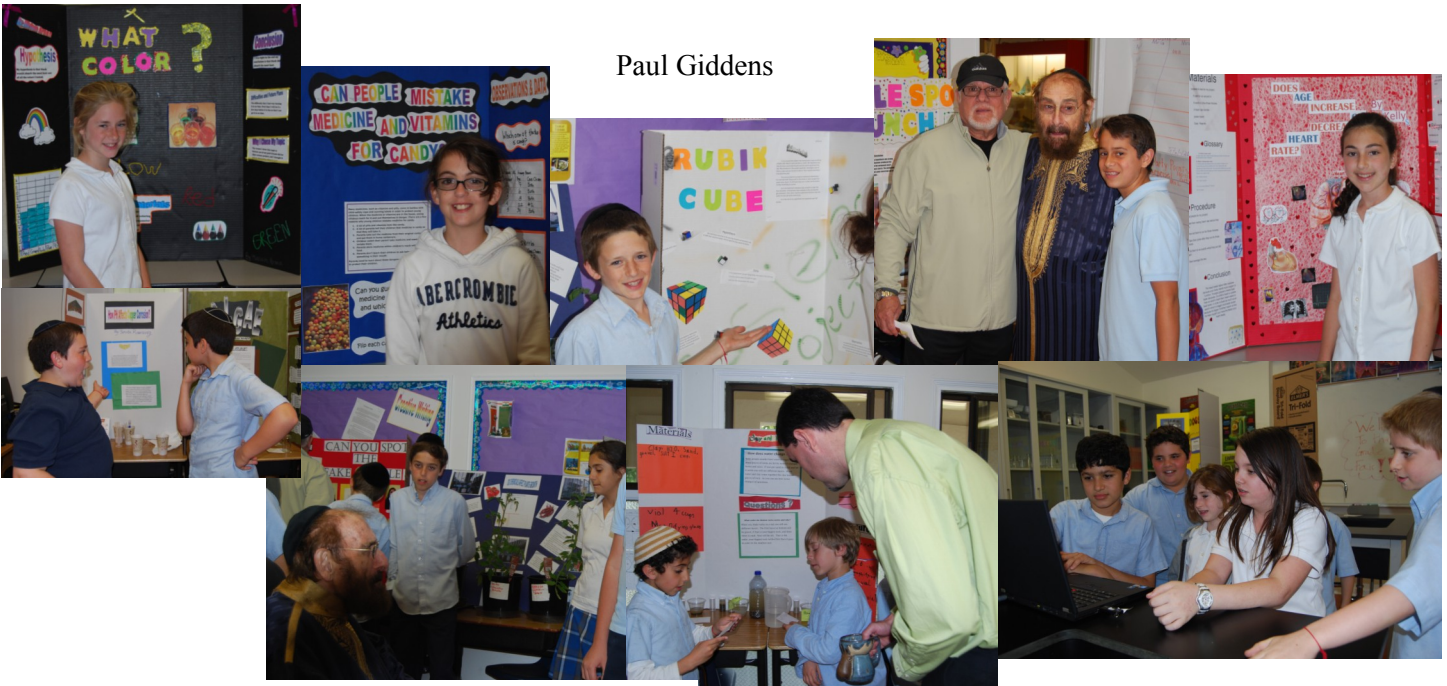
Science Fair

The KCA Day School students welcomed in the spring season with the annual Science Fair. Students in 1st and 2nd grade each completed a class science project. Students in grades 3-7 were asked to complete individual projects. In either case, students had the freedom to choose a topic of study that interested them. The ideas and topics chosen covered a gamut of scientific topics including life science, earth science, physical science, chemistry and behavioral science.

The science project was an opportunity for students to experience the tenets involved in the scientific process. It concentrated on the documentation of hands-on experience, which, in turn, engaged the students in the scientific process. Students were given the freedom and responsibility of completing this project independently, without major parental involvement. The Science Project is designed to meet the needs of the students and to encourage their individual exploration of their topic. Each student was responsible for preparing a project, keeping a science journal that was reviewed weekly and participate in the science fair.

Students worked hard for several weeks to prepare for the event. The excitement and nervousness of the students was clearly apparent on each of their faces. During the fair, students could be seen and heard enthusiastically explaining their projects to the community. The students were most excited to have the honor of presenting their projects to Rav Berg, who graciously attended the event.

The evening was a great success and keeps getting better each year! Thank you to everyone involved for their hard work and support. Here's to looking forward to next year.



Passover School Seder



Kabbalah With the First Graders



Freedom

Freedom comes in many different ways, freedom from my reactive behavior, freedom from my jealousy, freedom from all the bad things my Opponent tells me about myself and others. Freedom from my slavery to materials things, video games and candy...

In the spirit of Passover and our monthly theme of freedom, we discussed the topic of freedom in the first grade Kabbalah class.

Here is what the 1st graders shared on what Freedom means to them:

Deborah Soumekh – not to be captured, not to hear the Opponent

Esther Atzmon – to be free from your Opponent, make your Light bigger

Yacov Arnan – not to be in jail

Yehuda Hausman – stop the Opponent when it's big, to make it smaller, and to stop crying

Salome Perez – a person who does whatever he wants and chooses the right thing

Michael Dahan – to do whatever he wants, to listen to Hashem

Ziv Baruch – to ride a motorcycle and run out of jail

Elisa Menasche – not to be told what to do

Esther Nachmani – to do whatever I want and to do good things

Yehuda Vaknin – to have fun

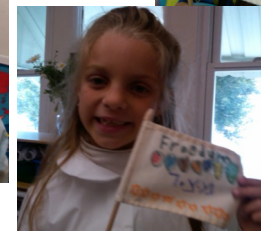
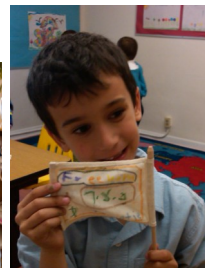
Moshe Kessler – have a good life



Then we read a book called If Only I Had A Green Nose by Max Lucado. It's a great book, which talks about the freedom to be who you are and not to be a slave to what is "in" and to peer pressure.

But as we know even when we know what's good or bad for us, it's sometimes hard to follow through; and, for these times we have, as always, the help of the 72 Names of God. The name we can use to connect to freedom this month is מצר.

With Love,
Michal



Making Freedom Flags

FOOD FOR THOUGHT

Satisfy Your Cravings



Food addiction is real. Scientists are finding evidence all the time that shows how eating certain foods (those high in sugar and fat, for example) are more associated with “addictive behaviors” than others.

Sugar leads to the release of dopamine in the brain; a chemical that produces euphoric feelings, and is also released after taking addictive drugs such as cigarettes or alcohol.

Our taste buds can also be wired to crave fat, sweet and salt over time. The more sugar, fat and salt we eat, the more we want it.

How can the food addict get on the road to recovery, especially during *the Omer*, when there’s so much Light to be revealed? How can we get unstuck from old behaviors?

With other addictions, we’d be encouraged to stay away from the addiction. To avoid it completely. But we can’t use the same logic here. Everyone needs to eat.

So, here are a few tips to follow, if you want to make sure you are putting the right food in your body:

Wean your taste buds off salt, sugar and fat. This is a gradual process, going cold turkey

generally doesn’t work in the long term. So begin by reducing the amount of sugar, fat and caffeine you eat this week. Next week, reduce it even more. Before you know it, you will be enjoying food in a whole new way.

Beware of Additives. There are several concerns with additives used in food, such as toxicity (including allergic reactions), liver stress from breaking down these chemicals and potential cancer-causing properties. Food and beverage companies sometimes use additives that cause you to become addicted to the taste of their foods. These additives will cause your nerve cells to cry out for more and make you buy and consume more.

Give up one processed, packaged food - just until Shavuot. Try it and chances are you will feel more energetic, think more clearly and will be able to focus more easily. If additives are coming between you and your health, then lose them!

Stop mindless eating. This includes eating in front of the TV, or while playing video games, or while socializing at a party. Eating without thinking often leads to overindulging. Have set mealtimes where food is the only focus.

Perhaps the most important part of breaking an addiction is learning to deal with the spiritual dilemma underneath. For most, the real cause of addictions - big and small - is living a life without meaning.

As we learn in Kabbalah, we find the greatest purpose and

fulfillment when we busy ourselves with sharing and opening our hearts toward others.

This month, share of yourself in ways that improves the quality of someone else’s life in this world. Your deepest cravings can be filled when your soul is fed, and the food that satisfies the soul comes from unconditional sharing – especially when it’s difficult to do.

Love
Monica

Upcoming May Events

May

- 1 Holocaust Remembrance Day
- 3 ERB Testing Grades 1-7
Rosh Chodesh Iyar
- 4 ERB Testing Grades 1-7
- 5 Rosh Chodesh Iyar
ERB Testing Grades 1-7
- 6 ERB Testing Grades 1-7
- 8 **Mother’s Day**
- 9 Israel’s Memorial Day
ERB Testing Grades 2-7
- 10 Israel Independence Day
- 22 Lag B’Omer
- 30 Memorial Day
School Closed

Upcoming May Theme....

Health, Sports, and Taking Care of Oneself

✿ Please bring in a can every Friday for SOVA.

With everyone’s efforts, we will help many people in need.