



## Theme of the Month: Sports, Health, and Care for Oneself

How we interact with others reflects how our atoms interact with one another below the surface of our organs, tissues, and cells. Selfish consciousness undermines the bonds and disrupts the healthy recycling of atoms in our body, making us vulnerable to the environmental influences of illness and aging. If we could completely and selflessly *love our neighbors as ourselves* with all our heart and soul, our atoms would bond forever and our bodies would never age or die. The great masters of Kabbalah tell us that *Love Thy Neighbor* is a technology because our consciousness determines the quality of our health and of our existence.



*From Nano by Rav Berg*

### A Message From Our Principal... Mr. Edward Eiseman

The Roman poet Juvenal penned “Mens sana in corpore sano” (a healthy mind in a healthy body,) which fits neatly with the theme of the month at Kabbalah Children’s Academy. The emphasis of caring for oneself gives one the energy to be able to care for others and the world.

Here at KCA there is an emphasis on encouraging students to participate in organized physical education as well as providing opportunities to play during the school day. Being active alone is not the answer to being fit. A student should eat wisely by making good food choices. Proper diet enhances the senses and keeps students alert in school. Combine this with a good night’s sleep and our students are on the road to a successful life.

This month included many special and important programs. After returning from our Pesach vacation, we began May with a ceremony commemorating the Holocaust. Middle School Students held a short service where they lit six candles in memory of those who perished during the Holocaust. They also

discussed the events of today, how there are some similarities and what we can do to help prevent another Holocaust from occurring.

As the month progressed, we celebrated Israeli Independence Day. At the Day School, students designed ceramic tiles using the theme: “What is happening in Israel affects the rest of the World.” The month continued with programs and projects about Lag B’Omer and Mother’s Day.

During May, the CTP4 standardized tests were administered to our Day School Students. These tests will assist us as we prepare our school for next year.

Once again our basketball teams have taken to the hardwood floors. Our Junior Team (boys grades 2 to 5) played their first game as a team. They held their own against a travelling team, but came up short at the end. Our Middle School Girls Team played hard against another travelling team. Leads changed hands many times as our team played their best game of the year. Finally, our Middle School Boys Team played a dynamite game only to fall short in the closing minutes. The future looks great for these teams. Their enthusiasm permeates

throughout the campus and brings additional energy to our school. We thank Coaches Nigel and Donald and all of our parents for their support and effort in making our season a successful one.

At our Preschool, students celebrated Israeli Independence Day with a special program and a lunch of Israeli food. Students paraded and wore their blue and white proudly. Mother’s Day Projects were made by our students and were presented to their mothers on that special day. The creativity and dedication of our staff was reflected in the smiles on their children’s faces as they presented their gifts to mom.

On the construction front, our new classrooms in the Preschool are nearly completed. Our contractor alerted us that on completion a final inspection is scheduled for June 6, 2011. We will keep you informed as the project finishes.

Keep June 15, 2011 open! Our school will perform their “End of Year” show at 6:00 pm in the Centre. The play is written by our students under the supervision of our director, Ms. Elina de Santos. We look forward to seeing you there.

# Early Childhood Happenings

## Spotlight - 2 Year Olds

We hope this newsletter find everyone in good health. As for our mothers, we hope you all had a happy Mother's Day and will enjoy this special day for many years to come.

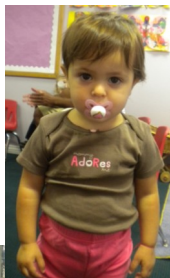
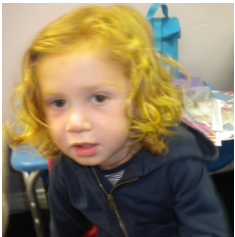
These past few weeks we discussed the spring season. The children learned about the changes in the weather through stories, songs and art project. We sang many songs and read the book: The Very Hungry Caterpillar.

Last week we celebrated the holiday of Yom Ha'atzmaut (Israeli Independence Day). The colors blue and white were all over our school. The children ate Israeli food, danced and celebrated together on the yard.

Our themes this month are: Family and Lag B'omer. We will celebrate the Hilula of Rabbi Shimon Bar Yochai. In June, we will celebrate the holiday of Shavuot.

We enjoy your children very much and can't believe our year is almost over. We wish you a very happy holiday and Shabbat Shalom!

Shanaz and Danna.





# Spotlight - Health and Fitness



Physical fitness is important to children for not only their physical well-being but also their emotional and social development. Team sports help children learn cooperation and leadership, as well as help build their self-esteem. Individual sports help build a child's self-confidence not only in that specific sport, but also with their academics and in life in general. In addition to movement, physical education also encourages a healthy lifestyle by introducing healthy eating habits. By learning about movement, exercise and healthy habits in childhood, children gain the foundation for a healthy life for their future.



Coach Nigel



# Kabbalah With the First Graders

Earlier this month I spoke to the first graders about healing. We learned what happens when we get sick.

We discussed how we can help ourselves, by helping others. The children reminded me that when we get sick, we forget how to connect to the Light. So we decided to create a *Spiritual First Aid Kit* for us to refer to whenever we - or someone else we know - do not feel the best.

Here is a look inside our Spiritual First Aid kit:

## My Spiritual First Aid Kit



- **Keep a positive attitude**

Just as seeds gives us pretty flowers or a tall tree, good thoughts are the seeds of health and blessings.

- **Get a good night's rest**

Our soul gets recharged at night, like our phone or computer. So getting sound sleep is a good way to keep us active and happy during the day.



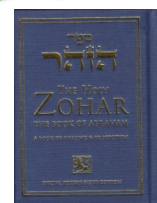
- **Eat healthy foods**

You are what you eat, says science and the *Zohar*, so eat well and drink lots of water.



- **Scan the Zohar**

Zohar connects you to the Light and is more powerful than any remedy you can buy at the drug store.



- **Scan the 72 Names of God**

72 Names are like tuning forks for your soul, bringing your mind and body into perfect balance.

8	7	6	5	4	3	2	1	
כחתי	אבא	ללה	מהיש	עלם	סיט	ילי	ורז	A
הקמ	הרי	משה	יזכ	ההזע	לאז	אלרז	הזי	B
והזו		מלה	יזי	פהל	לזו	כלי	גתה	C
וער		לכב	אום	עאה	ירת	האא	גתה	D
זי		רהע	זעם	אני	מוק	לדזו	יוזו	E
מיה		עשל	ערז	סאל	יכה	חל	ההה	F
פזי		מבה	גית	עמם	גמם	הזוע	ורז	G
מוזי		עז	יהה	ומם	מוצז	הרוז	גמם	H
מום		הזי	יבמ	ראה	ורז	איע	דמם	I

- **Do the Ana Beko'ach**

Ana Beko'ach returns your body to its pure and healthy state, before illness set in.

- **Dunk in a mikveh**

Water heals, and dunking our bodies in water is a powerful way to clean both our body and our spirit. It is the most important of the tools in the Kabbalist's first aid kit. It surrounds you with *Or D'Chasadim* (Light of Mercy.)



- **Drink energized water**

Water keeps your body energized and working. Water increases your potential for health and well-being.

- **Pray for another's health**

God answers those who call for another. Praying for others makes God answer you too.

THE ANA BEKO'ACH - TIKUN HANEFESH

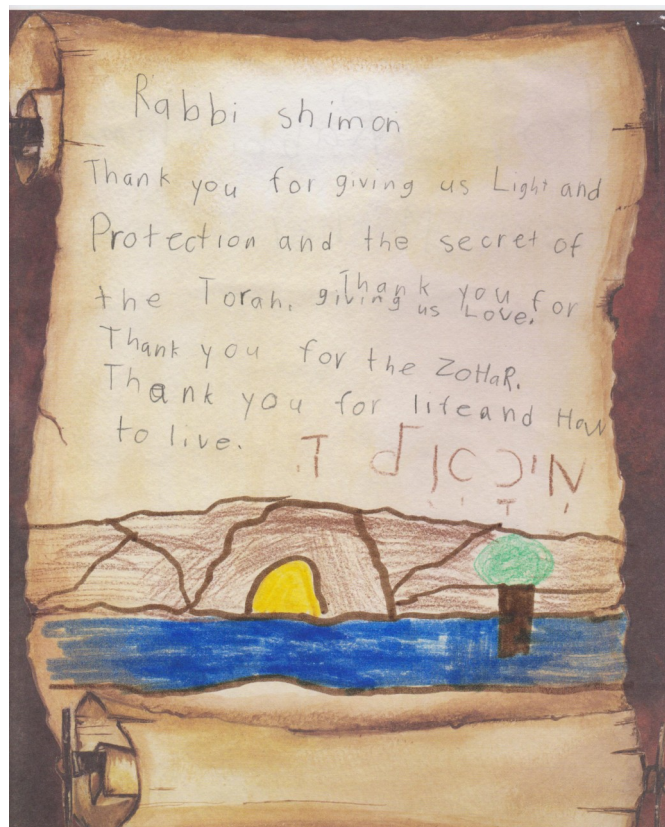
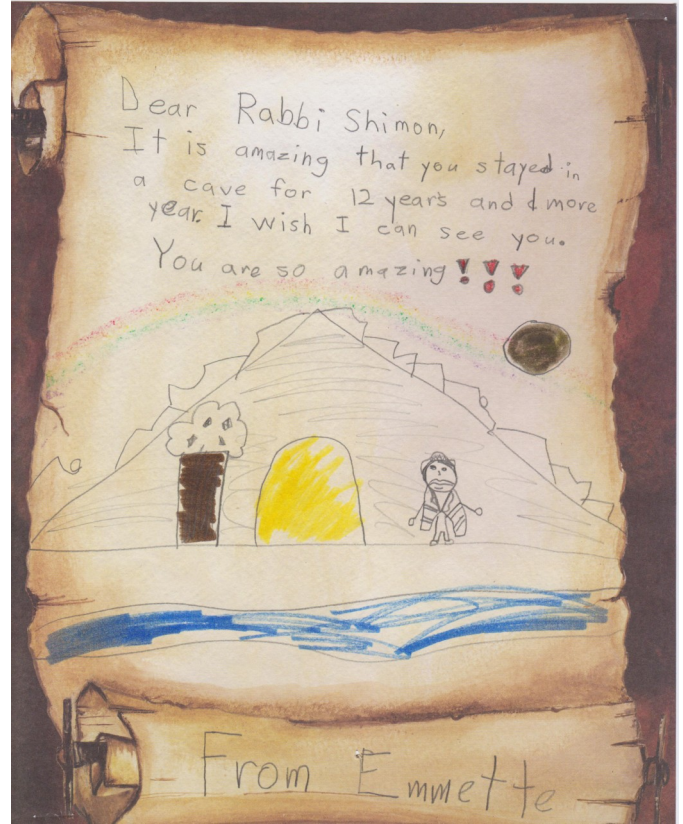
11	12	13
Brain Left Brain יהיה	2 Keter Skull יהיה	Chochmah Right Brain יהיה
4 Left Eye יהיה יהיה	5 Nose יהיה	8 Right Eye יהיה יהיה
6 Left Ear יהיה יהיה	7 Right Ear יהיה יהיה	10 Mouth יהיה יהיה יהיה
14 Gevurah Left Arm יהיה	15 Tiferet Body יהיה	16 Chesed Right Arm יהיה
17 Hod Left Leg יהיה	18 Merkabah Reproductive Organs יהיה יהיה יהיה	19 Netzach Right Leg יהיה
20 Malkhut יהיה		

Source: [www.kabbalah.com](http://www.kabbalah.com)



In the honor of Rabbi Shimon Bar Yochai's anniversary, the 1st grade students wrote personal letters to Rabbi Shimon. Below is just a taste of the beautiful letters they all wrote. All the letters will be delivered and put at Rabbi Shimon cave in Israel this coming summer.

Love,  
Michal



# FOOD FOR THOUGHT

## 5 Ways to Stay Spiritual & Strong All Summer Long

Summer is almost here. When we go on vacation, it's easy to also go on vacation from our spiritual & health needs. So whether you'll be traveling, going to camp, or relaxing at the beach this July and August, here are some ways to continue nourishing your body and soul.

### Go For A Walk

Walking is a great way to stay in shape and keep your energy levels high. It's easy on your body, and you can do it wherever you are, and it's a good way to spend quality time with a friend or family.

Go for lots of walks - and bike rides - to the store, to get frozen yogurt, to the park, and to all your favorite places. Now that you have more time over the summer, try walking or riding or skating to a location, instead of driving.

Many of the stories in the *Zohar* revolve around Rav Shimon and his students walking somewhere. Rarely are they standing still. Physical movement is not only essential for good health, it is also a fundamental way to get out of our heads and into our hearts.

Replace staying stuck with action!

### Drink Lots of Water

Increase the amount of water you drink during the summer months. This is important both for staying hydrated during a workout and for staying fit. We often reach for food when our bodies really require more water. Water also has a "filling" effect, making us less prone to overeating.

### Swim in the Ocean

Immersing yourself in water is very healing, which is why Kabbalists build *mikvehs* using precise measurements, in which they can dip themselves daily. The summer is a great time to explore and swim in God's mikveh – the ocean.

In addition to being a great way to ease your mind and soothe your muscles, it's a great and fun way to purify, cleanse, and empower both your body and soul.

Think of water as a form of liquid Light. Let your body completely go under, so that not even a single hair remains outside of the water, and feel all forms of darkness, both physical and spiritual, washing away.

### Family Cookouts

Cooking on the grill is a summer favorite for many. It is

also a nice way to bond with family and friends. And when the whole family is involved in the cooking – not just the eating – it becomes educational too.

Spiritually, the food becomes charged with the sharing energy that everyone puts into it, and you can taste and feel the difference.

Take time this summer to cook meals together. From creating the menu to shopping for the ingredients to the actual cooking. And invite friends and neighbors over so you can share your creations with them and get even more energy from the food.

There are many Farmer's Markets going on all summer long, and it is fun to buy the ingredients fresh, as well as to talk to the farmers about how they grow the food and recommend preparing it. Here is a link to a list of Farmers Markets happening around Los Angeles, every day of the week: [www.farmernet.com/events/cfms](http://www.farmernet.com/events/cfms).

This is a fun way to learn about eating healthier. We are more motivated to eat fruits and vegetables when we know what they are - and where they come from.

### Wear Sunscreen

As students of Kabbalah, you know that a direct connection to spiritual Light causes a short-circuit. And, as above, so below. Spending too much time in direct, physical sunlight can also burn you, literally, and cause all sorts of health problems. Sunscreen is essential.

Besides not wearing it at all, the biggest mistake people make with sunscreen is not using enough. When it comes to applying sunscreen, more is better. As a general rule, use an ounce—about a handful—to cover your entire body. Put on enough that it takes a full minute to rub in.

Also, make sure you go through this application routine 15 to 20 minutes before going out in the sun—not when you're already outside. Then, reapply it every two hours and after swimming or strenuous exercise.

Enjoy your summer, and remember, the healthy patterns and disciplines we exercise as children serve us later in life because they become second nature. The earlier we begin to do simple things that support our best interests, such as choosing to walk instead of riding in a car or doing actions of sharing like cooking for friends, the easier it becomes to make these positive choices as adults.

Love,  
Monica

## Grilled Rosemary-Salmon Skewers



<b>Prep Time:</b>	<b>30 minutes</b>
<b>Ready in:</b>	<b>30 minutes</b>
<b>Yield:</b>	<b>4 servings, 2 skewers each</b>
<b>Ease of Prep:</b>	<b>Easy</b>

If you can find them, use strong rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs. They will add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking. Do not move the kebabs around unnecessarily. Keep a close eye on the fire to avoid flare-ups.

### Ingredients

- 2 teaspoons minced fresh rosemary
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 pound center-cut salmon fillet, skinned and cut into 1-inch cubes
- 1 pint cherry tomatoes

### Directions

- Preheat grill to medium-high.
- Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.
- Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.
- Prepare the skewers (Step 2), cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.

**Tips: How to skin a salmon fillet:** Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Don't use cooking spray on a hot grill.)

**Health Advantages:** healthy weight, heart healthy, high potassium, low sodium, low sat fat, low carb, low calorie, gluten free diet.

## Grilled Fruit Kabobs with Honey Lime Yogurt Dip



Grilling fruit brings out the natural juices and caramelizes them so that they get even

sweeter. The best fruits are ones with firm flesh such as stone fruits or pineapple. Stay away from melons as they tend to soften too much. Served with a cool dip, it's a great ending for a summer meal.

**Hands-On Time:** 20 minutes

**Ready In:** 30 minutes

**Yield:** 4 servings

### Ingredients

- 2 pounds assorted fruit (strawberries, pineapple, mango and kiwi)
- 8 metal or bamboo skewers
- 1 cup plain yogurt
- 2 tablespoons honey
- 1 teaspoon grated lime zest

### Directions

- Heat grill to medium-high and make sure grate is clean.
- Thread chunks of washed, peeled or seeded fruit onto skewers. If using bamboo skewers, soak in water for 10 minutes to minimize chances of burning.
- Grill for 3 to 4 minutes per side, turning carefully so fruit does not fall off of skewers.
- Remove from heat and serve with dip.

**For dip:** Combine yogurt, honey and lime zest and stir until well blended. Keep chilled until serving time.

# Israel Independence Day



Mazal Tov to Tyler Molamzadeh and Yehuda Lichaa for their first haircuts (Upsherin)!

## Welcome to Our New Students

Jonah Farahi—2 Year Old Class

David Zadeh—2 Year Old Class

## Happy June Birthday to...

Yehuda Atzmon

Chana Berg

Miriam Berg

Rachelle Kelman

Kaden Naiem

Michael Oelberger

David Zadeh

Yosef Zadeh



## Upcoming June Events

### June

3rd Rosh Chodesh Sivan

7th Erev Shavuot

Dismissal at 2:30 PM

8th—10th Shavuot

School Closed

15th Last Day of School

Dismissal at 2:30 PM

End of Year Show

6:00 PM Kabbalah Centre

Upcoming June Theme....

Reflection

\* Please bring in a can every Friday for SOVA.

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