



SYRACUSE
Hebrew Day School
Educating the whole child - mind, heart & soul.

LOOKING AHEAD

Virtual Spirit Week

Covid-19 style!

**Mon 3/30 -
Super Hero Day**

(in honor of the hospital workers,
First Responders, Grocery employees
and all other essential personnel!)

**Tue 3/31 -
Crazy Hair Day**

(in honor of our hair stylists and other
small business that can't be open right now)

**Wed 4/1 -
Dress Like An Old Person Day**

(in honor of the generation that is most at risk)

**Thurs 4/2 -
Jersey Day**

(in honor of our favorite sports teams
that aren't able to play right now)

**Fri 4/3 -
Pajama Day**

(let's face it, pajamas are the best part
of doing school from home)

WEEK 2 DAY 1

Week 2 of online learning got off to a fine start today. It seems that most of you are settling into more comfortable routines, now working on details. Parents/grandparents, congratulations.

We're having a faculty meeting tomorrow, much of which will be devoted to sharing feedback from the teachers—their own, and that of the students and parents/grandparents. Examples of topics are:

- Time spent on review versus new content
- Google Meet versus Zoom
- Coordinating assignments to keep things manageable for students, amount of online direct instruction vs. independent work.
- Accommodating student's unique needs and circumstances
- Giving due dates for assignments
- Communicating 1:1 with students

- Using the calendar to enter meeting events making it easier to schedule online meetings - sending notifications and emails to students so they can just click a link to join at the specified time.

I will also start 1:1 meetings with the teachers this week.

If you feel we're missing anything, either a big picture concept or something that might be important to only your child/family, please let your teacher and/or me know.

WEEK 2 DAY 2

Things continue to go well at SHDS.

We had an online faculty meeting today. It was our first time being "together" in a week and a half so we spent time checking in with each other personally. We didn't finish our business agenda items but it was important to see each other, and hear what everyone is doing to stay calm and healthy.

We will have another meeting later this week so that we can finish our agenda.

Will Mrs. Fix be getting my child more involved with art?

Now that Mr. Oliver is implementing his plan of individual videoconferencing with each student weekly for approximately fifteen minutes, with fitness goals to be met throughout the week, Mrs. Fix is planning to do some art lessons, with an eye on the NYS Learning Standards. You'll hear more about that soon. I asked her to also take on the project of creating art work for the residents of Menorah Park.

Things are not as coordinated for my child as we need. Can you help?

I'm sorry for any frustration that you're experiencing. The top request seems to be coordinating and consolidating the schoolwork assignments. We will work on it.

I volunteer for an agency that prohibits adults from being alone with a child. I'm not always available to supervise when my child is online with teachers. I have no concerns whatsoever about the SHDS staff/faculty but should I be concerned about not being able to supervise every online interaction?

The safety and security of our students and staff/faculty are always the top priority. In school, there are times when your child is alone with an adult. You aren't privy to those interactions or the others throughout the day in classes, lunch, recess, etc. No one gives it much, if any, thought but being online is new and, not surprisingly, raises important questions like this one.

Feedback that we discussed at our faculty meeting today is that our students do better, are more engaged, less frustrated, etc., when they are interacting with the teacher as opposed to working independently.

Regarding 1:1 online interactions with an adult, you have choices:

- * If you want to observe those (or any other) interactions, and are available, you are warmly invited to do so.

- * If you're not available, you could "Record" the session and view it later.

- * If you do not want your child in any 1:1 online interactions with an adult, don't hesitate to let me know and we'll gladly make the necessary adjustments.

Does every SHDS student have an email address?

Yes, your child's email address is his/her initials followed by the year of his/her SHDS graduation followed by [@shds.org](mailto:shds.org).

You are all doing a superb job with online schooling. I don't know how some of you are doing it except that you're a remarkable group of families and teachers. We have no way of knowing how long this will continue but it's probably better to think of it as a marathon, not a sprint, and to pace yourselves. If that's wrong, we'll be pleasantly surprised. Whatever the timeline, keep up the great work.

WEEK 2 DAY 3

Hi, Everyone,
Things seemed good again today. I hope you feel that way and that you're easing into your new routines.

My 1:1 "meetings" with teachers along with feedback from you are highlighting where we can make some adjustments. I wish it were taking less time but we are delving into this student-by-student, schedule-by-schedule and format-by-format. There's a bit of a domino effect, too, in that changing what one teacher does might effect students' work with other teachers. Conversations that would take minutes in school now require calls, emails, etc. Thank you for your patience as we continue to try to make online learning as good as it can be for your families.

On a different topic, a heartfelt Mazel Tov goes to Dory Sinclair, SHDS Class of 2019. Dory has been the epitome of maturity and class in how he handled the disappointment of the cancellation of his celebration that was to be attended by people from around the world. He has made his family even more proud of him than they already were, if that were possible.

WEEK 2 DAY 4

Hi, Everyone,

One of the many advantages of a small school is knowing our students very well and being able to tailor instruction to their needs.

Having nearly completed our second week of online schooling, each student's learning style and capacity for online learning are becoming more evident. We are now at the point of making adjustments based on students' ages, attention levels, work styles, and other factors. Some students will see an increase in activity while others will utilize different ways to learn if a computer is just too much on some days. We're aiming for the same destination but allowing students to take different routes to get there if needed. Please keep your child's teacher informed if you think the expectations are too great or if you think your child is ready for new challenges.

WEEK 2 DAY 5

Shabbat Shalom, SHDS Families. You're doing great!

Mazel Tov

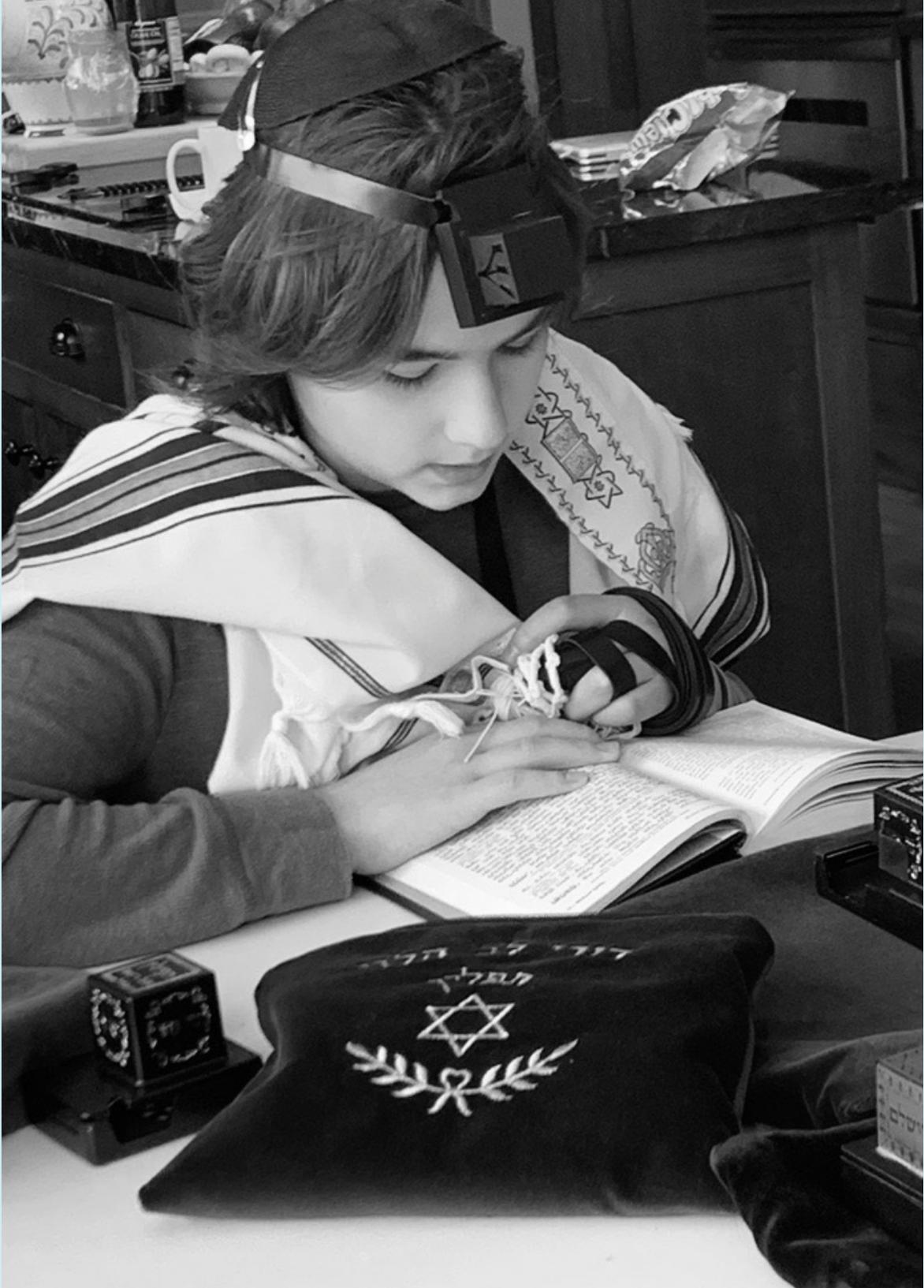
2019 SHDS graduate, Dory Sinclair, did not let the Coronavirus stop him!

"When I made the decision to suspend services, my eyes filled with tears. However, not particularly for the reason you may be guessing. Rather, I knew this Shabbos, Parshat Vayikra, Dory Sinclair was to celebrate his Bar Mitzvah with the entire congregation. My decision would prevent Dory from putting into practice, all he learned to prepare for his big day! Dory and I met every week for the past 9 months studying and training for this special day. Additionally, Dory twinned and "adopted" a young boy, LEON ALBAHARI, who was murdered in the Holocaust. Leon never lived to see his Bar Mitzvah. Though we will not be in shul Shobbos, we have the opportunity to take part with Dory transitioning into a young adult. Additionally, we may keep the memory of Leon alive."

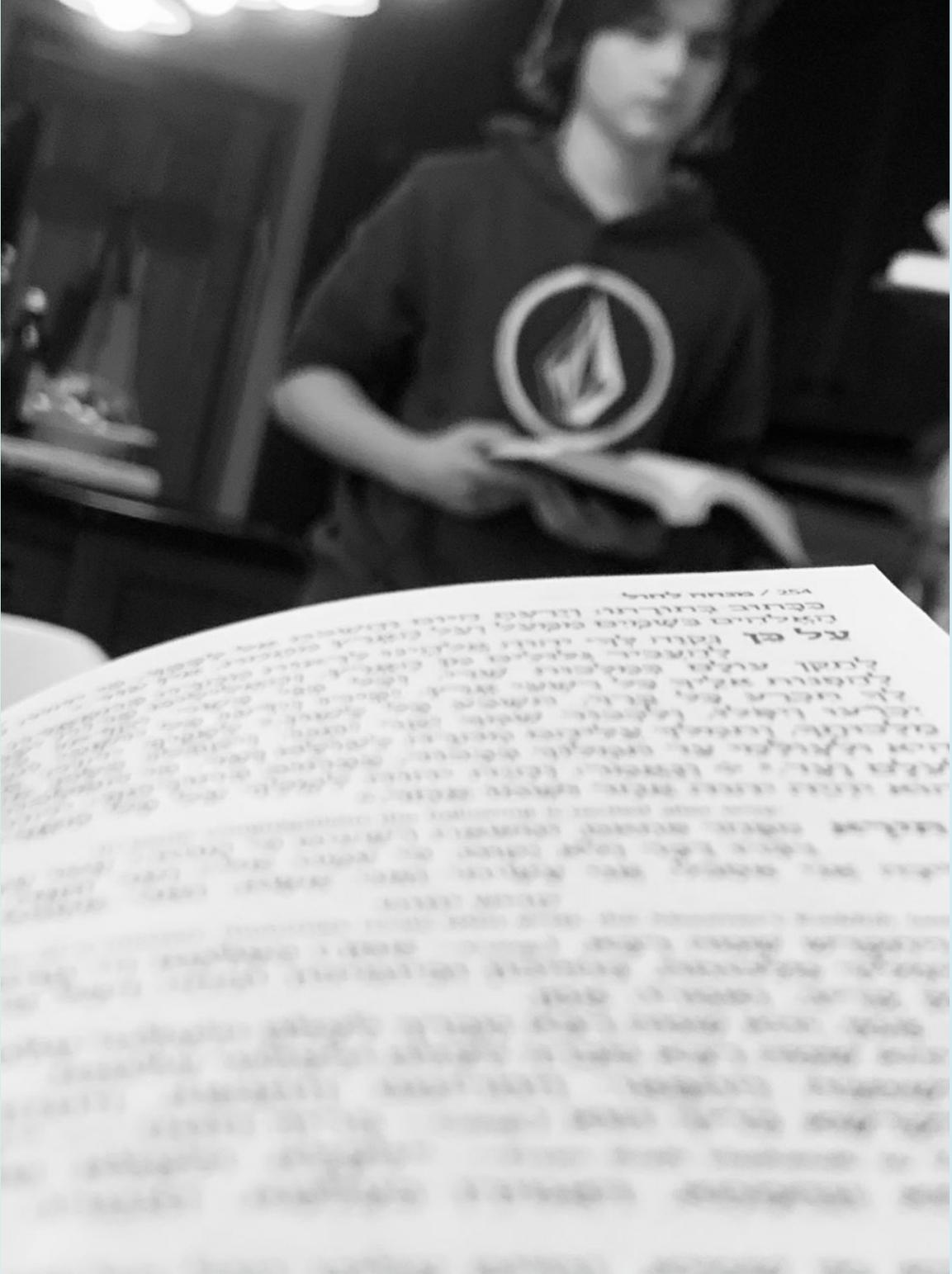
-Rabbi Evan Shore

Services were live streamed, Dory delivered his Dvar Torah virtually, and the entire congregation joined in singing Siman Tov U'mazal Tov.













RESOURCES

Families, you can still order scholastic books and have them shipped to your homes.

Scholastic Book Clubs

ONLINE POP-UP SHOP

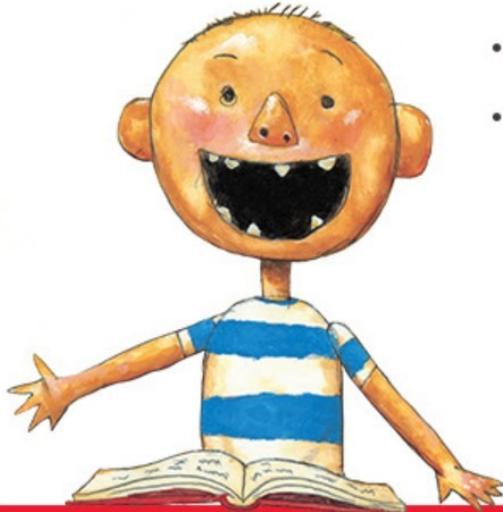


Illustration © 1999 by David Shannon.

- **All Orders Ship to Home**
- Teachers Earn Bonus Points with Every Order—Just Tell Families to Use Your Book Club Class Code at Checkout.



DZ383

SHOP NOW >

[Click Here for Scholastic Online Orders](#)

WCNY's TV CLASSROOM

On GLOBAL CONNECT

MORNING

	8 a.m.	8:30 a.m.	9 a.m.	9:30 a.m.	10 a.m.	10:30 a.m.	11 a.m.	11:30 a.m.	12 p.m.
MONDAY	Story Time	Peg and Cat	Math K	Math 5	Fitness & Health	Social Studies	PBS NewsHour		Grade 4 Science
TUESDAY	Story Time	Peg and Cat	Math 1	Math 6	Fitness & Health	Social Studies	PBS NewsHour		Grade 8 Science
WEDNESDAY	Story Time	Peg and Cat	Math 2	Math 7	Fitness & Health	Social Studies	PBS NewsHour		HS Science
THURSDAY	Story Time	Peg and Cat	Math 3	Math 8	Fitness & Health	Social Studies	PBS NewsHour		HS Science
FRIDAY	Story Time	Peg and Cat	Math 4	Alg	Fitness & Health	Social Studies	PBS NewsHour		MS Science

AFTERNOON

	12:30 p.m.	1 p.m.	1:30 p.m.	2 p.m.	2:30 p.m.	3 p.m.	3:30 p.m.	4 p.m.	4:30 p.m.
MONDAY	NOVA		Regents Review–Alg		ELA 9	American Experience or Masters		Local Arts & Culture	Field Trip
TUESDAY	NOVA		Regents Review–ELA		ELA 10	American Experience or Masters		Local Arts & Culture	Field Trip
WEDNESDAY	NOVA		Regents Review–Global		ELA 11	American Experience or Masters		Local Arts & Culture	Field Trip
THURSDAY	NOVA		Regents Review–Living Environment		ELA 12	American Experience or Masters		Local Arts & Culture	Field Trip
FRIDAY	NOVA		Regents Review–U.S. History		ELA 6–8	American Experience or Masters		Local Arts & Culture	Field Trip

[Click the button below for virtual school](#)

activities, you can even tour the *Anne Frank House!*

[Click Here For Virtual School Activities](#)

Click the button below for virtual museums.

[Virtual Museums](#)

Click the button below to tour National Parks

[Visit National Parks](#)

Feeling Stressed About Coronavirus (COVID-19)?

Managing Anxiety in an Anxiety-Provoking Situation

The outbreak of COVID-19 around the world has led to the spread of fear and panic for individuals and communities. In addition to following physical precautions guidelines, individuals should be taking care of their psychological well-being.

This guide includes tips for the following populations:

- For Everyone
- For Individuals Receiving Mental Health Services
- For Parents, Including Parents of Children with Pre-Existing Anxiety Disorders
- For Caregivers of Older Adults
- For Mental Health Providers

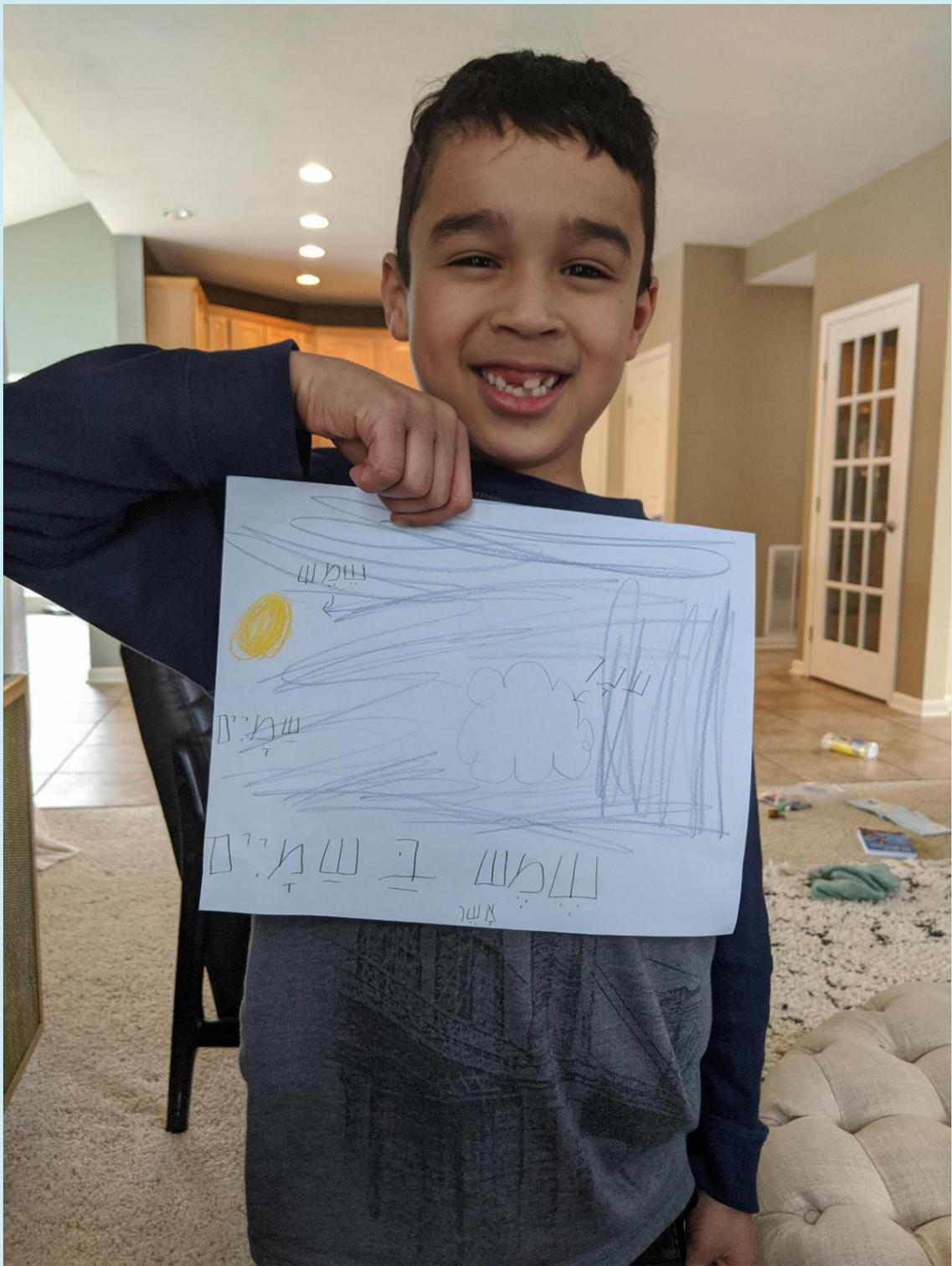
For Everyone:

- **Reduce anxiety by reducing risk.** Ways to reduce risk include practicing good hygiene (e.g. sneezing and coughing into your elbow, sneezing into a tissue and immediately throwing the tissue away, wash hands regularly with soap and water for at least 20 seconds, etc.) In addition, create a plan in case your regular routine is disrupted, such as setting up remote work and alternative childcare arrangements. Setting out a plan can help reduce anxiety by taking charge of the things you can control.
- **Manage your information flow by choosing reliable sources and establish boundaries on checking for updates.** Getting regular, factual information is important. However, continuously scrolling through social media or constantly refreshing the news is likely to lead to increased anxiety. Pick a few trusted news outlets – such as the state and local health authorities, Centers for Disease Control and Prevention, or World Health Organization – and commit to checking once or twice a day for updates.

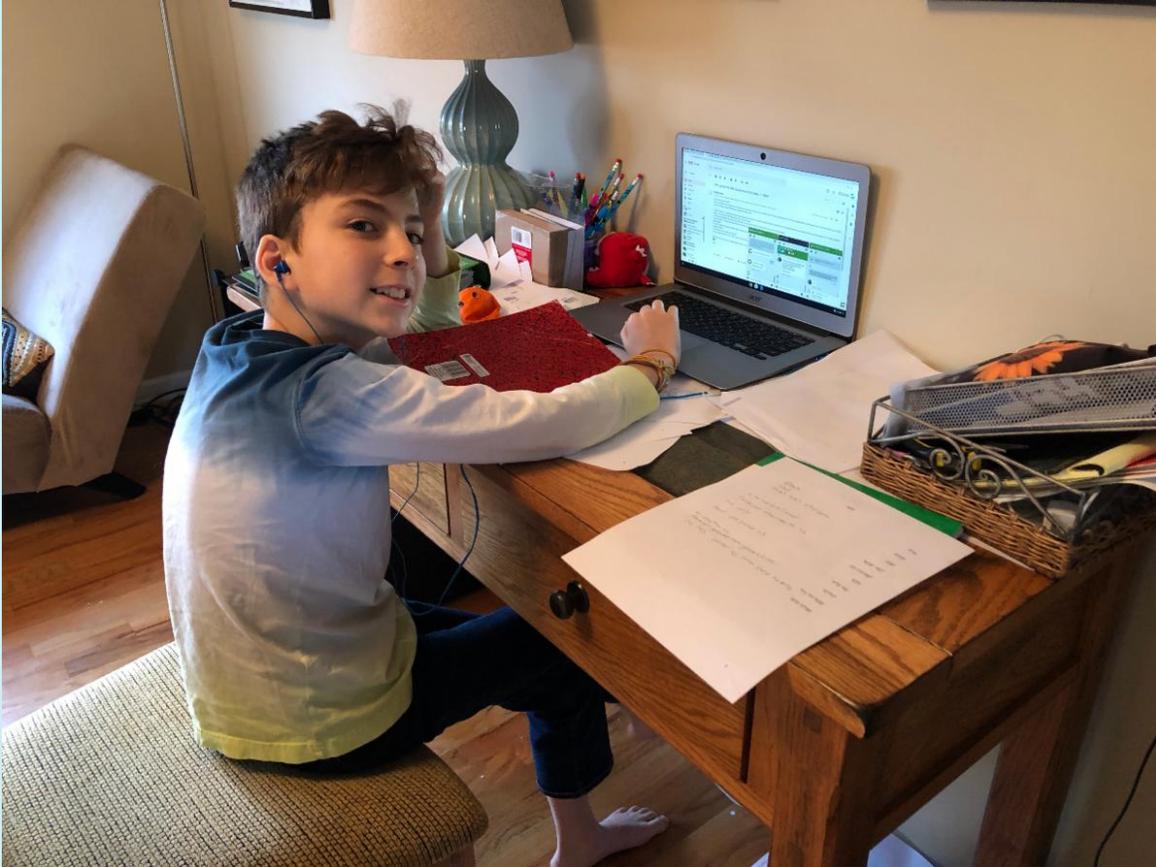
[Click to read more from the NYS Office of Mental Health](#)

Feature of the Week: Online Learning Week 2

In Kita Alef, we celebrated completing our unit on the letters Mem and Mem Sofit! For the celebration, we each drew Shemesh BaShamayim (a sun in the sky)! It is fun to learn and celebrate together, even when we are in different places. -Mrs. Zames



Judah Eglash continues his studies from his "home office"



"Daddy, can I record down here?"
"You'll need to wear headphones"
"Oh, but my headphones won't reach"
"Nope... but mine will!"

Lucy Spevak using her dad's extra long headphones to work on iTalam!



Ava and Sydney Kanter work on Hebrew from home, then recess outdoors!



Virtual music lessons with Mrs. Hinman







Community News

You can help local Syracuse City students...

Hi everyone,

My husband, Brad, teaches in the Syracuse City School District. After speaking to many of his students he learned that some have to walk a mile just to get breakfast and lunch. The lines at the food pantries are long and there is a limited supply of food.

To try to help we are leaving a bin on our porch and have put the word out in our area asking for donations. Non perishable foods such as pasta, canned fruit and vegetables, snacks, etc. Monetary donations will also be accepted and used to purchase necessary items.

So far the amount of donations has been incredible.

Brad, the kids and I are sanitizing and sorting items. My garage has become a pantry. We will be making boxes and delivering them Saturday morning.
Not sure how long we will do this for - if needed it may be a weekly delivery until times improve.

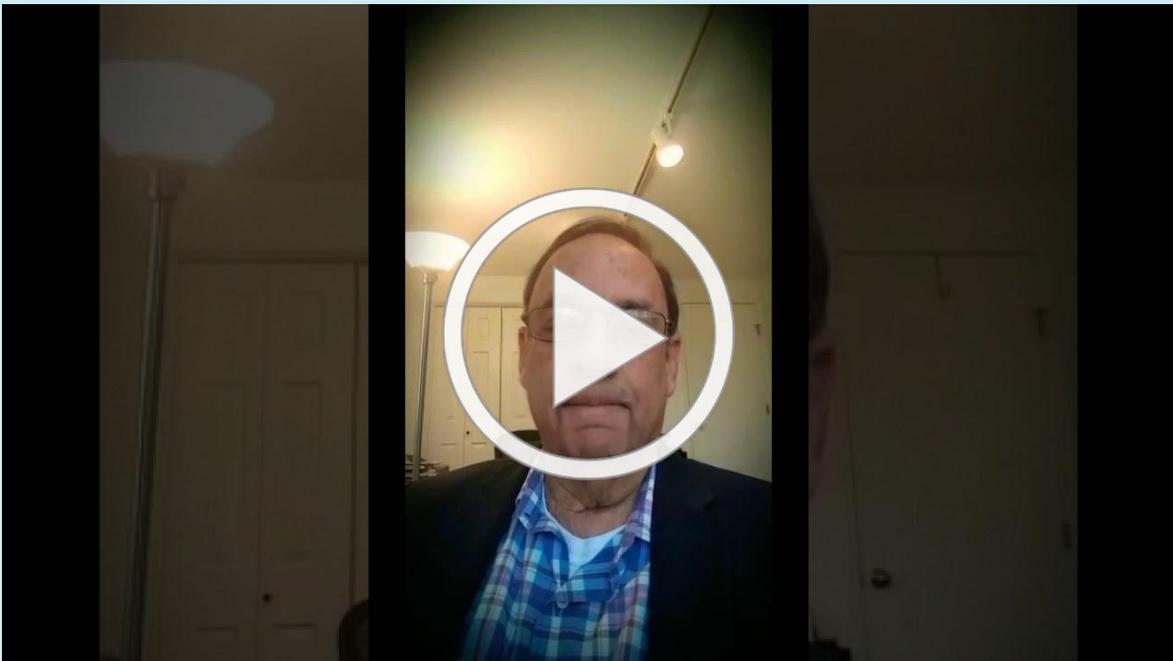
Anyway you can help support these students will be greatly appreciated!

Thank you very much!
Stacy Seidman

Please email mrsseidman@shds.org for the home address.



***A message from Michael Balanoff,
President/CEO of the Jewish Federation of CNY
and Executive Director of the Jewish Community
Foundation of CNY.***





What is AmazonSmile?

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

[Visit our website](#)

SchoolStore



Your School earns
up to 50%
of all purchases.

Online retail sales are approaching \$200 billion this year, and 80% of all Americans are online. Now is the time to get your school signed up and earning money.

SchoolStore.com is an online shopping mall where over 350 nationally-known merchants have agreed to give a percentage of sales to K-12 schools. Companies like Walmart, Sears, Target, Disney Store, Family Book Store and Barnes & Noble participate.

[Visit Schoolstore.com](#)

SHDS ID # 126373

