



SYRACUSE
Hebrew Day School

Educating the whole child - mind, heart & soul.



Looking Ahead

KINDERGARTEN

Tuesday, Sept. 29

5-5:20pm MRS. ZAMES

5:20-6pm MS. GARZA

[Click to Join the Kindergarten Curriculum Night](#)

6TH GRADE
Tuesday, Sept. 29
5-5:20pm MR. ALFASI & RABBI SHORE
5:20-6pm MRS. SMITH

[Click to Join the 6th Grade Curriculum Night](#)

FIRST GRADE
Wednesday, Sept. 30
5-5:20pm MRS. ZAMES
5:20-6pm MS. FIX

[Click to Join the 1st Grade Curriculum Night](#)

2ND & 3RD
Wednesday, Sept 30
6-6:20pm MRS. DOWNIE
6:20-7pm MS. ROY

[Click to Join the 2nd & 3rd Grade Curriculum Night](#)

4TH & 5TH
Thursday, Oct. 1
5-5:20pm MRS. DOWNIE & RABBI SHORE
5:20-6pm MRS. SEIDMAN

[Click to Join the 4th and 5th Grade Curriculum Night](#)

COVID or a COLD?!

Symptoms Chart

COVID-19 vs. Cold vs. Flu vs. Seasonal Allergies

| | COVID-19 Symptoms range from mild to severe | Cold Gradual onset of symptoms | Flu Abrupt onset of symptoms | Seasonal Allergies |
|---------------------------------------|--|-----------------------------------|---------------------------------|--------------------|
| Incubation period | 2-14 days | 1-3 Days | 1-4 Days | Varies |
| Symptom onset | Gradual | 7-10 Days | 3-7 Days | Varies |
| Symptoms | | | | |
| Fever | Common | Rare | Common | Sometimes |
| Fatigue | Sometimes | Sometimes | Common | Sometimes |
| Cough | Common (Usually dry) | Mild | Common (Usually dry) | Sometimes |
| Sneezing | No | Common | No | Sometimes |
| Aches and pains | Sometimes | Common | Common | No |
| Runny or stuffy nose | Rare | Common | Sometimes | Common |
| Sore throat | Sometimes | Common | Sometimes | No |
| Diarrhea | Rare | No | Sometimes for children | No |
| Headaches | Sometimes | Rare | Common | Sometimes |
| Shortness of breath | Sometimes | No | No | Sometimes |
| Itchy nose, eyes or roof of the mouth | No | No | No | Common |
| Watery, red or swollen eyes | No | No | No | Common |



Sources: World Health Organization | Centers for Disease Control | American College of Allergy, Asthma & Immunology



Is it coronavirus (COVID-19), the flu, a cold or seasonal allergies?

All 4 can look very similar, making it hard to tell the difference. Use the chart below to help you decide when to seek care for your or your child's symptoms.

| | Coronavirus (COVID-19) | The Flu | A Cold | Seasonal Allergies |
|---|--|--|---|--|
| What are the most common symptoms? Keep in mind: You may have 1 or all of these symptoms. | Fever Cough Shortness of breath or difficulty breathing Chills Repeated shaking with chills Muscle pain Headache Sore throat New loss of taste or smell | Aches Chills Cough Diarrhea (loose poop)* Fatigue Fever Headaches Runny nose Sore throat Stuffy nose Vomiting* *more common in children than adults | Cough Fever* Mucus dripping down your throat (post-nasal drip) Runny nose Sneezing Sore throat Stuffy nose Watery eyes *rare | Itchy eyes Runny nose Sneezing Stuffy nose Watery eyes |
| How long does it take for you to have symptoms after you are exposed? | 2 to 14 days | 1 to 4 days | 1 to 3 days | Right away |
| How long do symptoms last? | Not known | 3 to 7 days | 7 to 10 days | As long as you're exposed to allergens |

If you start to feel sick, try not to panic or think the worst.

- Coronavirus shares some of the same symptoms caused by the flu and colds, including fever and cough.
- Remember, it's still cold and flu season and seasonal allergies are widespread.
- For most people who are normally healthy, coronavirus does not cause serious health problems.

How to seek care for coronavirus:

If you have a fever, cough, shortness of breath, or loss of smell and/or taste, stay home and isolate yourself from others. To find the best care, take our free COVID-19 risk assessment at AtriumHealth.org/Coronavirus, or call our 24/7 Health Line at 704-468-8888.

If your symptoms are life-threatening, call 911 immediately.

Current as of May 13, 2020

For more information, visit AtriumHealth.org/Coronavirus



The Week in Review

SHDS students are loving their new SHDS Swag! Please email orders to mrsklempere@shds.org or mail/drop off to the SHDS main office.

SYRACUSE Hebrew Day School



2020-2021 SHDS Swag

| Product | Circle Size | Circle Color | Amount |
|---|--|--|--|
|  | Youth M Youth L Youth XL Adult S Adult M Adult L | Athletic Grey Sapphire | Quantity x \$40 ___ X \$40 = \$___ |
|  | Youth S Youth M Youth L Youth XL Adult XS Adult S Adult M Adult L Adult XL (only grey) | Grey Triblend/Navy White/Heather Peach | Quantity x \$25 ___ X \$25 = \$___ |
|  | Youth S Youth M Youth L Youth XL Adult XS Adult S Adult M Adult L (only grey) Adult XL (only grey) | Deep Heather Grey Heather Red | Quantity x \$22 ___ X \$22 = \$___ |
|  | Youth S Youth M Youth L Youth XL | Tie Dye Royal Blue Tie Dye Purple | Quantity x \$25 ___ X \$25 = \$___ |
|  | Adult XS Adult S Adult M Adult L | Heather Deep Teal Heather Maroon | Quantity x \$45 ___ X \$45 = \$___ |
|  | Youth Medium Youth Large Adult S | Heather True Royal | Quantity x \$45 ___ X \$45 = \$___ |
|  | Adult Size fits most | Heather Dark Blue Heather Red Heather Yellow Light Heather Grey Neon Pink Neon Orange | Quantity x \$12 ___ X \$12 = \$___ |
| Total Amount Due \$ | | | _____ |

Name _____

Child's Name/Grade _____

Makes Checks Payable to The Syracuse Hebrew Day School

_____ Charge my FACTS account

Students also received their very own SHDS stadium cushions! Outdoor learning is now even more comfortable.









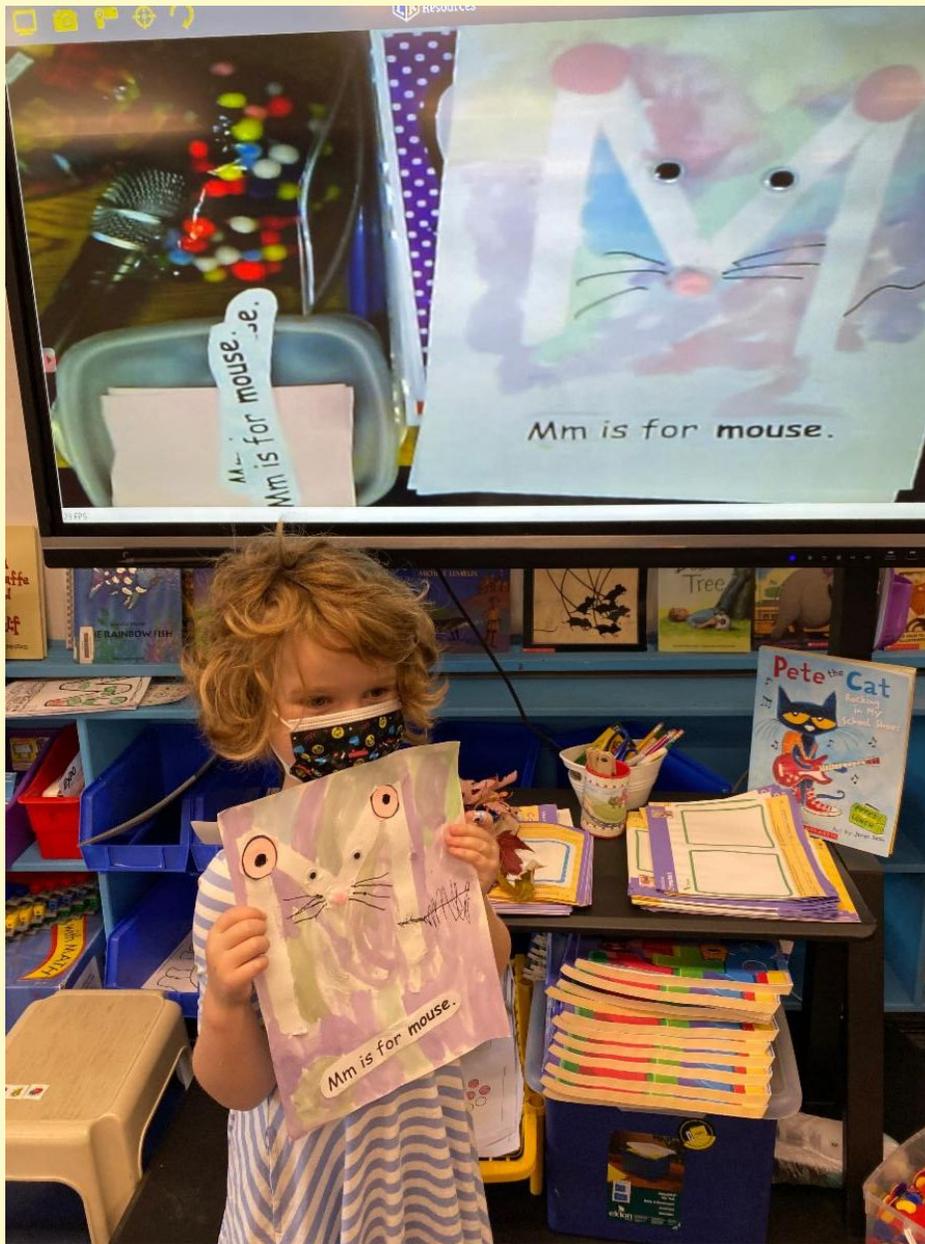


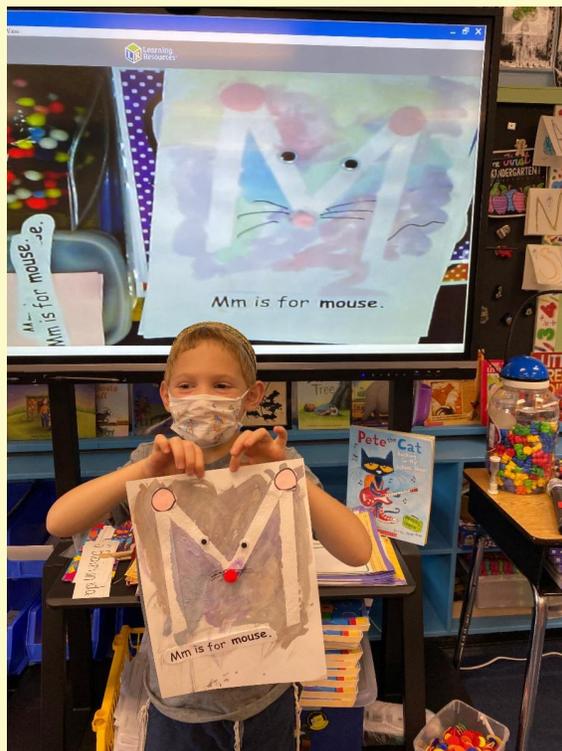
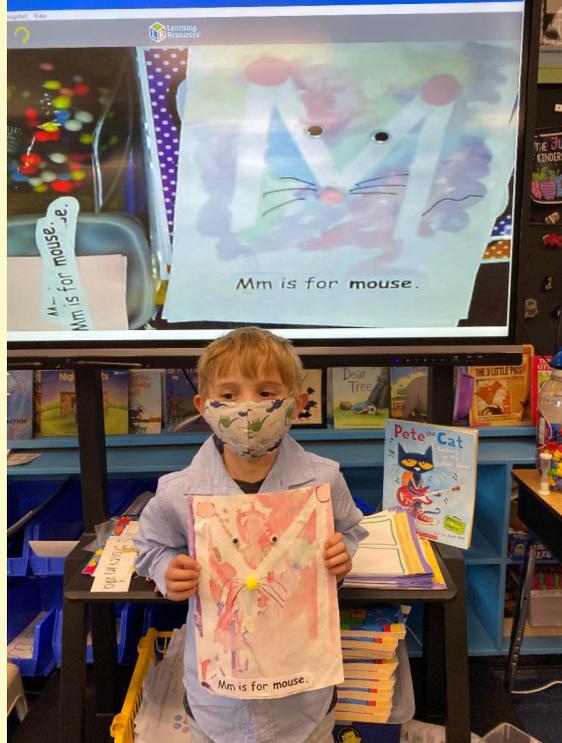
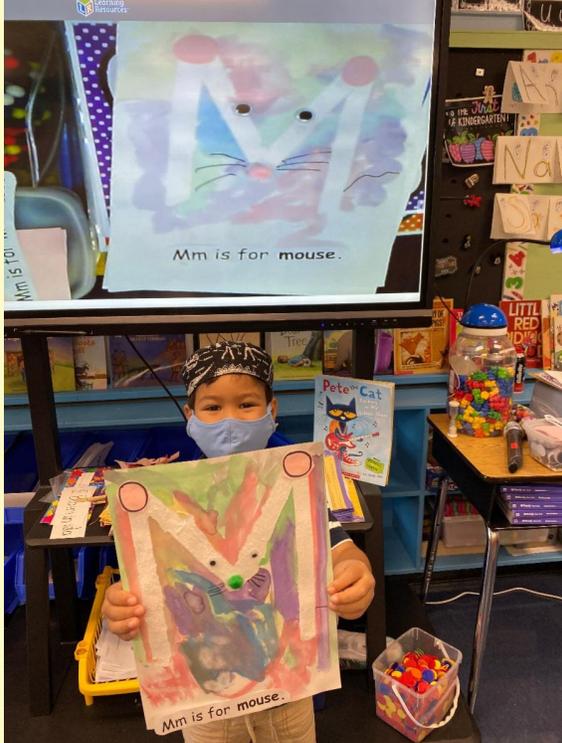


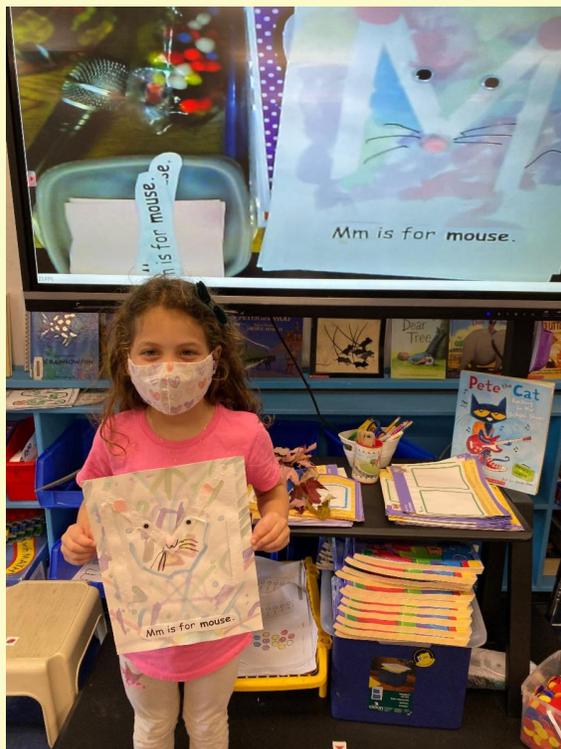


Kindergarten

Mm is for mouse.
Kindergartners enjoyed their first letter project.







Sensory letter fun in Kindergarten!





Kita Alef

Shalom, Kita Alef families!

In class, we've been talking about the *Aseret Y'mei Tshuva*, the ten days between *Rosh Hashana* and *Yom Kipur*, when we think hard about our behavior and the kind of

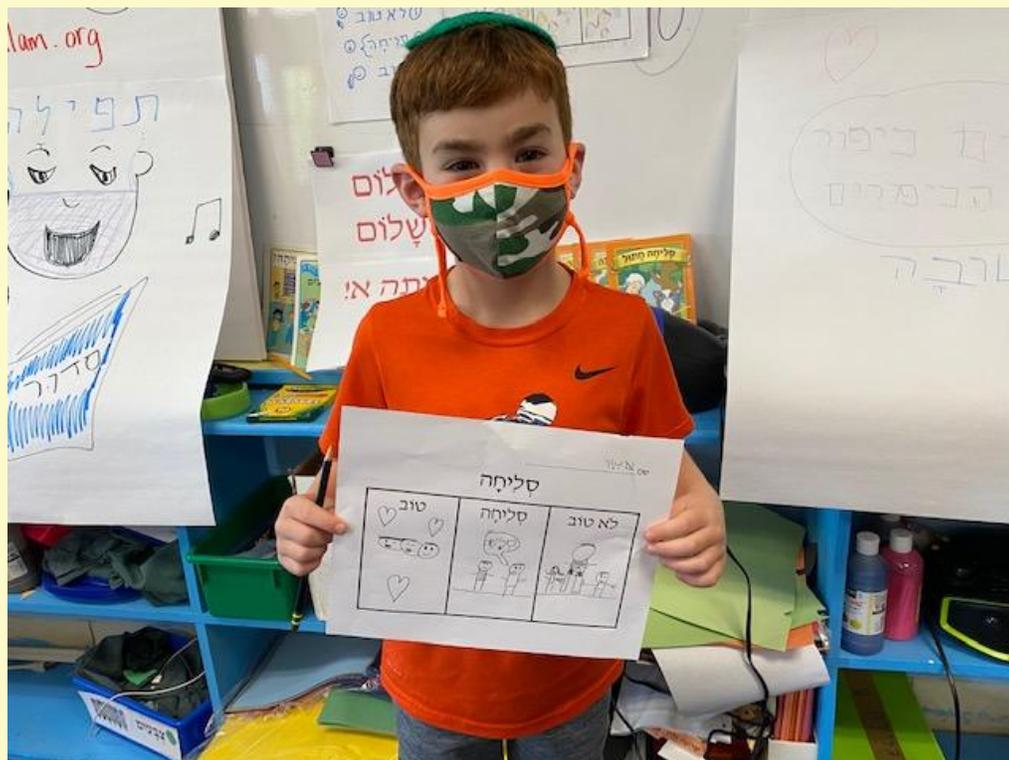
people we want to be. The students proved themselves to be caring, thoughtful, and kind so far this year, as we consider things we may have done in the past that were hurtful or made someone uncomfortable. We are studying the prayer "Avinu Malkeinu," in which we seek forgiveness for the things we may have done wrong, and today we made a video of the students singing the song (I was going to do it tomorrow, but the students who will be traveling were very responsible about letting us know they would be absent, and we all agreed 100% participation in the video was more important than another day of practice).

I wish you all an easy fast for those who will be fasting, and a *g'mar chatima tova*--may you be inscribed in the book of life for a year of health, happiness, and learning!

G'veret Zames



Kita Alef discussed, sang about, and read books about saying we're sorry in preparation for Yom Kippur. They made cartoons of times when someone made a mistake and then apologized and made the situation better!





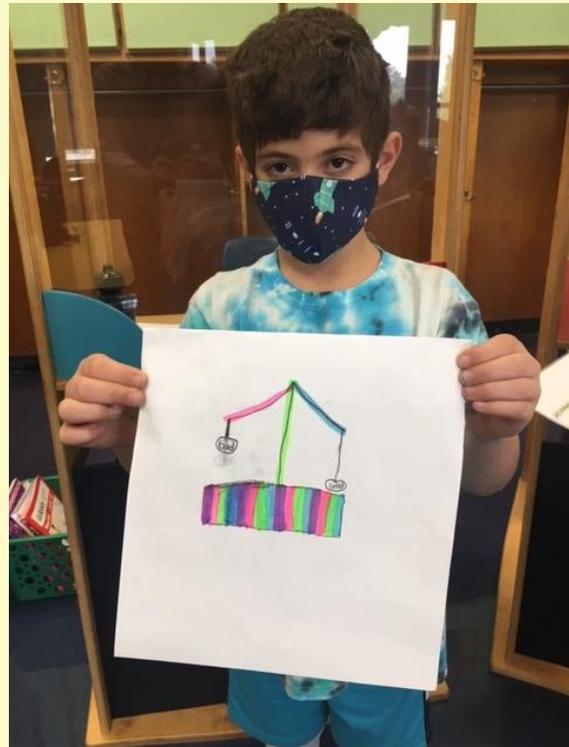
When your teacher lets you chase her and then has a dance party, you know it will be a great day!

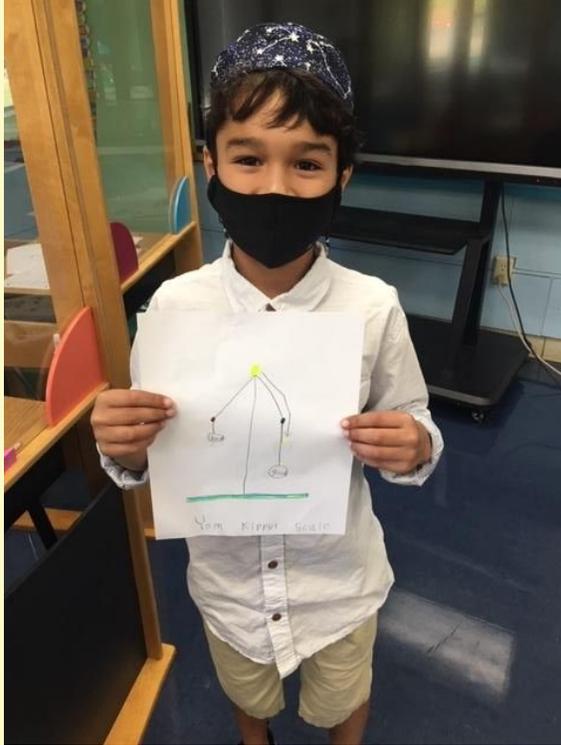
Candid videography credit: Ms. Lavine from her office window.



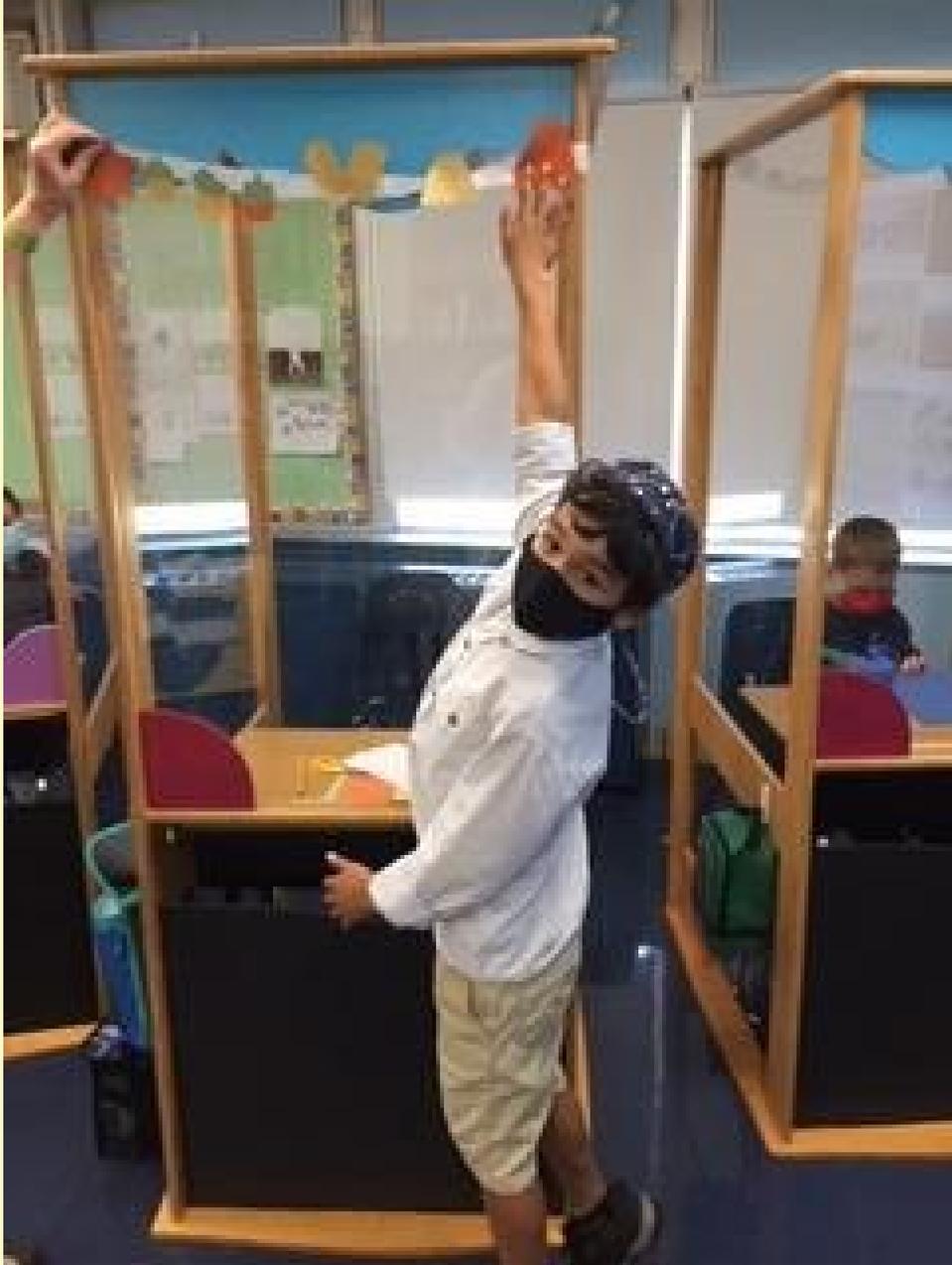
2nd & 3rd Grade

Students drew the scales of Yom Kippur with many good deeds in Rabbi Shore's class.



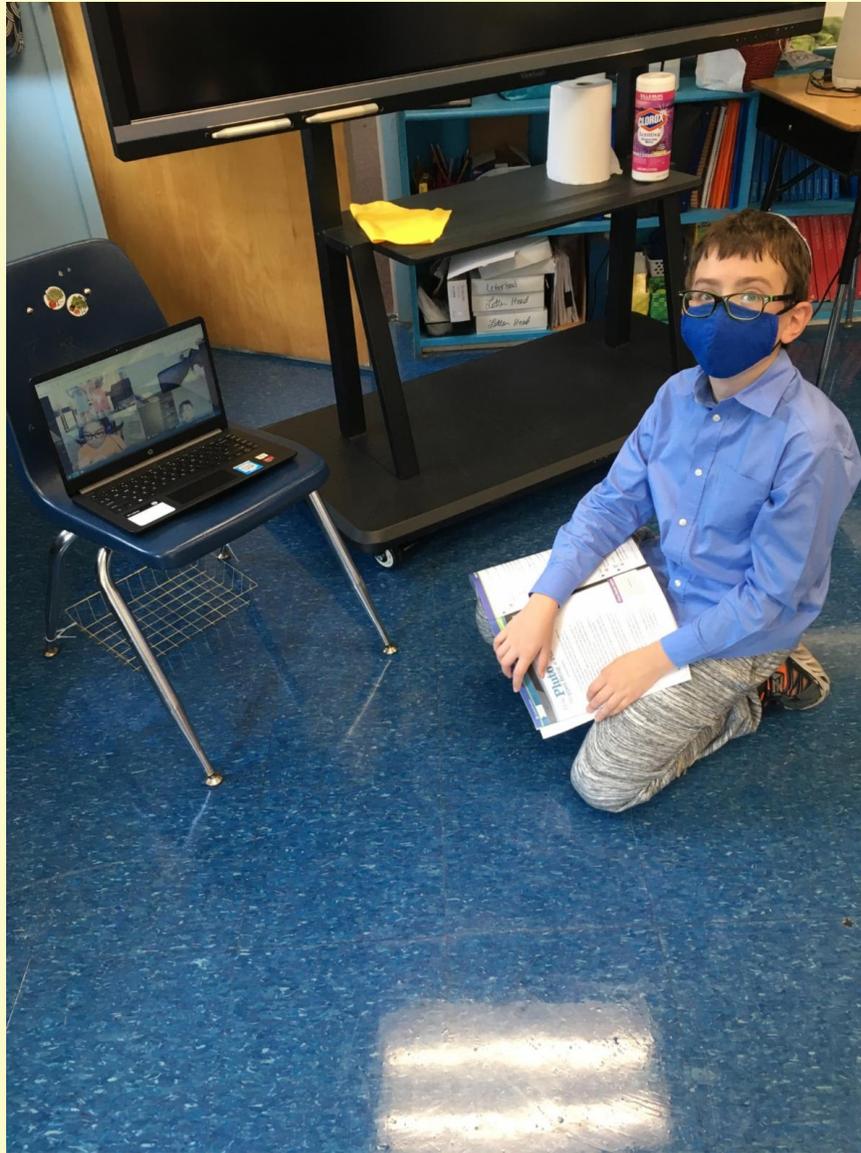


Some students decorated their "offices" for Sukkot!



4th & 5th Grade

Sam Elman worked on Hebrew with his classmates Galil, Sydney and Isaac in person and online .



4th, 5th & 6th grade outdoors listening to the reading of the book Wonder by R.J. Palaccio.



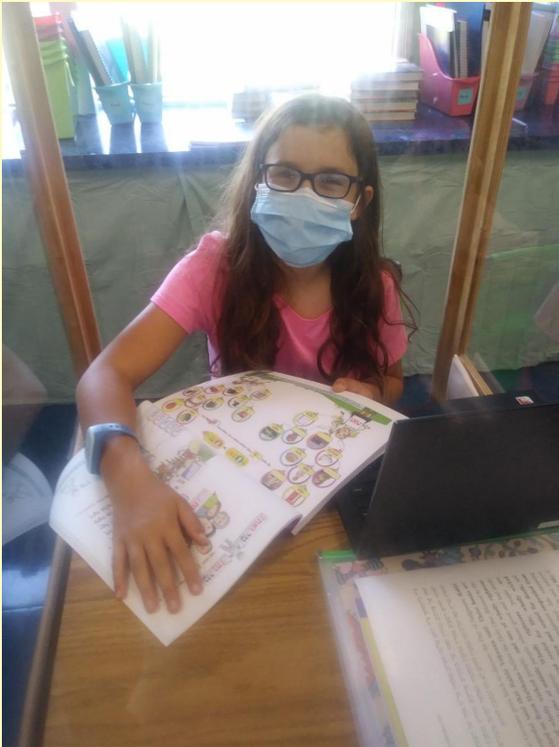
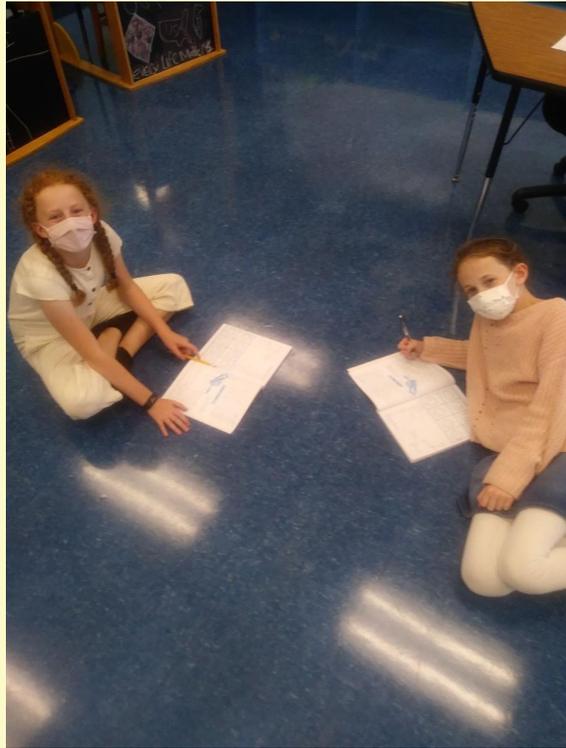
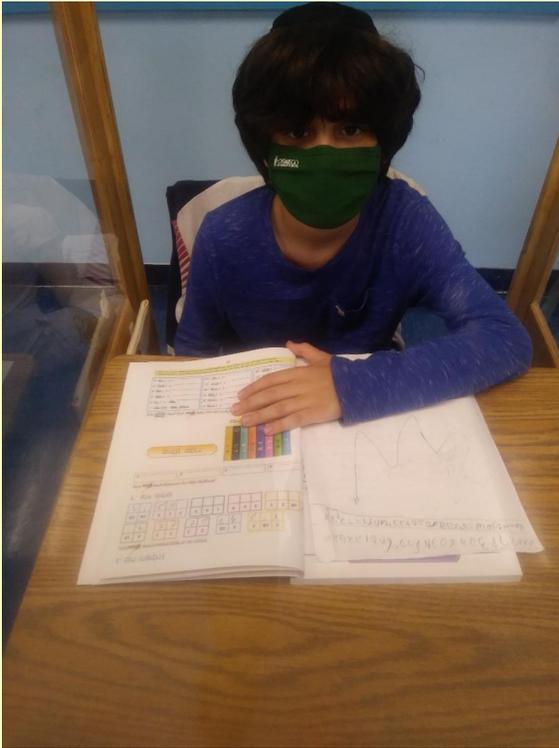
6th Grade

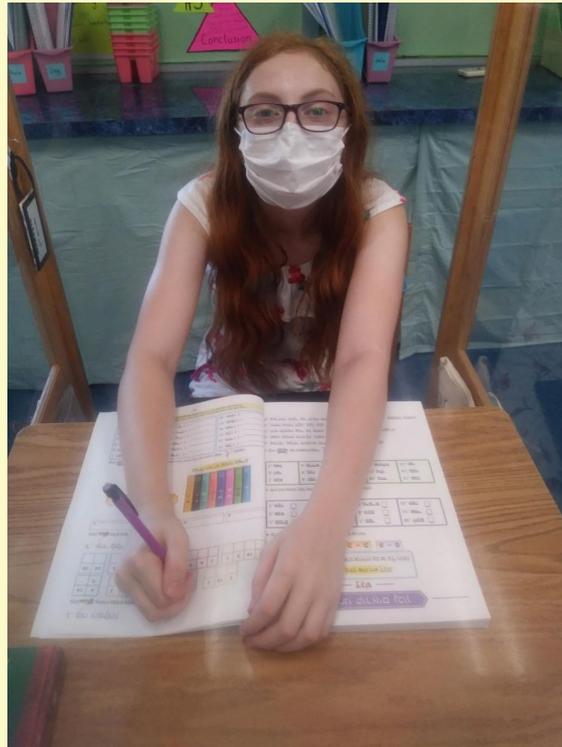
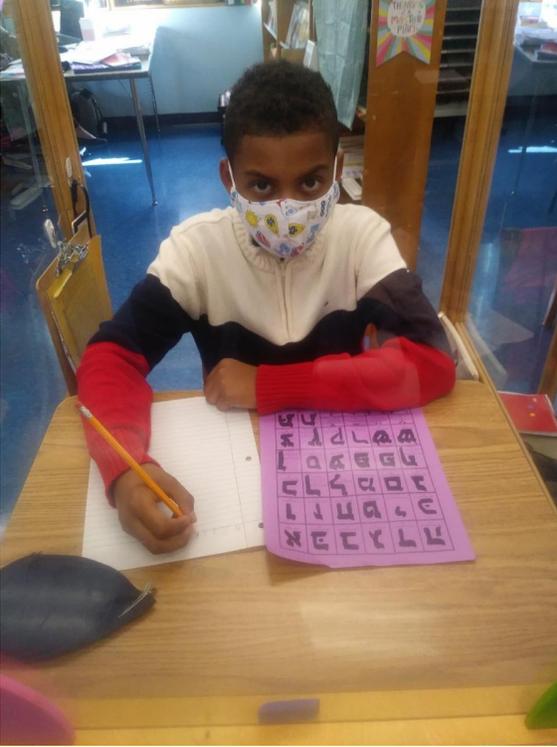
Isabella Weinberg celebrated her birthday today with her classmates.



In Mr. Alfasi's class, the sixth graders are learning Hebrew with the book 'Yesodot Halashon'. This week, just before Yom Kippur, we talked a lot about food in Hebrew. We learned about typical breakfasts in Israel, wrote a menu in Hebrew for our restaurant and even learned to order

food in a restaurant in Hebrew. Some of the students were waiters and some were diners. it was a great week.





Physical Education





Community News



FREE Edible Sukkot Kit



Register [here](#) for a special PJ Library Pre-Sukkot event. Upon

registration, you will be invited to select a time to pick up your **FREE Edible Sukkot Kit**. This is an asynchronous event which means you can participate at a time that is convenient for you and your family. Each family will receive a kit that includes materials and instructions for each child to make their own edible sukkah! Once created and decorated, you will be asked to take a photo with your kids and the edible treat and send it to Carolyn Weinberg to be included in our virtual edible sukkah gallery. What a fun way to get ready for Sukkot, a harvest festival, while staying safe!

Questions? Contact Carolyn @pjcnny@jccsyr.org

Just Because Teamwork!

At recess, the kids could not reach the handle on the playground. Rather than ask for help, they figured it out on their own! Go, Nico and Gabe!



Just Because One fewer tooth...



amazonsmile
You shop. Amazon gives.

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.

SchoolStore



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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.

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