



# ATTENTION WORKING GIRLS

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**Join Chelkeinu by חנוכה and enter  
a raffle for a**

**TICKET to  
ארץ ישראל!**

*Bonus Entries:*

**Recommend a friend, if she wins, you get to go too!**

**The more recommendations, the more entries...**



Raffle to be drawn  
on Zos Chanukah!

Every member's name will be given to a handpicked group of  
כהנים who will daven and keep you in mind during this special  
עת רצון

**JOIN WORKING GIRLS WORLDWIDE FOR THIS  
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כהנים  
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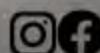


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**22.12.25**  
ט'ז בדצמבר

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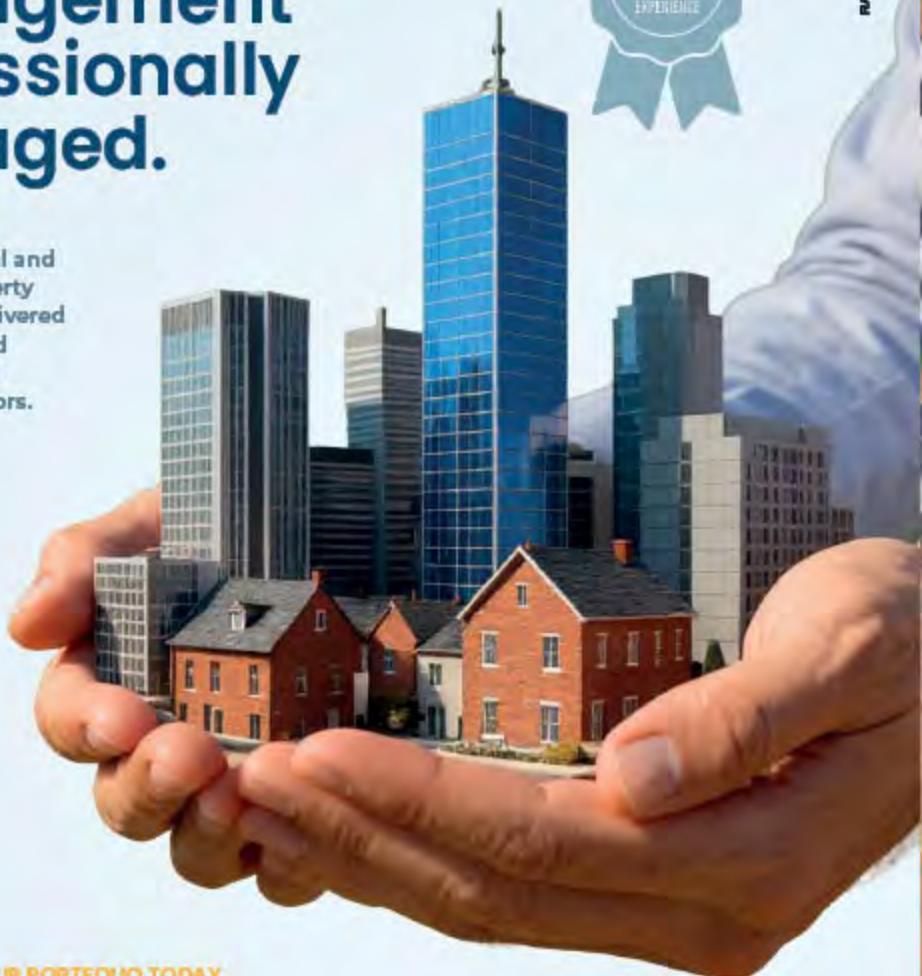
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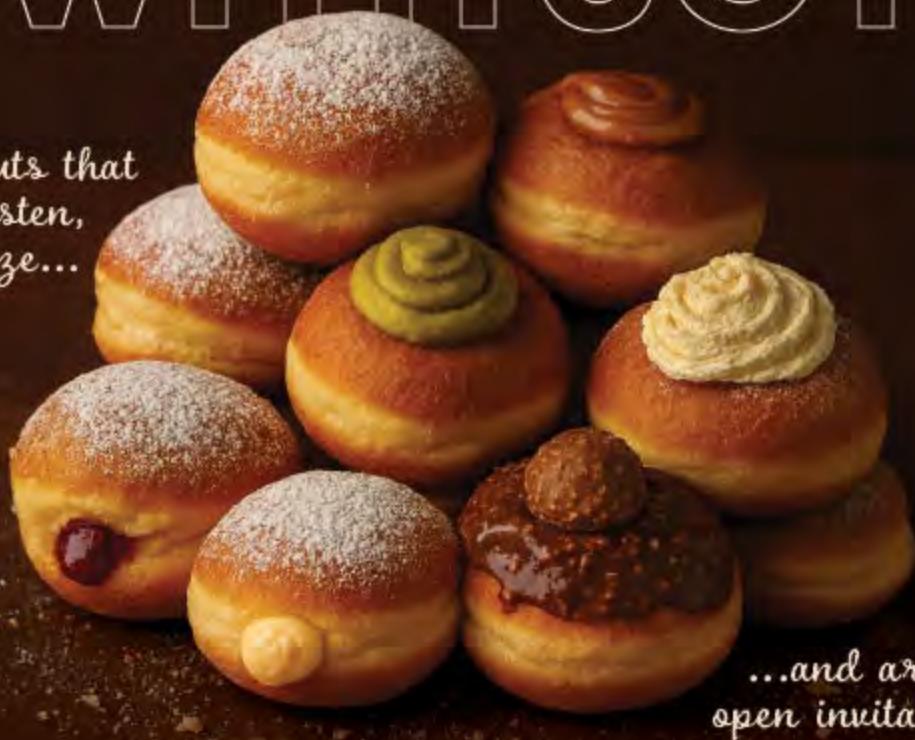


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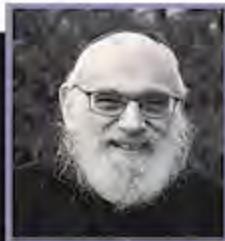
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**#TOP STITCH IT**  
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#MAKE IT WOW  
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**#TOP STITCH IT**  
#MAKE IT YOURS  
#MAKE IT MINE  
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#MAKE IT HIS  
#MAKE IT OURS



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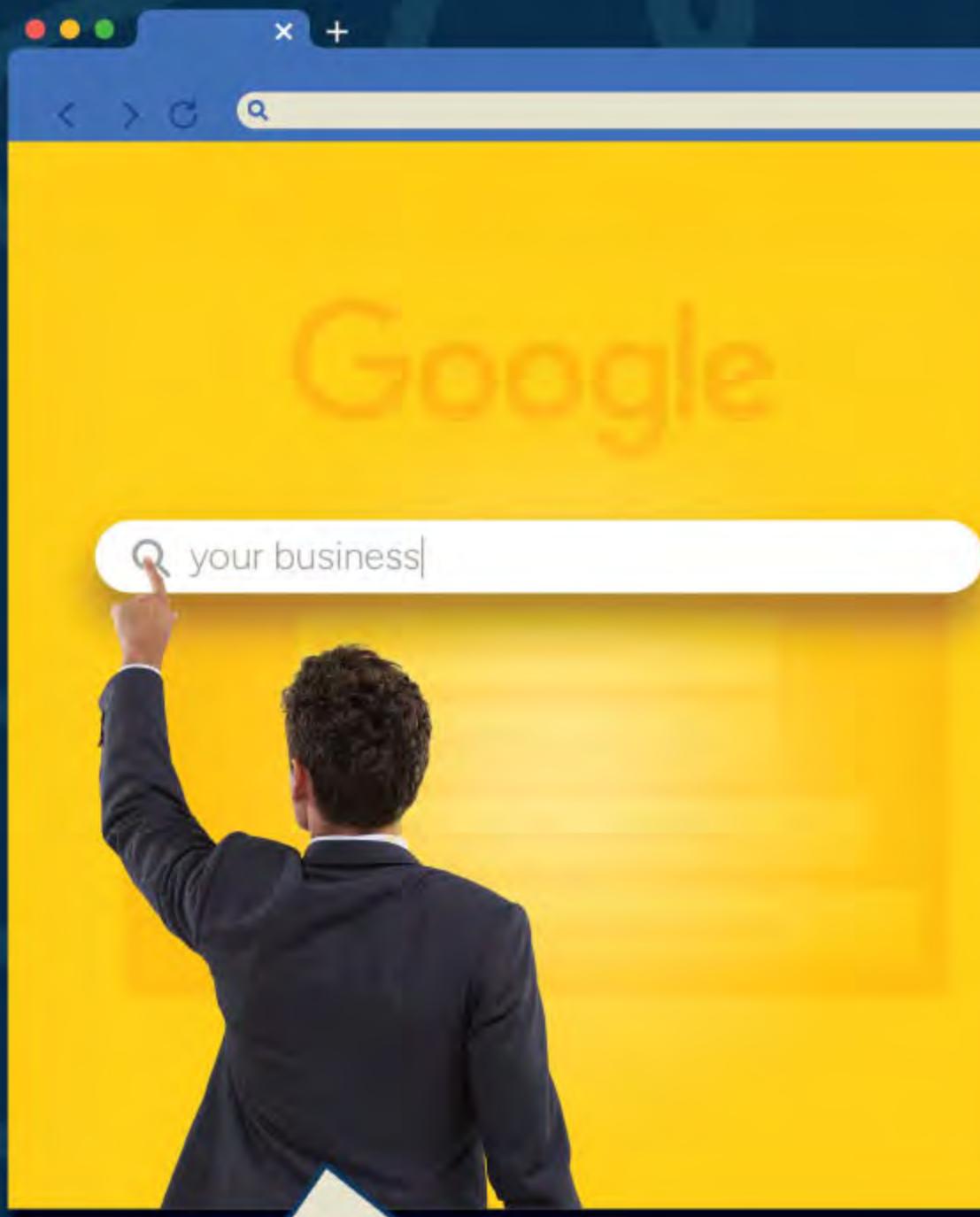
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TOBY WIGS



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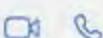
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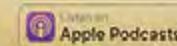
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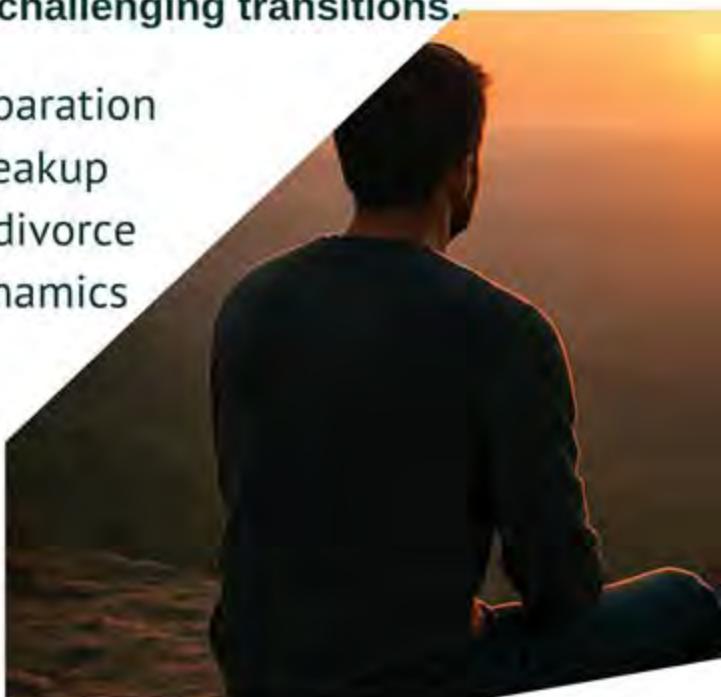
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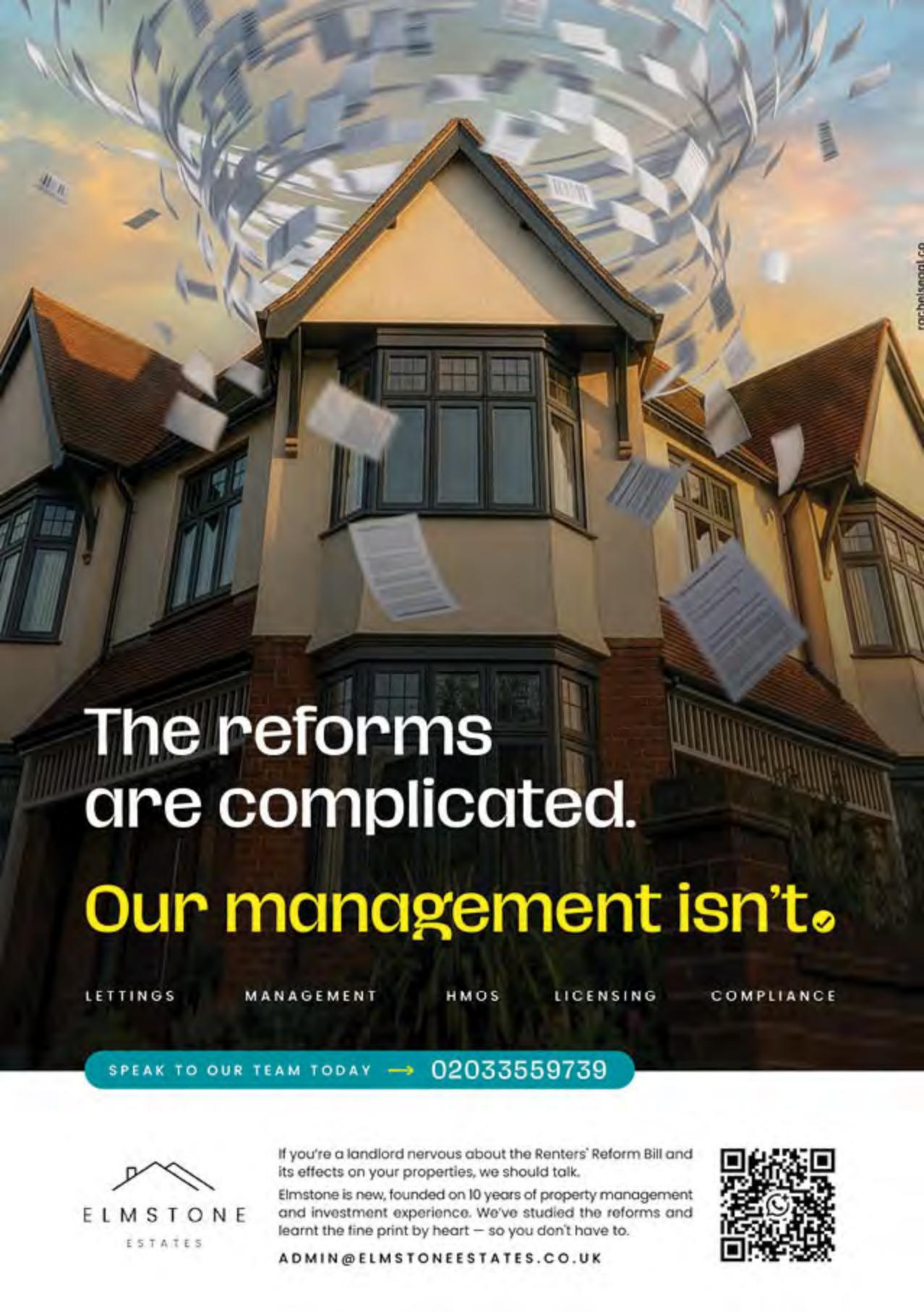
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# **Urgent Announcement for Early Years and Daycare Providers**

Following the government budget released by Mrs. Reeves on 26 November, important changes have been announced regarding apprenticeship funding.

The required co-investment contribution for non-levy schools on the Level 3 Childcare qualification will increase from 5% to 25%.

This means that **from April 2026, the employer contribution will rise from £350 per learner to £1,750 per learner.**

In addition, the current 100% government funding for learners aged 18–21 will be extended to cover those aged 18–24.

Due to these upcoming changes, we will be extending the application deadline for our next Level 3 Early Years Educator (EYE) childcare course starting in February. This is to give your setting the opportunity to enroll and qualify as many staff members as possible before the new funding rules take effect.

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# CAN YOU GO WITHOUT?



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FREE FOR  
30 MINS

## THE CHALLENGE

Go **screen-free** for the first **30 minutes after candle lighting** each night of Chanukah.

When you've done it, email us at [reconnect30@tag.org.uk](mailto:reconnect30@tag.org.uk) to tell us **one thing that you gained** from the challenge.

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### WINTER CLOSURES

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25 DECEMBER - 2 JANUARY: CLOSED

SUNDAY 4 JANUARY: OPEN AS USUAL

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THIS CHANUKAH...

# CAN YOU GO WITHOUT?

1

Go screen-free for the first **30 minutes** after candle lighting each night of Chanukah.

2

Hang this checklist up (not too) near your candles.

3

Check off your **progress** as you go along



**NIGHT**

## WHAT DID I GAIN FROM SWITCHING OFF?\*

*\*These are examples. Share your own experiences with us!*



**NIGHT 1**

I watched the candles without distraction.



**NIGHT 2**

I had a real conversation instead of checking my phone.



**NIGHT 3**

I shared time with family without my phone nearby.



**NIGHT 4**

I noticed something beautiful I might have missed otherwise.



**NIGHT 5**

I did something kind or thoughtful for someone else.



**NIGHT 6**

I used the quiet to reflect, rest or just breathe.



**NIGHT 7**

I switched off early and welcomed calm into my home.



**NIGHT 8**

I celebrated connection, presence and gratitude.

Draw will take place on **28 Dec**

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The Menucha Academy of Motherhood, which launches in January 2026, offers high-level courses that develop the essential skills that women need as a mother and the foundation stone of their family.

The courses' learning is built around world-class experts working in academic-style workshops, where small groups engage with interactive content. Every course is designed to equip mothers with the resilience and practical tools that support wellbeing and healthy parent-infant bonds.

Menucha's courses blend evidence-based psychological tools with Torah-aligned values, creating a culturally appropriate space where Jewish women can learn, reflect, and grow.

As a course participant, you'll go on a journey that develops your skills as a mother; you'll learn about yourself and grow from newfound self-awareness.

The Menucha Academy of Motherhood gives every mother the opportunity to join the thousands of people from across the Jewish community who have benefited from Menucha's specialist expertise.

We hope you'll make the Menucha Academy of Motherhood a part of your parenting journey.

*Rivki*

*Batsheva*

RIVKI DWEK

BSc Psych BA Ed  
Clinical Manager

BATSHEVA GUTFREUND

Case Manager &  
MAM Project Director



# ABOUT THE COURSES

*Each course is made up of a number of sessions. You need to be able to attend all of the session in a course in order to join it.*

*Here are the key facts you need to know.*

---

## WHO ARE THE COURSES FOR?

Participation is for mothers and expectant mothers only. Places are strictly limited to just 12 places per course. Course groups are closed and conducted on a confidential basis. Babies / children cannot be brought to classes.

## WHEN DO THE COURSES RUN?

All course sessions take place on Tuesday at 10.15am and last 90 minutes. There are five courses currently scheduled, with the first starting in January 2026.

## WHAT IS THE COST?

The cost of each course is based on the number of sessions in the course, with each session costing £35. Bookings can only be made for the whole course and must be paid in full at the time of booking. Refunds cannot be made due to non-attendance. (Please note that course payments cannot be made using AAC or other charity account funds.)

## HOW DO I BOOK?

Visit [www.menucha.info/mam](http://www.menucha.info/mam) where you can book and pay for courses, on a first come first serve basis.

## CAN I ATTEND MORE THAN ONE COURSE?

Yes, however places are limited, so booking early is strongly advised.

## WILL A RECORDING BE AVAILABLE IF I MISS A SESSION?

No. All sessions are confidential to those participants who are present, so sessions will not be recorded. Please make every effort to attend sessions.

# COURSE OUTLINES



## JANUARY - FEBRUARY

### Your Changing Body: Embracing Change On Your Motherhood Journey

5 Sessions: Jan 6th, 13th, 20th, 27th, Feb 3rd. (Course Cost: £175)

Our bodies tell the story of motherhood – but too often, that story is marred by comparison, pressure, and unrealistic ideals. In this empowering workshop, we'll explore how pregnancy, postnatal changes, and life transitions shape our relationship with our bodies. Together, we'll look at how hormones, trauma, and societal messages influence self-image, and learn how to rewrite our internal narrative with compassion and acceptance.

We'll also touch on how body perception affects self-worth and intimacy, and conclude with a practical session on healthy nutrition, fitness, and colour analysis - tools to help you feel strong, grounded, and beautiful in your own skin.

Come ready to reconnect with your body, soothe the toxic voices that surround you, and rediscover the joy of feeling at home in yourself.

## APRIL

### Motherhood and Changed Identity: A Torah path to Self-Compassion and Joy

3 Sessions: April 14th, 21st, 28th. (Course Cost: £105)

This series of engaging and thought-provoking workshops invites you to explore the deep emotional and spiritual transformations of pregnancy, birth, and motherhood. Through Torah insights with guest Rebbetzins, we'll uncover the sacred meaning of creating a family and reflect on some of the big questions this gives rise to – including whether to grow it further.

We'll be guided in understanding the powerful identity shifts that come with becoming a mother and confronting the hidden "skeletons in the nursery" that shape our emotional world. Finally, we will release guilt, embrace self-compassion, and find joy and strength in the beautiful, complex journey of motherhood.

## MAY

### Connecting With Your Husband After Children: Calm, Communication, and Intimacy

4 Sessions: May 5th, 12th, 19th, 26th. (Course Cost: £140)

The transition into parenthood can transform every aspect of a marriage – spiritually, emotionally, and physically. This insightful workshop series brings together Torah perspectives, medical expertise, and compassionate guidance to help couples navigate intimacy and connection during pregnancy and the postnatal period.

Join a range of expert presenters, in an open, respectful space where you can learn, reflect, and strengthen the bond that sustains you and your growing family.

## JUNE - JULY

### Bringing Balance and Calm To Your Inner World: Using IFS To Support Your Parenting

5 Sessions: June 16th, 23rd, 30th, July 7th, 14th. (Course Cost: £175)

Motherhood awakens so many parts of us – the protector, the perfectionist, the worrier. This four-part series offers a gentle introduction to Internal Family Systems (IFS), a powerful, evidence based approach that helps you understand and care for the inner voices that shape your thoughts, emotions, and reactions.

Through guided learning, reflection, and practical tools, get to know your 'systems' – the 'protectors', 'managers', 'firefighters', and 'exiles' – and how they interact within you. You'll discover how to acknowledge and validate these parts of your inner-self by exploring what they need to feel safe and balanced. As you learn to respond from your calm, centred Self, you'll begin to bring balance and harmony to your inner world. Finally, we'll explore the gentle process of healing the 'exiles' – the parts that carry our trauma or pain – and learn how to approach this work safely, knowing when self-compassion is enough and when deeper support might be needed.

This is a unique opportunity to deepen self-awareness, soften your inner world, and cultivate true Self-leadership, so you can parent, partner, and live from a place of calm confidence and compassion.

## OCTOBER – NOVEMBER

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4 Sessions: Oct 13th, 20th, 27th, Nov 3rd. (Course Cost: £140)

This workshop invites mothers and mothers-to-be to slow down, breathe deeply, and reconnect with themselves during the pregnancy and postnatal journey. Through mindfulness and emotional awareness, our course leaders will guide participants in understanding their emotions and help them to find calm. Participants will use meditation techniques focussed on their body and physical sensations, including a soothing "Safe Place" practice to take home.

We will explore how to build emotional regulation over time through reflection and journaling, and combine grounding Jewish wisdom and nature-inspired practices to help participants feel centred, spiritually aligned, and empowered in their motherhood journey.

If you have any questions or would like more information  
visit [www.menucha.info/mam](http://www.menucha.info/mam) or email [mam@menucha.info](mailto:mam@menucha.info)

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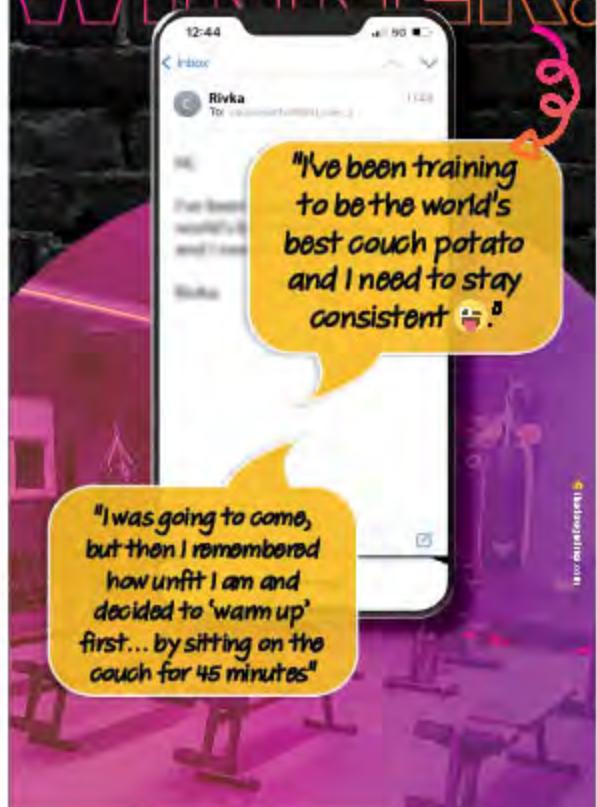


  
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**YR 5-6** 13<sup>th</sup> dec  
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Dance- Musical- Drama

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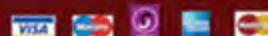


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- ▶ Supporting shuls, schools, yeshivos and seminaries for strengthened security with new doors, gates, fencing and CCTV. Funded by CST's private donations.
- ▶ Managing a Government Grant from the Home Office for commercial security guards at schools and shuls on Shabbos and Yom Tov. A significant proportion of the Home Office Protective Security Government Grant supports communities in Stamford Hill, Golders Green, Hendon, Edgware, Salford, Prestwich and Gateshead.
- ▶ Operating a 24/7 National Security Control Centre that monitors and protects the Jewish community, and is utilised by partners and police.

**Do not ignore suspicious behaviour.**

Please report to the police on 999 and CST on **0800 032 3263**.

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CST would like to wish you Chanukah Sameach

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# VOLUNTEERS OF THE MONTH

## NOVEMBER 2025 AWARDS



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TO ALL OUR AMAZING VOLUNTEERS. KEEP UP YOUR GREAT WORK!



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Our children are hard-working and eager to learn.

## We are looking to employ a **KS2 Teaching Assistant**

Start Date: January 2026  
Full-time (Part-time considered)

**Shalom Noam Primary School is looking for an enthusiastic KS2 Teaching Assistant to join our warm and welcoming team.**

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- A supportive, friendly environment where staff thrive
- Engaged, hard-working children who love to learn
- Excellent professional development opportunities for the right candidate

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**Salary: Competitive, based on experience**

### Interested?

- Contact our School Admin team for an application form
- Email: [office@shalomnoam.org](mailto:office@shalomnoam.org)

Shalom Noam Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment.  
Appointments will be subject to satisfactory, enhanced DBS check.

- It is an offence to apply for the role if you are banned from engaging in regulated activity relevant to children.
- Our child protection policy, including employment of ex-offenders, is available to read: [www.shalomnoam.org](http://www.shalomnoam.org)

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TO COMMENCE FEBRUARY 2026

***The ideal candidate will:***

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**We offer:**

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- A welcoming, positive and friendly staff team, dedicated to enriching our students' lives.
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Application forms are available from  
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0208 203 4322 [s.wittenberg@bjgs.org](mailto:s.wittenberg@bjgs.org)

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