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Identifying The Big Rocks; A framework For Success

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Mrs Shana Guttentag
educational consultant & teacher trainer

Part One

Finishing off this school year effectively
for your students

Sunday 5th July | 9:00-9:45pm

Followed by Q&A

Part Two

Planning ahead for the unknown

Sunday 12th July | 9:00-9:45pm

Followed by Q&A

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From a Bar and Bas Mitzvah to a Bris Mila or Simchas Bas, and of course weddings, we all yearn for a time when we can come together as families and communities to celebrate one another and mark life's journeys with joy and meaning.

It is with this in mind that I brought friends and musicians together to collaborate on a project to bring a new flavour to the music of the simchas we all know and look forward to.

The songs you will hear are familiar chuppah songs, infused with the timeless feelings of happiness and hope and the current longing to return to a life full of simcha.

From the depths of my heart, I hope and pray for the day where we can all celebrate our next simcha, together.

Litan Freilich

“ עוד ישמע
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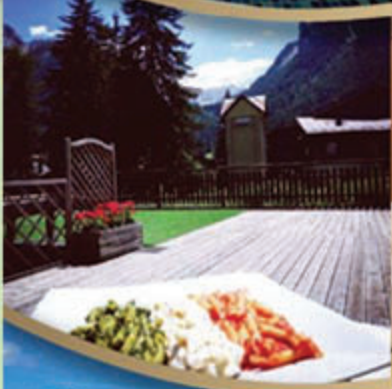
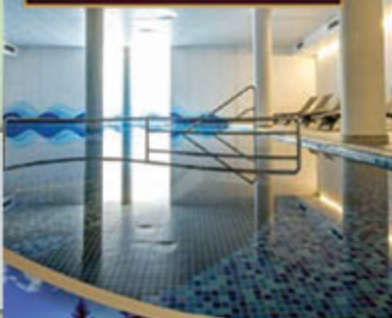
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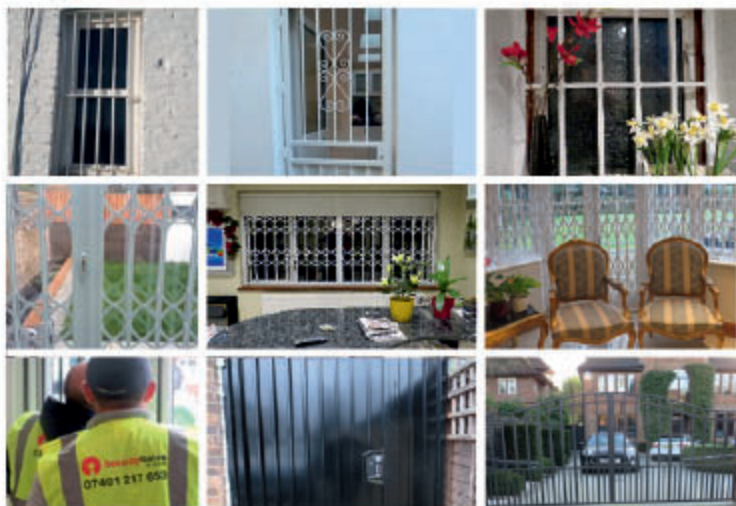
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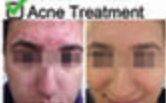
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Your Questions Answered CORONAVIRUS Memo 15

Q: During the lockdown period my child was thriving, he opened up and flourished and became a much happier child. Now that we are at the stage of schools reopening, what can I do to help him stay 'this new happier child'?

R' Dovid Bunim Grunhut MBACP, psychotherapist

Answer: It is good to hear that B'H you had such a positive experience with your son and for opening up new opportunities. There really is two parts here, one question is, what is it that children had the opportunity to get more of during this time that in regular circumstances they may not have received. The second part is more about the absence of stress caused by routine life.

Firstly, try and figure out what is it that your child was enjoying. Is it from the first category? Did they have time to be more creative? Enjoying crafts, baking, building and bringing out their talents and creativity? Perhaps was it the quality time parents spent with their children? They may have been more a part of their lives, their studies, and school work which was beneficial for the child. If that is the case, then continue to set aside time for 'activity time' or 'quality time', now that you have seen how important it is to your child's wellbeing – keep it up!

If however you think it is the second part – try and define what it is that your child finds challenging. Does he need more freedom or flexibility than school structure can allow? Or is your child more of an introvert and needs more time for himself? Perhaps it is the peer pressure and social pressures that affects their sense of self-worth?

If that is the case, it is easy to blame the school system and say, "school is too difficult for this child" or "peer pressure should be less" etc., The challenge is to find a better balance for the child so that for example he has a better balance between flexibility and structure. When parents understand and validate their child's challenges they are able to support and guide their child to maintain a better balance which will B'ezeras HaShem increase their happiness.

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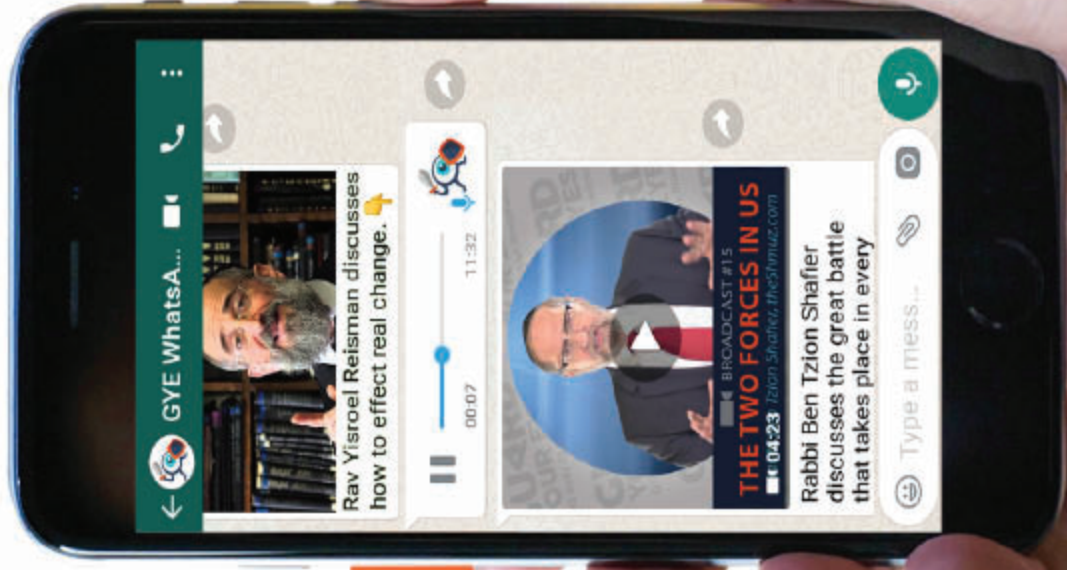
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					6	5	4	
	1			5			9	2
	4							8

DIFFICULT PUZZLE

1		5						7
8		7	4	5				3
	2		7					
					6			3
	8	9				4	6	
6			5					
					4		2	
	7			2	1	5		4
4						9		6

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