

# What's Up?

(What's up?) מה העניינים      December 16, 2010  
 (Ma Ha-inyanim?)                      9 Tevet 5771

## Important Dates:

<i>Thursday December 16</i>	<i>K-8 ZIMRIYAH/ARTFEST (Please note, ECC Pre-K will not be performing )</i>
<i>Friday, December 17</i>	<i>Kathleen &amp; Leah's class lead Shabbat <u>LAST DAY BEFORE WINTER BREAK</u></i>
<i>Monday December 20- January 3, 2011</i>	<i><u>NO SCHOOL, OFFICES CLOSED</u></i>
<i>Tuesday January 4</i>	<i><u>CLASSES RESUME</u></i>
<i>Wednesday January 5</i>	<i><u>"Birds and the Bees and Body Image: It begins in Preschool."</u> Don't miss this provocative discussion! (see next page for details)</i>
<i>Friday January 7</i>	<i>Kindergarten will lead Shabbat</i>
<i>Monday January 17</i>	<i>Martin Luther King Day <u>NO SCHOOL-SCHOOL OFFICES CLOSED</u></i>
<i>Wednesday January 19</i>	<i>Toddlers &amp; Twos celebrate Tu B'Shvat</i>
<i>Thursday January 20</i>	<i>3's &amp; Pre-K celebrate Tu B'Shvat with their Buddies  5:15 pm Evening Celebration to include music with Rick Recht, food, shopping, etc.</i>
<i>Friday January 21</i>	<i>Beverly &amp; Jodi's class lead Shabbat <u>CANCELLED</u>—Buddy Family Shabbat for Pre-K&amp;4th grade</i>

# *Reminder, please don't miss this...*

Dear Parents,

On Wednesday January 5 at 7 p.m. the Levine Academy Early Childhood Center will present an important program that I urge all parents to attend. The program is called "Birds and the Bees and Body Image: It begins in Preschool." Dr. Mandy Golman will lead a provocative discussion including - *Age appropriate physical development; Messages we want our children to receive about their bodies and their own sexuality; What is appropriate at this age – what we expect to see in the normal range; Gender roles and answering the tough questions that your children ask.*

Mandy Golman, PhD., is a multi faceted educator, trainer and consultant whose work has spanned the health spectrum to include women's wellness and childbirth, parenting, adolescent sexuality, eating disorder prevention and the importance of positive body image. She is currently the Director of Programs and Education for The Elisa Project and founded the program 'Girls in Motion,' a mentoring, nutrition and physical fitness program for pre-adolescent girls. In addition, she serves as an adjunct faculty member for the Wellness Department at Southern Methodist University and has also developed and supervised highly successful peer education programs for the school. Mandy has conducted workshops and consulted for major school districts, private schools and healthcare providers.

I will be there to greet you in the "Big Room." Please make every effort to attend this important event

Our ECC Counselor, Andy Blum, has provided a list of websites and a reading list you will want to check out on the following page.

Thank you,  
Sheryl Feinberg

Dear Parents,

In anticipation of our upcoming speaker on Wednesday January 5, I have compiled some of the websites and book suggestions from Debra W. Haffner in her book From Diapers to Dating. I have added a few books that I also found to be useful.

Here are the websites:

- [www.advocatesforyouth.org](http://www.advocatesforyouth.org)
- [www.cfoc.org](http://www.cfoc.org)
- [www.drspock.com](http://www.drspock.com)
- [www.familiesaretalking.org](http://www.familiesaretalking.org)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.talkingwithkids.org](http://www.talkingwithkids.org)

Here are some books she recommends along with some that I have found to be very helpful.

- What's the Big Secret? Talking about Sex With Girls and Boys. by Laurie Krasny Brown and Marc Brown
- How you were born. by Joanne Cole
- Did the sun shine before you were born? by Sol and Judith Gordon
- Happy Birth Day! by Robie Harris
- How Was I Born? by Lennart Nilson and Lena Katarina Swanberg
- See How You Grow: A Lift the Flap Body Book. by Dr. Patricia Pearse and Edwina Riddel
- Where do babies come from? by Angela Royston
- Belly Buttons are Navels. by Mark Schoen
- My Body is Private. by Linda Wolvoord
- Your body belongs to you. by Cornelia Spelman
- Because it's my body! by Joanne Sherman
- Do you have a secret? by Jennifer Moore-Mallinos
- Talking to your kids about sex. by Laura Berman

If you have any questions or concerns please don't hesitate to ask,

Andy Blum LCSW  
ECC-4th grade counselor

# *Jewish Studies...*

A BIG thank you to the children in Kathleen, Leah and Lauren's 3 year old class! With their help we created over 100 Chanukah cards which were distributed to the elderly in our community! We are sure that the beautifully decorated cards will be enjoyed by all who received them.

Our next Mitzvah Mensch Project will be led by the children in Katy and Mor's Pre-K class. They will help make the mitzvah of *Bal Tashchit*, taking care of the world, come alive at our school. The children will make posters, spread the importance of taking care of our earth, and help to clean up our school community! We will be working on making recycling a reality in our school community. Our entire school will be involved in this important project.

If you are interested in being part of our "Making Recycling a Reality Program" please let us know! We will be researching ways to reduce, reuse and recycle in our school community. Plans will then be put into action to recycle plastic and glass in addition to the paper we already recycle. Email [alyse\\_e2005@yahoo.com](mailto:alyse_e2005@yahoo.com) if you would like to help out with this special project.

We will celebrate the holiday of Tu B'Shvat on Wednesday, January 19 and Thursday, January 20. Our Toddler and Two-Year-Old classes will have the opportunity to plant seeds, taste fruits which grow on trees, explore tree related items, and create their very own tree (paper) to plant on our map of Israel. Our 3's and Pre-K classes will celebrate on Thursday with their buddies. Many exciting tree and recycling experiences are being planned for this TREERIFIC day!

Alyse Eisenberg

Jewish Studies Coordinator

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12/13/2010

**Dear Sheryl!**

Our visit to Levine Academy was one of the highlights of our visit and we want to thank you for your warm welcome. Your caring made us feel at home and enjoy every minute of our stay in Dallas.

We enjoyed your "Havdala" very much and your warm personality.

The good taste of our visit to Dallas will stay with us for ever and hopefully, we will be able to host you at the Western Galilee in the future.

We want to thank you for all the efforts that you did to make our visit a good and a successful one.

Thank you for caring so much  
For Israel and the partnership!

With love

Efrat, Maya, Edna, Perla and Sofi  
Early childhood delegation

