

# We Are *Associated*

סתיו תשפ"ג Fall 2022



ASSOCIATED  
HEBREW SCHOOLS  
בית ספר קהילתי

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**WE ARE ASSOCIATED** is distributed to members of the AHS community, including parents, grandparents, alumni and friends of the school.

**ASSOCIATED HEBREW SCHOOLS**

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Kamin Elementary School  
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A message from our

# Head of School & Board President

Ora Shulman & Jono Halpern

When Rabbi Jonathan Sacks <sup>ז"ל</sup> wrote about community, he described the different ways that community can be formed, based on three different Hebrew words for community: the first, *eidah* (עדה), he writes, is a group of like-minded individuals, and the second, *tzibur* (ציבור), is a group with nothing in common but the fact that they are gathered together. The third, in contrast - a *kehillah* (קהילה) - is, according to Rabbi Sacks, a group who are diverse like a *tzibur* but joined, like an *eidah*, by shared purpose. This is the ideal form of community, and this is the community that we are proud at our *beit sefer kehillati*, our community school of AHS, to be a part of.


The UJA parent satisfaction survey administered in the past year speaks to that character of our community. We are gratified and proud to find superlative responses in every area surveyed, and the richness of responses reflects the wide range of practices and personalities that make up our AHS community, united by our shared drive and passion to provide our next generation with a strong and enriching Jewish education. As the survey results reflected, AHS is more than a school - it is a home: a space where everyone feels welcomed, respected, and supported in reaching their aspirations.

At the end of last school year, we re-administered our Student Climate Survey, and we now have reflected on the results and utilized the data to strategize how best to address the concerns and desires that our students shared. Student well-being has always been a focus and a priority here at AHS; to build on that, we have established the Office of Student Success to enhance the services provided to students, and are offering a range of wellness workshops for parents throughout the year. Our new *Middot* program, *Measure UP!* / מה המידה שלי? / will also help to foster students' well-being and Jewish values.

Within these pages, you will find countless examples of the diverse yet united community that makes up Associated, through celebrations of our students' and alumni's accomplishments, programs that nurture growth, and highlights on some of the special individuals who represent aspects of our community.

**We look forward to continuing to grow and learn together!**

אורה שולמן





## SAVE THE DATE

On March 1, 2023

help us raise

**\$1,000,000**

for AHS!

Join AHS and 12 other Jewish Day Schools for the **7th annual Day of Giving**, coming together in a powerful show of solidarity to raise the profile of Jewish Day School education in the GTA while raising funds from thousands of grassroots supporters. AHS will be reaching out to parents, grandparents, staff, alumni, parents of alumni, grandparents of alumni, family and friends of AHS, and the community at large.

We thank all of the matchers, donors and volunteers for stepping up in support of AHS every year. Because of you, we can continue to provide exceptional learning experiences that enrich our students and prepare them for an exciting future.

DONATIONS WILL BE GENEROUSLY MATCHED,  
SO YOUR GIFT CAN PROVIDE UP TO **4X THE IMPACT** FOR OUR SCHOOL.

**DAY of GIVING**



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If you would like to pre-pledge your support, please contact **Rella Margolis** at **416-494-7666 x 261** or **[rmargolis@ahschools.com](mailto:rmargolis@ahschools.com)**

Welcome to

# Our New Board President: Jono Halpern

By: Julie Bergman



A hearty welcome to Associated Hebrew Schools' new Board President, Jonathan (Jono) Halpern. Jono, who is the President of Metropolitan Equities Limited, assumed the role of Board President in June of this year, after serving on the AHS Board of Directors since 2018. Jono grew up in Winnipeg where he attended the University of Manitoba, and holds a Bachelor of Commerce (Honours) degree with distinction in Accounting, and is a CPA, CA.

Jono and his wife Marni were both fortunate to have received Jewish Day School educations and agreed that they would do whatever was necessary to provide that same opportunity for their children, Sophie '20, Lily '20, and Leo '18.

Their school selection was easy, as Associated is a true community organization. Jono describes, "Associated creates an environment that is welcoming to everyone in the community and exposes students and families to a cross-section of everyone our community represents." Jono and Marni felt that by connecting to others with differing backgrounds, they and their children would appreciate all the benefits of being part of a community.

Marni became a committed volunteer with the PTC and Jono soon followed suit. Jono admits, "When AHS faced challenges and consolidated the Kamin and Danilack branches, I wanted to get involved to see if I could assist with dealing with these financial issues." He began volunteering with the tuition subsidy committee and was invited to join the Board the following year.

Jono always felt inspired to give back to the Jewish community. "Both Marni's and my parents and grandparents were lay leaders and donors to many community organizations while we were growing up. They set an example for us of giving back to the community." Jono chose to get involved in giving back to the organizations from which his family benefited, and also to set an example for his own children of the importance of giving back to the community for the benefit of others and future generations.

In his spare time, Jono enjoys quality time with his family, whether it be exploring new places within Toronto or far away, doing puzzles, watching movies, or discussing the news and popular events. He is an avid cyclist as well as a regular blood donor who has contributed more than 100 blood donations in the past 30 years.

**Kol Hakaavod, Jono, and best of luck in your new leadership position!**

“Having a Jewish education not only provides a continuity of Jewish life within our family, but we hope it will enable our children to contribute and be part of the greater Jewish community as well.”



# Wellness in Action

By: Sandy Seider and Debbie Stern



While the health and well-being of our students and teachers has always been a priority, it has become even more clear that social connection, savoring positive moments, and resilience are key to optimal teaching and learning. We plan to continue our efforts in the coming years to promote the culture of care that we pride ourselves on.

AHS offers a warm and welcoming environment in which everyone at school feels supported and included. We acknowledge the importance of social-emotional learning and use intentional teaching methods that contribute to a positive classroom climate and well-being. Our staff uses cooperative learning and student-centred methods of instruction, as well as engaging our students in ongoing outdoor learning activities. This year, we look forward to the return of our various sports teams, clubs and intramurals for children to further engage with each other.

At Associated, we continue to find curriculum opportunities to talk about well-being in our classrooms. From healthy eating and exercising, to conversations about mindfulness and positive relationships, staff are intentionally focused on supporting our students' well-being. In order to enhance student achievement and sense of purpose in school, parents continue to be our essential partners: our home-school communications are imperative. We look forward to continuing our partnership with parents throughout the 2022-2023 school year.

School staff members continue to build on their repertoire of skills to support student wellness. Schoolwide Professional Development days have always provided important learning opportunities for staff in this regard. Over the past few years, there has been an intentional and timely emphasis on student well-being during these PD sessions. This year, our plan is to provide ongoing support in this area and to build our teachers' capacity to support student wellness.

With the launch of Jewish TO Mental Health Champions this past spring, coordinators of the AHS Centre for Diverse Learning (CDL) had the opportunity to participate in Mental Health First Aid - Support Youth, a program funded by the UJA Federation of Greater Toronto. Members of the CDL team saw this as an important opportunity to enhance the work being done in our school to support students' social and emotional development and well-being. Being able to identify signs of declining mental health is key, as once a student has been identified as requiring some kind of "first aid," steps can be taken to guide the youngster toward appropriate support within the school community and within the larger community outside of the school environment.

School administrators, CDL coordinators, teaching staff, and support staff work collaboratively to support our students who deserve opportunities to develop their social, emotional, and academic skills. Together, we ensure they have these opportunities, so that they can thrive at AHS with confidence and a sense of belonging.

# Building A Better Us

By: Tova Sabeti '99, Julia Tighe, and Shira Lass '05

Has this ever happened to you? As you're rushing out the door, you remember that you need to make your sacred cup of coffee. You're pouring in the milk, and distracted by everything else the morning brings, when your coffee overflows and spills everywhere. You're moments away from literally crying over spilled milk. As adults, we are able to calm down, problem-solve on the spot, and make the decision to buy a coffee on the way to work. We have already learned the emotional regulation skills to problem-solve and meet our end goal through a different path. This, however, is not as easy for young children.

Associated's Bet Hayered program focuses on teaching these crucial life skills to our littlest learners, who have very complex social and emotional needs. One of the students' favourite times at school is our monthly Rosh Chodesh celebration. During Rosh Chodesh, we bring together our Bet Hayered community - all of our Nursery, Junior Kindergarten and Senior Kindergarten classes - to learn and celebrate the new Hebrew month. This year, we are celebrating each new month while bringing light to various Middot, to help the students strengthen their social and emotional well-being.

Through our Rosh Chodesh celebrations, students gain exposure to and modeling of the monthly Middah. They learn to build up their self-worth and contribute to their community while navigating their social and emotional interactions. At the Rosh Chodesh Tishrei celebration, we discovered the Middah of **אדם יחיד** - the uniqueness of every human being - which helped the students find what makes them special and unique. To begin Chodesh Tishrei, "Giveret Rosh Chodesh" dramatized a social moment of dysregulation in which she was very upset, and various students from Nursery, Junior Kindergarten and Senior Kindergarten helped Giveret Rosh Chodesh look into the mirror and find something special about her and about themselves. To follow, for Rosh Chodesh Cheshvan, the students learned about the story of Noah's Ark and connected the Middah of **אהבת הבריות** - love for all God's Creations. The students learned about what it means to take care of others, and specifically the animals at Postluns' Pinat Chai (Animal Corner). The Middot are explored and reinforced through dramatizations, songs and dances, so that the students internalize what they have learned and continue to practice their new value.



As we continue to celebrate Rosh Chodesh community events, the students will learn to take control of their emotional needs, while learning how to independently survey problems that arise and use critical thinking skills to solve these problems. When a Bet Hayered student spills their milk, instead of crying, they start to process with problem-solving, and then navigate through a different path to reach their goal.

# Tikun Olam Comes in Many Forms

By: Noya Zaltzman

Tikun olam is a Hebrew phrase that means "repairing the world," reflecting humanity's shared responsibility to repair and transform the world. It is one of many leadership values we cultivate at Associated. Moreover, during the months of Elul and Tishrei, we take the time for introspection and self-evaluation as we acknowledge the good that others do for us and think of ways to heal and give back to our community. At Associated, we take our responsibility to ourselves, our school, and our community very seriously.

Giving Tzedakah, charity, is a meaningful activity all year long. The months of Elul and Tishrei are believed to be particularly significant times to share with those who are less fortunate. As part of their learning, students took part in a STEAM project to create a Recycled Tzedakah Box. Students explored different coins, measured their sizes, and planned their prototypes for a box made of recycled materials to hold them. The task required the students to think critically and apply their knowledge of the various aspects of their learning.

The older grades also explored the concept that tzedakah is one of the three things described as "maavirin et ro'a hagezairah" – removing a bad decree.

By giving to others, we demonstrate that our priorities are in the right place, thereby gaining merit. Each class created a pledge board with the children's commitments for good deeds for the upcoming year. No matter how big or small, good deeds carry double weight - we make a positive impact, and we feel great at the same time.







Our Grade 1 students celebrated their Tekes Aliyah in a very moving community event. For this special tekes (ceremony), our Grade 5 students took a leadership role and were paired with Grade 1 students.



Tikun Olam was also at the forefront just before the High Holidays, when students and their families took part in a local food drive. Through this initiative, students acknowledged their responsibility as Jewish people to help others. The positive response from students and families was overwhelming.

They walked together under a tallit and sang to each other, as the older students ushered the little ones into their new phase of school life. Parents, grandparents, and students in Grades 2-4 enjoyed a school-wide celebration with musical performances from each grade to welcome the Grade Ones to the Elementary level. The Grade 1 classes heard valuable advice from our Grade 5 students, as well as a poem from their teachers. A solid sense of belonging could be felt throughout the gathering.

Tashlich, which literally translates to “casting off,” is a ceremony performed on the afternoon of the first day of Rosh Hashanah. It can also be done during the 10 Days of Repentance (עשרת ימי תשובה). During this ceremony, Jews symbolically cast off their sins of the previous year by tossing pebbles or bread crumbs into flowing water. During this ritual, we think of all the things we may have done wrong in the past year and then “throw them away,” promising improvement in the coming year. The symbolism of Tashlich is something children can understand as they think about all of the things they struggled with in the past year, and then throw them away. Trying harder to be better people is something that they can work on, too. Our Grade 1 students closed their eyes and thought of at least one thing that they would like to change and do better this upcoming year. They were then ready to symbolically do Tashlich as they crumpled up a piece of paper and threw it into their imaginary flowing water, while the Grade 3 students walked to the G. Ross Lord Park reservoir and performed the traditional ritual of Tashlich. They prayed beautifully, casting all of their sins away, and are ready to do their part to make this year better.

Lastly, every year, millions of students across Canada take part in the Terry Fox School Run. For the 30th year in a row, AHS's Grade 5 students ran in their own Terry Fox School Run. Before completing the race, students learned about Terry Fox and the history of the run. They discussed how he reminded us all that we can make a difference in the world and change people's lives for the better - in other words, that we can all play a part in Tikun Olam.



# Grade 8 Ends in Style

By: Faye Rewald

## **The Grade 8 students concluded their Associated journey with a series of fun and memorable events.**

First up, the students boarded a coach bus on May 24th and headed east to Montreal for their graduation trip. Their first stop was at the Bell Centre, where students had the opportunity to get a peek at the grand arena. What a treat for hockey fans, as they walked through the dressing rooms and sat in the press gallery. A night of bowling and fun at the hotel marked the end of a special first day. The next couple of days were fun-filled and jam-packed. Activities included an interactive workshop on identity and self-expression at the McCord Museum, exploring in the Montreal Science Centre, and touring the Montreal Holocaust Museum and meaningful connections to the Grade 8 Facing History and Ourselves course. Students also had a fun and active session at the Circus, learning various circus skills. This trip provided a wonderful opportunity for both teachers and students to bond and create lasting memories.

Our Awards Ceremony took place on June 16th at the Prosserman Jewish Community Centre, where awards for sports, academic achievement, and character growth were handed out to Grade 8 students who exemplified intellect, resilience and grit. Students were then surprised with an ice cream truck bearing cool treats.

It was fabulous to have students once again participate in an in-person graduation processional at Beth Emeth on June 21st, where they were all dressed up in their graduation gowns. Parents, grandparents and siblings celebrated the graduates as they listened to addresses from Head of School Ora Shulman and Principal Kevin Knopman, watched videos of their time at Danilack, and received their diplomas. Our two valedictorians, Kelly Fox and Daniel Hasson, spoke eloquently and were celebrated by all attendees. A dessert reception followed where students were presented with a gift from our PTC. It was lovely to see our students and families beaming with pride, basking in the glow of the culmination and success of their time at Associated.





# Mazel tov to the graduates of 2022!

Students ended their time at AHS in style, and we wish them B'hatzlacha rabbah as they continue on their academic journeys.

# Celebrating Sports Teams

By: Jamie Dennis, Corey Jocelyn & Robbie Kauffman



From late game heroics and overtime winners to sudden sports heartbreaks, we have experienced it all at AHS. These are the moments we both love and hate during a season of extracurricular sports, the moments that serve as building blocks to creating a student athlete and helping them establish stronger bonds with fellow student athletes and coaches. During a full season of extracurricular sports, students learn how to pick each other up during times of adversity and how to be gracious winners.

**Athletics also help with confidence and building leaders for high school and beyond - AHS alumni have recently found success in the OHL and the NCAA.**



There is nothing more amazing than watching a group of students come together to achieve success at common goals. Over the years, students have competed in a wide variety of team and individual sports, from soccer to basketball and cross country to hockey. School sports help shape athletes and allow students to develop strong relationships, sportsmanship and derech erez, while playing a game that they love. The main focus of every school team is to bring a group together to realize how special they can be when they collaborate, support one another, and work hard. At AHS, we offer opportunities for participating in sports teams from a very young age, to help our student athletes grow and to give our athletically-inclined students many opportunities to excel.

All three campuses have experienced a great deal of success in the Jewish Day School Sports League (JDSSL) this year. Over the years, our students enjoyed lively seasons last spring. All AHS campuses worked hard and played well, winning several tournaments across different age groups. This hard work and dedication has been evident to all spectators at AHS sporting events. The success of the athletics program shows in the high number of championship trophies displayed in the front office

and hallways. Many, however, have said that witnessing the acts of kindness, sportsmanship, camaraderie, and respect for everyone involved has been the real shining moment of the season. The continued success of the AHS extracurricular athletics program is attributable to all of the outstanding students and coaches that make it happen. This year, the students couldn't be more excited for a full complement of sports opportunities. This year's participation is greater than ever, and we are so thrilled.

**The future looks bright for athletics at Associated!**

# Alumni Q&A

We are thrilled to welcome back so many of our AHS alumni as parents at our school. We sat down with Yael Bogler '98 and Tali Bogler '00, AHS alumni and sisters, to catch up on their AHS experiences then & now.



## Yael Bogler

### What brought you back to AHS and what grades are your kids in?

We were impressed by the excellent education, rooted in Jewish values, and the overall warm, nurturing and

haimish environment that AHS Posluns provides. We feel very blessed and fortunate to be able to send our children to Jewish Day School, as we are strong believers that receiving a Jewish education is one of the greatest gifts that we can provide to our children. Our boys, Jonah and Ezra, are in SK and Nursery respectively.

### Can you tell us a little bit about yourself today and what you are doing now?

Together with my husband, Daniel Bernholtz, we are raising our two awesome boys in Toronto. I practice commercial leasing law in the Commercial Real Estate Group at Borden Ladner Gervais, LLP. In my spare time, I spend as much time as possible with family and friends, enjoying the city and travelling. I am also a dedicated volunteer for United Jewish Appeal – I am currently part of the Jewish Federations of North America National Young Leadership Cabinet and serving on UJA's community campaign.

### What were your favourite parts of your AHS experience?

My favourite parts of the AHS experience were the lifelong friendships I made, as well as the overall Jewish experience that served as a critical backbone of my strong Jewish identity. One of my favourite memories to this day is the Yom HaSiddur ceremony and making my beautiful siddur cover. I was so incredibly proud of that moment and I believe that this was one of the pivotal moments in instilling a lifelong appreciation and love for being part of the Jewish community.

### What are you most excited for your kids to experience at Associated?

I am most excited for them to receive the foundations necessary to develop a strong Jewish identity and a love for Jewish traditions, as well as making lifelong friends!



## Tali Bogler

### What brought you back to AHS and what grades are your kids in?

Associated is where I made lifelong friendships and developed a strong connection

to Judaism and its history. I have fond memories of AHS being a warm and nurturing environment, while being strong academically. My twin girls, Ellie and Simone, joined AHS this year and are in SK.

### Can you tell us a little bit about yourself today and what you are doing now?

I am an academic family physician downtown Toronto and practice low-risk obstetrics.

### What were your favourite parts of your AHS experience?

My favourite parts of AHS were making lifelong friendships, as well as developing a deep-rooted connection to Judaism, our history, and the Jewish community in Toronto.

### What are you most excited for your kids to experience at Associated?

I am most excited for them to develop a strong understanding of and appreciation for Jewish traditions, learn Hebrew, thrive academically, and make lifelong friendships!

## Alumni who have returned as parents for the 2022-23 school year!

Leora Chiprut '97  
Erin Cohen '99  
Marla Klug '98  
Emanuel Flatt '01  
Mathew Frieberg '02  
Lauren Michaelou '02

Danielle Greenberg (Levine) '02  
Michelle Soer '97  
Meital Hiutin '99  
Neil Joseph '94  
Daniel Klasner '99  
Jonathan Leibtag '99

Cara Lindsay '98  
Melissa Lass '97  
Eleanor Weitzner '96  
Sarah Pecchioli '04  
Nir Pecchioli '04  
Toua Segal '05

Tali Bogler '00  
Ron Stark '91  
Alithea Stern '97  
Simmi Toby '06  
Dany Weisz '93  
Yonatan Weitzner '00

Katherine Weitzner '98  
Steve Whiler '01

## Alumni Profile:

# Becky Friedman '07

By: Julie Bergman

Ever since her elementary days at Kamin, Becky Friedman '07 aspired to become a teacher at Associated. That dream has since been realized and Becky has been a member of the AHS staff for the past seven years. Serving as both Torah Specialist and as Interim Operations Director, Becky brings her enthusiasm, expertise and love of learning to both positions.

Associated cultivated Becky's love of learning and her love of Jewish studies. Influenced by her older sister, Elisheva '04, who participated in the Chidon HaTanach (Bible Contest) before her, Becky also went on to compete in the Canadian Bible Contest during her formative years at Associated. She continued to participate in the tournament throughout high school and often returned to AHS to share her insight and wisdom with the AHS Chidon students. In Grade 10, Becky placed second in Canada, earning her a spot to compete the following year in the International Bible Contest in Israel, where she placed first in the Diaspora Contest and fourth in the World Contest. On returning from the Internationals, Becky dove into judging the Canadian contest and later co-wrote the tests for the Canadian Bible Contest. While studying at York University, she began coaching Chidon at Associated, before coming to work here full-time. In 2019, she placed fifth in the Adult International Bible Contest in Israel. "Both in Canada and in Israel, as a child and an adult, as a student and a teacher, the Chidon HaTanach remains one of the most special and impactful experiences in my life."

AHS shaped Becky's Jewish identity in deep and meaningful ways. She recalls, "Yom Ha'atzmaut celebrations and year-round Israel-related activities fostered in me a love of Israel and a desire to visit years before I'd ever set foot there. Talmud classes whetted my appetite for learning more and furthering my learning and Dinim classes and holiday experiences have formed the basis of my understanding and observances."

Becky's fondest AHS memories include performing in the school play in Grades 7 and 8, writing and editing the middle school newspaper *The AHS Press*, performing a comedy sketch for the Grade 8 Talent Show and representing Associated as a Grade 8 valedictorian. She also fondly remembers her teachers, including some of her English teachers who are now her co-workers, who fostered and encouraged her love of creative writing.



Immediately following high school, and with generous assistance from AHS scholarship awards, Becky studied in Israel at Midreshet Lindenbaum, an Ohr Torah Stone seminary. There, she studied Talmud, Tanach, and Halakha. Last year, she became a scholar in Ohr Torah Stone's International Halakhic Scholars Program, a four-year program for women around the world to pursue high-level learning of Halakha and to gain mastery of Halakha relating to Shabbat, Aveilut (mourning), Kashrut, and Niddah (ritual purity).

In her (minimal) spare time, Becky loves studying Tanach as well as Gemara. She also loves writing fiction and poetry, and is a fervent reader, especially of fantasy books. She has even had the pleasure of serving as a beta-reader for one of her favourite writers, Amelia Atwater-Rhodes. "My Bachelor's degree is in editing books, so that's enjoyable to me both as a reader and as an editor."

**Congratulations, Becky, on all of your past, present and (certainly) future successes! Here's to filling your life with many more experiences!**

# The Altbaum Family Finding their Home

By: Tova Sabeti '99



Shelby Altbaum spent her youth living in Thornhill, and it was always important to her family to split their spiritual time between The Lodger Centre and The Kiever Shul. Her maternal grandparents were Holocaust survivors, and that need for connecting was deeply ingrained. Though Shelby grew up in a traditional home, having Shabbat dinners with her Bubie and Zaidie and extended family and attending supplementary Hebrew school, her love for the more religious aspects of life came from her time at Canadian Young Judea Camps. Shelby attended a French Immersion public school, and always looked forward to her summers to hone her tefillah, rikkud, and Jewish ruach. "CYJ helped me develop my Jewish identity and strengthened my connection to our Jewish community."

Shane attended Jewish Day School until Grade 5, but found that the Jewish schools in his area did not connect with his hashkafa. Shane then switched over to a non-Jewish private school, and his mother told him, "Moving here means you need to work even harder to be Jewish. You cannot drop even one mitzvah." Shane admits that as soon as he arrived at private school, he was able to see his place in this world as a Jew.

When Shelby and Shane met, they realized they did not observe Judaism the same way, but for the Altbaums, this only drew them closer together. Today, keeping Shabbat is not only a religious observance for the Altbaums, but a day fully dedicated to family. "We bond and are able to connect and reconnect every week on Shabbat."

When Shelby and Shane started their journey of finding the right fit for their children's schooling, they wanted to find a balance of a strong secular education to advance their children's lives, while strengthening their Jewish foundation. After Shelby and Shane virtually toured Associated in 2020, they shared the same sentiment: Associated has the right drive to make sure students are not behind in anything for their future. There is a perfect balance of children connecting with their spiritual roots while gaining knowledge about the world around them. Associated offers a mix of Jewish lifestyle and celebrating traditions, and the secular education that solidified their decision. Shelby and Shane so aptly pointed out that AHS allows students and their entire families to become part of a warm and welcoming community. Their children now come home introducing Shelby and Shane to songs and rituals that have become their own.

“Once you start at Associated, you want to take every opportunity you can to get involved, because you want to partake in the same experience and be draped in the same love that they receive every day from the whole school”

If you are interested in starting your journey home to Associated, contact us at [admissions@ahschools.com](mailto:admissions@ahschools.com) or by phone at 416-494-7666, extension 575.



# The Power of Parsha

By: Becky Friedman '07



The Torah has always been directly in the hands of the Jewish People. It is not a relic to be revered and locked away; it is for all of us, to read at any time. We are commanded to publicly read the Torah as a nation on a regular basis. Over the generations, our observation of this commandment has become our current practice of reading the weekly Parsha, beginning and ending each year on Simchat Torah. At Associated, we find that learning Parsha is particularly powerful for our students and community, on many levels.

**The Power of History:** While the Torah is not a history book, it contains a continuing narrative, from the creation of the world to the Jewish People's travels in the desert on our way to Israel. Learning Parsha from week to week allows our students to experience this narrative consecutively and gain a more comprehensive view of our early history: Parsha helps us to weave all the different focuses from Torah class together and understand where everything fits.

**The Power of Connecting Globally:** There is something beautiful in knowing that on any given week, everywhere in the world, Jewish People are learning the same weekly Parsha as we are. By learning Parsha, we participate in a sort of nationwide book club, with shared topics of conversation with our fellow Jews around the world.

**The Power of Connecting Locally:** The Parsha also brings us closer with friends and family. Each week, our students are able to discuss the Parsha with their families on Shabbat - they even bring home a Parsha sheet with summaries and questions to look at together.

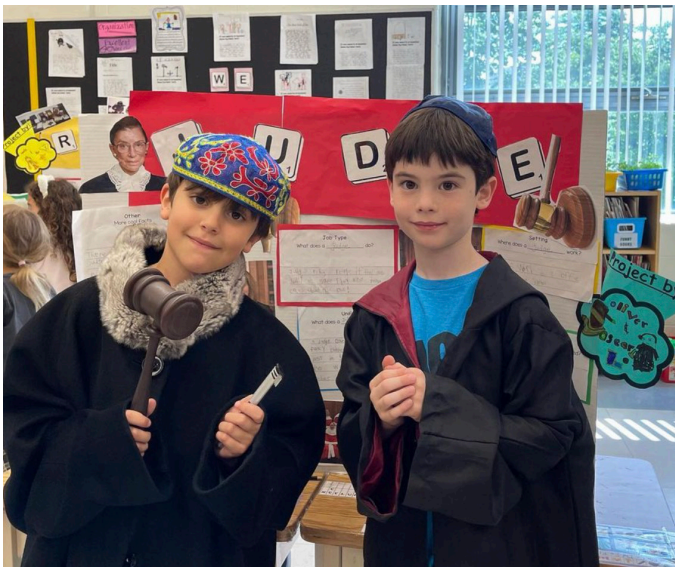
**The Power of Inspiration:** The Torah was written thousands of years ago, and yet it is still deeply relevant to us; each year, we discover new gems within the Parsha. Learning Parsha provides our students with inspiration and life lessons. It instills in them a love of learning Torah - and whets their appetite to learn more. At the end of each class, students share their own questions and interpretations, laying the groundwork for them to become Torah scholars who think critically and deeply about our sacred texts.

At AHS, the weekly Parsha is a cornerstone of our Judaic learning. We give our students ownership of the Torah by learning it together, again and again, asking questions and offering explanations. Our students look forward to weekly Parsha classes, and we continue to receive positive feedback about our Parsha summary sheets and the *De'ush* Parsha magazine that we distribute to students in Grades 3-5.

We are deeply proud that our students share in the power of Parsha - the power to continuously learn the Torah, use it to connect, and take ownership of it with love and inspiration.

# Project-based Learning: A Means to an Indeterminate End

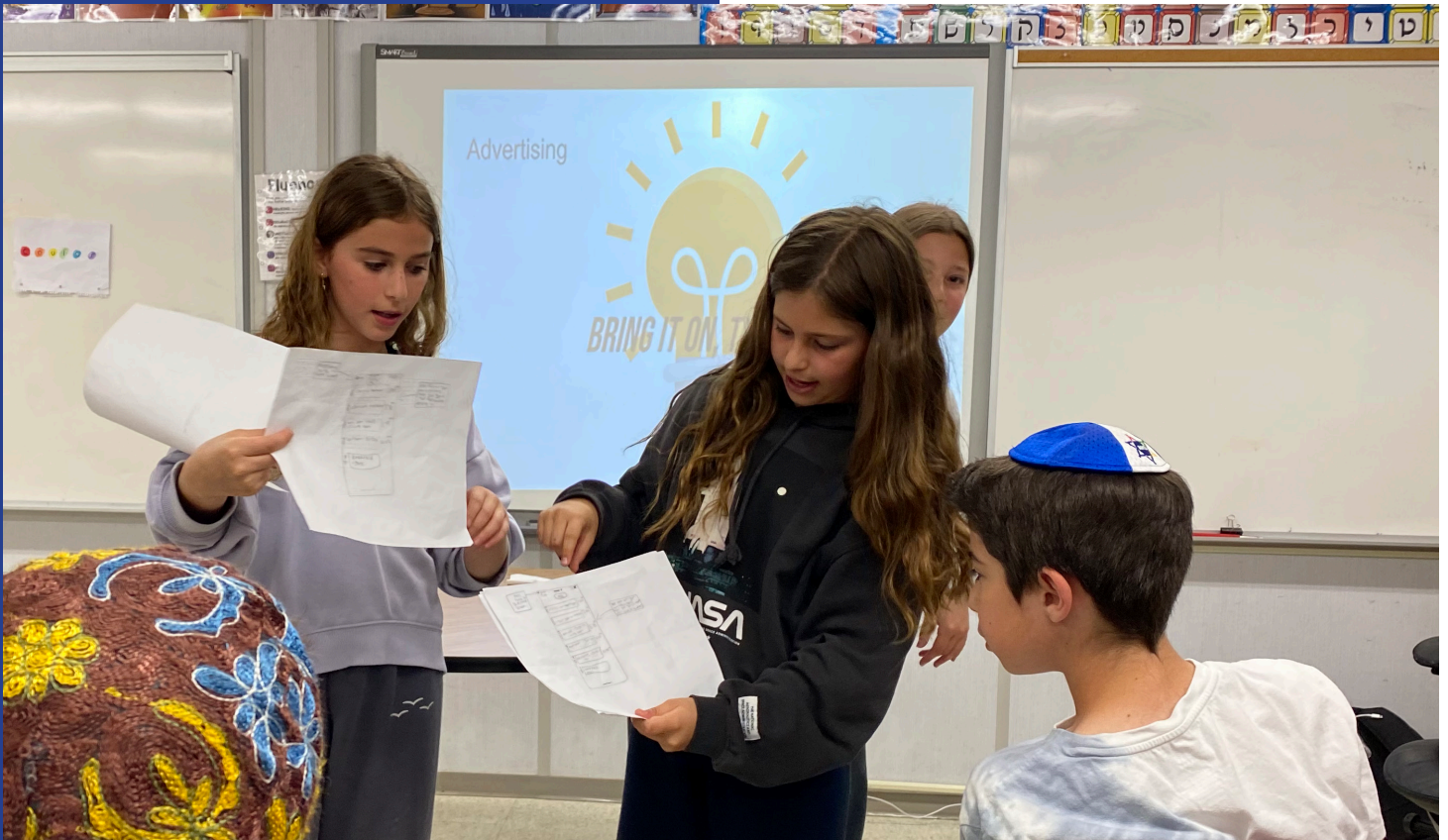
By: Dr. Lee-Ron Kaye and Brittany Lew



In our perpetual pursuit of academic excellence, we began our Project-based Learning journey at AHS over a year ago. Project-based Learning (PBL) is a pedagogical approach that provides rich learning opportunities for students to reach their creative potential, develop timeless skills, have voice and choice in their learning, and nurture their Maker Mindsets. PBL is about giving students the freedom, power, and opportunity to carve out their own learning trajectory, and teaching them the skills to reflect upon and assess their own progress.

PBL deviates from past approaches by shifting how teachers design projects. The process becomes the focus, and supersedes the product. PBL recognizes that a project can be so much more than an assessment artifact students complete at the end of a unit.





According to the PBL philosophy, projects should not be prescriptive instruction manuals that tell students what to create and how to do so. It reframes how projects are assigned, seizing the opportunity to concurrently teach students transferable skills such as time management, executive functioning, collaboration, problem-solving, and communication.

One of the central tenets of PBL is that the projects teachers design allow students to develop self-regulation skills. This means that students are both self-starters and self-managers. They can take risks and initiate tasks, and are also taught strategies for sustaining their learning and persevering when faced with problems or plateaus. The other core aspect of PBL is that projects give students agency. Students ask questions, decide how the process should unfold, and design their own products. Ultimately, PBL moves the needle from student engagement towards student empowerment. It is a shift from giving choices to inspiring choices, from differentiated instruction to personalized learning.

When we began our PBL journey, we knew it would be exactly that - a journey. We all started at different points, took different paths, at different speeds, and have ended up in different places. And as we know from our experiences in the classroom, this is what true growth looks like. Teachers' advancement in their PBL journey was supported by system-wide PD sessions as well as weekly departmental meetings. During our final PD series in June 2022, each team showcased the PBL unit they piloted and we collectively reflected upon our progress. Highlights include a mock job fair in Grade 1, a Tiny House model in Grade 3, and a Shark Tank-inspired entrepreneurial pitch in Grade 5. As we celebrated our growth, we inspired and learned from each other, identified successful strategies to bring forward, discussed challenges, collaboratively problem-solved, and ideated with the goal of improving as we embark on the next stretch of this journey.

# An Evening of Appreciation

By: Julie Bergman

On the evening of June 26th, a reception was held at our Hurwich campus to honour our donors and recognize the generous contributions made to our school community. Associated Hebrew Schools gratefully counts on parents, grandparents, alumni, staff, and other members of our community for their continued support of our school. It is thanks to these donations that Associated can continue to build community, engage in innovative educational programs, and bring Jewish learning to life.



The evening kicked off with a welcome address from our Head of School, Ora Shulman, before guests were led on a tour of our recently renovated campus. The student choir, led by music teacher Irina Dubnitzky, then performed a selection of Hebrew and English songs including Hallelujah and Shir Yerushalayim. A beautifully framed, personalized Birkat HaBayit was then bestowed to each donor.

The evening concluded with the viewing of two videos. The first one highlighted student artwork that reflected their Jewish pride. Through colourful designs and collages, students expressed the importance of their Jewish identity as well as the history, endurance, traditions and continuity of the Jewish people. The second video highlighted students answering questions about their AHS experience, including what they love about Associated, what their favourite subjects are, and what is their most fun thing to do with friends at Associated. It was evident from the answers given that all of the students felt a strong connection to and love for their school.

At Associated, we see education as a sacred undertaking: we care deeply about our students and our community, and we want to continue building community, engaging in innovative educational programs, and bringing Jewish learning to life.

**It was a warm and wonderful evening. We are deeply grateful to all of our generous donors for their ongoing contribution to our educational excellence. With your support, we continue to provide the very best in Jewish and General Studies education and to ensure that Associated Hebrew Schools remains accessible to every child.**

# Student Artwork: I am a Jew and This is What I do

As showcased at the donor recognition event last June, Grade 8 students at the Danilack Middle School produced works of Art to represent and convey their connection to Judaism, highlighting and explaining aspects of Jewish life that they find meaningful. Here are a few of their creations:



## One Nation, One Heart - Dahlia '22

“ I am proud to be Jewish because our history tells us that as a nation, from the moment that God chose us to be His nation and took us out of Egypt, all the wars that the Jewish people endured, from that moment up to today, have made us a stronger, more united nation. “One nation with one heart.” Our history has built our identity as a nation. My family and the community I live in have turned me into a proud Jew and have strengthened my identity.



## Tefillin - Leu '22

“ I am proud to be Jewish because I can continue my family tradition of wearing Tefillin every day except Shabbat. Wearing Tefillin is a commandment that enters the domain of a young man the moment he reaches Bar Mitzvah age. It allows me to connect to God in a spiritual way. Inside the Tefillin is the Shema prayer, which is very important to me. When I am afraid, happy, nervous, or when I am going to sleep, I love to read the Shema prayer. The prayer comforts me and reminds me that God is always with me.



## Strength - Avigail '22

“ My artwork is a collage of pictures of Jewish people who were oppressed and downtrodden during the Holocaust. The word strength in my artwork is emphasized because I am proud to be Jewish when I remember how the Jewish people survived and overcame all the hate and oppression that we have endured. I am proud to be Jewish when I know that the Jewish people will never disappear, and will continue to grow even stronger.



YAHALOM י.ה.ל.ו.ם

# AHS's new Bnei Mitzvah program

By: Galit Moyal & Rabbi Joshua Stein



It is a Mitzvah from the Torah to educate one's child and to pass on our Jewish traditions. Sefer Dvarim, Perek 11, states: "ולמדתם אותם את בניכם" - "and you shall teach them to your children." You might also recognize this Pasuk from the Shma, a daily reminder of the importance of transmitting our heritage, customs and beliefs to the next generation of Jewish leaders.

This year, AHS is excited to launch our Bnei Mitzvah preparation program called YAHALOM. The Hebrew word YAHALOM, which means diamond in English, is an acronym for "Yeladim Ve-horim Lomdim" - children and parents learning (together). And that is exactly what we've done: we have created an opportunity for students to learn alongside their parents or other adult guests.

This program consists of five sessions, culminating with the Chagigat Kesher celebration. The sessions are interactive and engaging and are planned and led by our very own middle school teachers. They afford teachers, students, and parents opportunities to learn together and explore engaging and relevant topics such as Jewish identity, Shabbat, parental obligations and a hands-on chesed project: an opportunity to give back to the Toronto Jewish community. The last session will be a celebration of the culmination of our learning and a chance to reflect on all of our accomplishments.

At the end of October, as we launched the program, the Koschitzky Beit Knesset was buzzing with learning and excitement as students and adults learned together. When a Grade 6 student was asked about the program, she remarked that it made her feel more connected with her mother and their shared values of Torah and ואהבת לרעך כמוך. For her, one of the highlights of the session was the heirlooms that were presented by the families and the message of value, hard work and determination that these items carried.

Here at AHS, we continuously reflect on and reevaluate our practices, finding ways to improve and refine our programs to meet the needs of our students with the changing times. One of the many reasons we adopted this new model was to create a meaningful way that this experience will remain with the students forever, as the Torah and Chazal explain the following verse from the Shma:

וְלִמְדַתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר  
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ  
וּבְשֹׁכְבְךָ וּבְקוּמְךָ, "and you shall  
teach them to your children, to  
speak about them in your home  
and as you go along your way."

We strive to engage our students with learning and experiences that will last their lifetimes, that they will keep with them when they travel, and will have with them when they start their homes and families in the future, as well.

The presence of the guests who joined us is a testament to our community's dedication and commitment to being active participants of Klal Israel. Thank you to all who joined us to celebrate our wonderful students, and may we celebrate many more milestones together.

## Mazel Tou!

### Sponsors:

**Lapowich family** in honour of Donald and Arlene Lapowich and Charles Markin and in memory of Ellen (Ruderman) Markin ל"ז.

**Richler family** in loving memory of Clair Fogel and Irwin Lancit ל"ז.



## **AHS SPONSORSHIP OPPORTUNITIES:** **WORKING TOGETHER TO CELEBRATE OUR STUDENTS**

Join us in celebration of our students and teachers by sponsoring a school activity or event. Your sponsorship will be acknowledged in our event invitations and programmes as well as in our weekly branch newsletter. A list of opportunities follows below; each opportunity can be sponsored by multiple donors.

Please contact Rella Margolis, Development Manager at 416-494-7666 x 261 or [rmargolis@ahschools.com](mailto:rmargolis@ahschools.com) for further details.

### **GRADE-SPECIFIC CELEBRATIONS & MILESTONES AT POSLUNS & KAMIN**

• Nursery Purim Celebration	\$720
• JK Model Seder	\$720
• SK End of Year Play	\$720
• Grade 1 Tekes Aliyah & Kabbalat Panim	\$1,800
• Grade 1 Siddur Ceremony and Kabbalat Panim	\$1,800
• Grade 2 Shabbat Play	\$720
• Grade 3 Havdalah Ceremony	\$720
• Grade 4 Pesach Learning Celebration	\$1,800
• Grade 5 Tekes Siyum & Reception	\$1,800

### **GRADE-SPECIFIC CELEBRATIONS & MILESTONES AT DANILACK**

• Grade 6 Sushi Under the Stars	\$1,800
• Grade 6/7 Bar/Bat Mitzvah learning session	\$720
• Grade 6/7 Chagigat Keshet (B'nai Mitzvah program)	\$1,800
• Grade 8: Graduation Gift of State of Israel Bonds	\$10,000
• Grade 7 Shabbaton	\$10,000
• Grade 8 Grad Trip	\$10,000

## **SCHOOL-WIDE SPONSORSHIPS**

### **CURRICULUM ENHANCEMENT**

The *Devash* Parsha magazine enriches the Torah learning of our students in Grades 3-5. A sponsorship of \$15,000 will enable us to continue offering *Devash* for three years.

### **SPONSORING STUDENTS**

Support students whose families receive tuition assistance. Each \$720 sponsorship will provide funding for hot lunches, field trips, books, Chromebooks, and/or sports uniforms for one student in need annually.

All Sponsorships are viewed as charitable gifts and are tax-deductible. All of the options outlined in this document have minimal recognition associated with them and are not considered advertising. Consequently, even sponsorships by businesses are receiptable according to CRA.

# Leave Your Legacy at AHS



By making a commitment to Leave a legacy gift to Associated, we are helping to ensure that the next generations of Jewish children are prepared to be inspired leaders not only in our local community but also in the world. As parents of an Associated graduate, we have been so blessed to watch our son, Jacob '17, grow Jewishly, intellectually and emotionally. We strongly believe that LIFE & LEGACY can help make certain that our Jewish Day Schools have the necessary support to flourish and prepare our children and their children for the future and beyond.

**Ian '73 and Heather Ringel**

## The Jewish Future Begins with YOU

### HOW WILL YOU ASSURE JEWISH TOMORROWS?

**TO CREATE YOUR OWN JEWISH LEGACY CONTACT:**

Rella Margolis, *Development Manager*  
rmargolis@ahschools.com | 416-494-7666 x 261

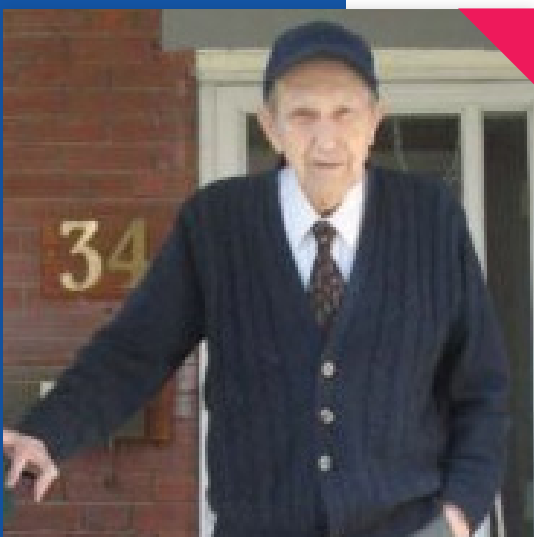






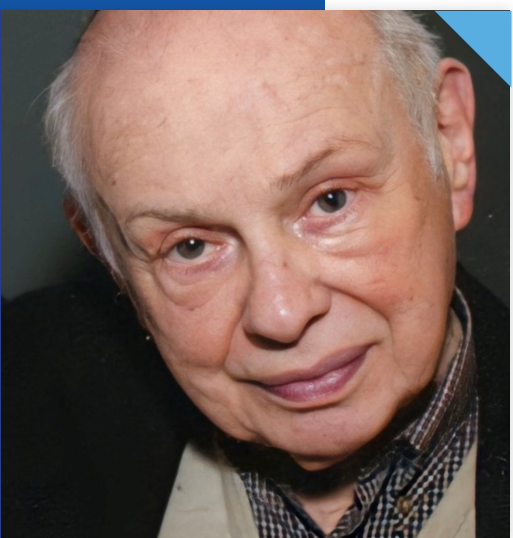
## Life & Legacy Committee: Brian Lass '71, Chair

LIFE & LEGACY is a four-year partnership between the UJA, the Jewish Foundation of Greater Toronto, and the Harold Grinspoon Foundation, to support legacy giving to Jewish Day Schools, including AHS. Legacy giving is planned giving to include AHS as part of your estate plans, including through a will or life insurance. Through Life & Legacy, you can make a difference and your impact can continue long after your lifetime.



## Bequest: David Pinkus ז"ל

AHS is the beneficiary of a bequest from David Pinkus ז"ל, who passed away on May 6th, 2021, just a few days shy of his 97th birthday. An engineer by profession, David worked on the Avro Arrow, the famous Canadian military jet. He was a Kensington Market institution who had a profound impact on the City of Toronto with his leadership in preserving his neighbourhood. Many of his family members benefited from an Associated education. David was featured in a documentary film by Aaron Rotenberg '00 called "*A Portrait of David Pinkus.*" **To find out more about including AHS in your will, please contact Rella Margolis at [rmargolis@ahschools.com](mailto:rmargolis@ahschools.com) or call 416-494-7666 x 261.**



## Prof. Syd Eisen ז"ל

AHS mourns the passing of Prof. Syd Eisen ז"ל, member of the Board of Governors and AHS Life Member. Prof. Eisen was Secretary in 1979 and chair of Va'ad HaChinuch (The Education Committee) from 1985-1986. His passion for Jewish education and his firm belief that every Jewish child has the right to a Jewish education was evident in his time as a member of the Board of Directors and all of the various committees he served on. He continued to be a resource for many AHS Principals and Heads of School, long after his retirement. He and his beloved wife Doris were the proud parents of four AHS alumni: Daniel '73, Robert '75, Sarah '79 and Miriam '84, and grandparents of alumni Jonathan '11 and Benjamin '14 (Alter). Memorial donations in his memory were made to the Professor Sydney and Doris Eisen Fund at Associated. **To find out more about setting up a fund at Associated in memory of or in honour of a loved one, contact Rella Margolis, Development Manager, at [rmargolis@ahschools.com](mailto:rmargolis@ahschools.com) or 416-494-7666 x 261.**

# Thank You - תודה רבה to our Treasured Members of the AHS Giving Society

Anonymous Board Member  
Anonymous Governor  
Anonymous Parent of a Graduate  
Dahlia '91 and Arie '90 Fisher  
Helene & Shawn Goldberg  
Arielle Berger & Daniel Held '96  
Lee-Ron & Scott Kaye  
Jessica Kronis  
Brian '71 and Brenda '71 Lass  
Brittany Lew  
Israel Mida

Elliot Marer '92  
Rella Margolis  
Elaine & Benny Osher  
Ian '73 & Heather Ringel  
Mayer Pearl '88 and Stacey Shein  
Joyce & Aaron Rifkind Charitable Fund  
Naomi Rifkind Mansell '89 and David Mansell  
Martin & Gayle Sable Charitable Fund  
Ora Shulman  
Tanya Werger '06

## Chesed Committee:

Chaired by Deb Osiel-Paris '94 and Daniella Samuel '92

This year, as part of our continued goal to unite as a community, we launched the AHS Chesed Committee. The goal of the Chesed Committee is to provide opportunities for our AHS community to support one another in times of celebration (such as the birth of a new baby), and in times of need (e.g., critical illness, bereavement). We kicked off the inaugural year with the Meal Train project. The Chesed Committee sets up a meal schedule for families, and parents at the school can volunteer to purchase and deliver meals to these families at a time when they can use the extra help.

If you are interested in getting involved with the Chesed Committee, can benefit or know of an AHS family who can benefit from this initiative, or are interested in signing up to provide a meal for a family, please email

[chesed@ahschools.com](mailto:chesed@ahschools.com)



# S'machot V'Chadashot



Tova (Rosenzweig) '05 and  
Jeremy Segal on the birth of

**Noah Joseph**



Diana Jaskolka '02 and Jay  
Gilbert on the birth of

**Blake Rose**



Lisa (Kadish) '94 and Michael  
Zackheim on the birth of

**Kody Adam**

**MAZEL  
TOV!**

**מזל  
טוב!**



Jaclyn (Milstein) '01 and Josh  
Lakien on the birth of

**Jesse Aaron**



Melissa Factor '05 and Brian  
Fruchter on the birth of

**Alexander**



Justin Goldrich '02 and Tamara  
Elituu on the birth of

**Aiden Gil**

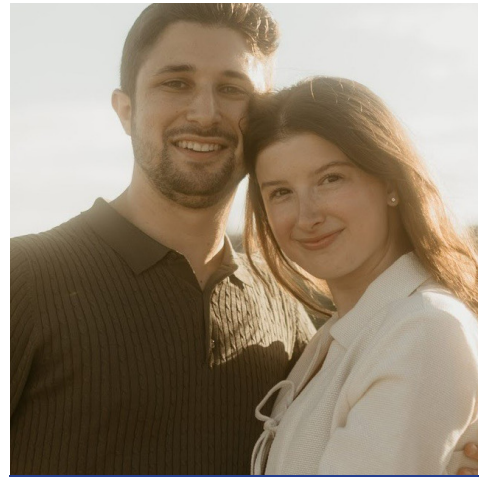
# S'machot V'Chadashot



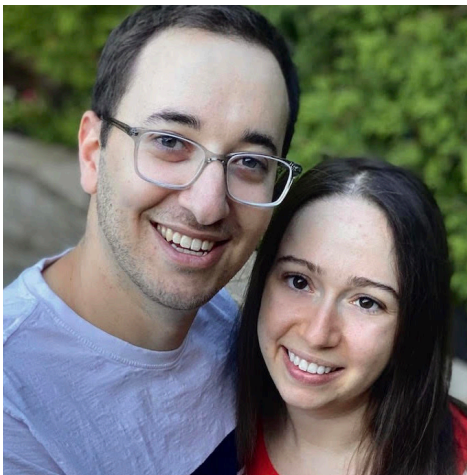
**Engagements**  
Jeffrey Hendlar '05 to  
Madeleine Gottesman



**Engagements**  
Tamar Begun '13 to  
Benjy Schwartz



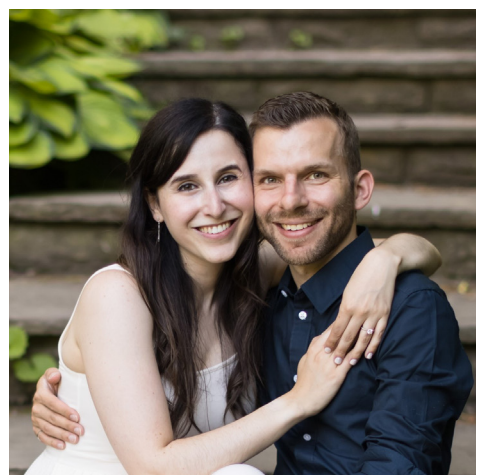
**Engagements**  
Rachel Sender '11 to  
Greg Orelowitz '10



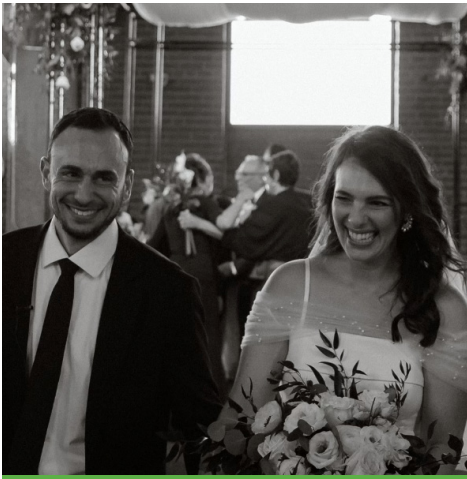
**Engagements**  
Dalia Karol '09 to  
Daniel Weiss



**Engagements**  
Hillel Katz '11 to  
Carly Rutkowsky



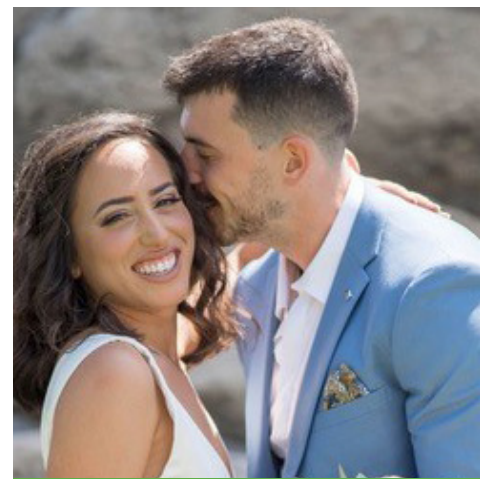
**Engagements**  
Sasha Liknaitzky '08 to  
David Drutz '01



**Weddings**  
Hayley Rewald '03 to Benji Aziza



**Weddings**  
Lindsay Snow '07 to Adi Elman



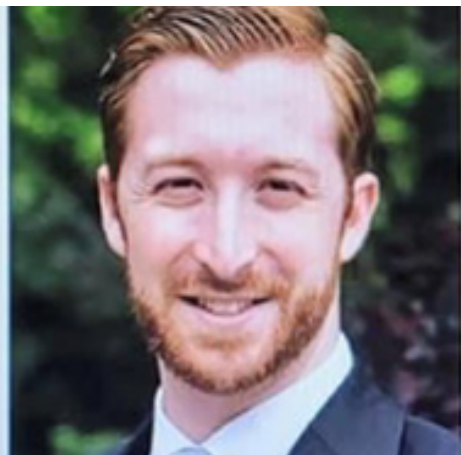
**Weddings**  
Jonah Osher '07 to Yuval Shriki



**Weddings**  
Hayley (Lipworth) Cohen '07 to David Cohen



**Weddings**  
David Hartman '98 to Rachel Albert, Danilack Art Teacher and Student Activities Coordinator



Magal tou to Russell Bahar '08, graduate of U of T Medical School and winner of the Dr. Samuel Leitenberg Memorial Scholarship for the Humanitarian Practice of Family and Community Medicine



Magal tou to Eden Har-Gil '13, who was accepted to U of T Medical School



Magal tou to Fred Winegust '73, on receiving the Queen's Platinum Jubilee Medal for Community Service. Proud parent of Associated Graduates Tamara '01, Adira '03, Yardena '05, Marc '07, and Zev '13.

# MEMORIES

## Posluns



## Danilack



## Kamin





**INSPIRING STUDENTS**  
*WITH THE* **STRENGTH OF**  
**TRADITION** *AND THE*  
**POWER OF INNOVATION**  
התחדשות מתמדת בעידן  
של מציאות משתנה



ASSOCIATED  
HEBREW SCHOOLS  
בית ספר קהילתי