

Schechter Shavua

January 7, 2019 ----- 1 Shevat 5779

Solomon Schechter Day School of Greater Hartford



Schechter Alum Sari shares her love of dance with the community, Shorashim explores shadows, and Gesher student Max makes art connection at the Met, this week in Schechter Shavua.

PLUS, check out a special feature article from Nurse Jaime, and MORE pics from the events around Schechter before break!

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schechter playdates

- Drop-in program for children birth - 4 with parent or caregiver
- Join us for music, explorative play, crafts, Jewish experiences, and snacks
- Coffee and conversation, too!

January 14, 21, 28
February 4, 11, 25
March 4, 11, 18, 25
@ 8:45-10 am

No charge: Open to the community

Solomon Schechter Day School
26 Buena Vista Road
West Hartford, CT 06107

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of Greater Hartford



#SchechterPride in...

Sari Eisen (Schechter 2017) is bringing her love of dance and deep commitment to Community and Good Heart to a new dance program offered at the **JCC**. Along with another Hall High School student, Sari is offering the opportunity for children and teens with developmental disabilities to experience the joy of dance in a traditional studio environment, while gaining appreciation for the Arts and building community and friendships. The class is free and open to all in the community. Click [HERE](#) to see details.



Shadows with Shorashim

In December, **Shorashim** students worked with lights and shadows as a way to connect to Hanukkah. They began by looking at prisms and how they separate the light into rainbows, then investigated what happens when a flashlight shines on different types of materials, like solid blocks, blocks with colored windows, and transparent building pieces. Students built structures on top of a projector; they learned how to use their bodies to make shadows on a sheet and on the carpet, creating a unique shadow and then measuring that shadow.



Making Connections at a Museum!

Gesher student **Max** took some time over winter break to travel to the Metropolitan Museum of Art in NYC. Max was excited to share his knowledge of Louise Nevelson, an artist he studied last year in ArtStudio, after he discovered one of Nevelson's works at the Met! We love when students make connections to things they have learned in the classroom!



A Message from Nurse Jaime

When nurses say “Tis the Season,” they are not referring to the winter holidays! With the colder temperatures and the decrease in outside activity, many people find themselves under the weather. Sometimes it is hard to distinguish the common cold from the flu. Please see the attached chart of the TRADITIONAL differences between the two. As with all health issues, this is not an absolute – every child will show in

slightly different ways. The only sure way to distinguish between the two is to have a doctor swab your nose or throat.

A flu shot is required for all students in EC and any student age 5 or younger – but the shot is recommended for all ages. The flu shot can help protect you personally from acquiring the flu, and it can protect transmission to others around you. There may also be medications to help treat symptoms, but neither of these have a magic cure. If there is positive diagnosis of flu in the initial stages, there may be a medication that your doctor can give you to help shorten the duration. With either diagnosis, hydration is extremely important.

Is it a cold or flu?



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Reasons to stay home from school:

- If your child has a fever (please talk with Nurse Jaime or see exclusion guidelines around fever).
- If your child is unable to tolerate food and liquids, or
- If he/she cannot manage secretions with proper hygiene.

We understand that children have colds and we do not expect them to be absent for the whole winter – but the goal is to decrease transmission amongst friends. Please also be sensitive to your child’s ability to stay on task in class – if he/she is frequently coughing and has the “congested headache,” they may be physically present, but not retaining information. This is counterproductive to healing and education.

[Click here for pictures of World Dance, Middle School Skaters, and the last RELISH of 2018!](#)

Calendar of Upcoming Events

Dates for your calendar:

- January 14: Schechter Playdates Kickoff! Bring friends with kids under 4 y.o.
- January 21: MLK day School in session
- January 22: PA (Parent Association) Meeting @ 8pm at the Tuvins house
- January 26: Schechter Shabbat at Beth El @ 9:30am
- January 29: 8th Grade Israel Trip Meeting
- February 2: Schechter Night at Wolf Pack Hockey Game!

[Click here for More Dates!](#)

of Greater Hartford

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STAY CONNECTED

