

# What's Up?

(What's up?) מה הענינים  
(Ma Ha-inyanim?)

March 10, 2011  
4 Adar 11 5771

## Important Dates:

Friday March 11	Cheri & Debbie's class lead Shabbat
Sunday March 13	Daylight Savings Time Ends (Spring forward)
Friday March 18	Beverly & Jodi's class lead Shabbat

## SHOW YOUR ECC STALLION SPIRIT!!!

Everyone in your family needs an ECC Spirit T-shirt!! Pre-order them today to support our awesome school!! The proceeds go toward painting our gym!! We want the gym walls to reflect the excitement, spirit and fun that is experienced there each day!! Everyone will be wearing their T-shirt at our first ever ECC PEP RALLY on Wednesday, April 6.

ECC Spirit Days will lead up to this exciting event and will include games, songs, cheerleaders, class spirit banner contest and lots more!! Thank you so much for your support of this amazing project!! **A T-SHIRT PRE-ORDER FORM IS ATTACHED FOR YOUR CONVENIENCE!!**

## ***JEWISH STUDIES...***

We are looking forward to celebrating Purim next Friday March 18. We hope you have your costumes ready! Our celebration will take place as part of our Shabbat service. Many of our wonderful teachers will help act-out the story of Purim. Our Pre-K and three-year-old classes will have the opportunity to come up on the Bima and lead a special Purim song. We hope you will join us for this fun and exciting day!

The fun will continue with our annual Buddy Purim Carnival! The children will have the opportunity to play many Purim games and explore a few Purim related activities. The Toddler and two-year-old children will participate in a mini-carnival which will be held on Wednesday, March 16 and Thursday, March 17.

Our Canned Food Drive continues! Please help us fill our Mitzvah Crib! The leaders, the children in Beverly and Jodi's three-year-old class look forward to sorting and delivering all of your donations to Jewish Family Service.

The children in Kira and Nadine's three-year-old class, the leaders of our next Mitzvah Mensch Project, look forward to collecting our Tzedakah money and presenting it to our eighth graders as they prepare for their trip to Israel. Our eighth graders will have the opportunity to decide which charities to help with our Tzedakah. What a meaningful Mitzvah!

Alyse Eisenberg  
Jewish Studies Coordinator

## ***Counselor Corner...***

Dear Parents,

Parenting is always a challenge. When our children are upset, or when they misbehave, our emotions seem to automatically kick-in. Therefore, it is important to first, calm down and be in control of your own emotions. Here are some more helpful tips:

Consistent parenting gives children a loving, supportive, and warm environment at home in which they can thrive. Being a consistent parent is hard work, but the benefits are very much worth the effort.

### Definition of Consistent Parenting:

Establishing a regular pattern of privileges and rewards as well as limits and consequences. It also includes maintaining daily routines (e.g. the same bedtime routine every night).

For example: If you make statements to your children like this - *From now on you kids are going to be responsible for cleaning up your toys before bedtime* - then you need to follow through. That means setting in motion the activity that you intend to happen, as well as what your response will be if it doesn't happen right away.

What happens if you don't follow through? Let's say your children then create a fuss, suddenly have lots of homework, grizzle and complain, or make themselves scarce, it may be easier if you just tidy up all the toys. At least that gets them cleaned up anyway! However, by doing so, this is what your child is likely to take away:

1. My parents do not mean what they say.
2. If I create a scene I can get out of what I have been told to do.
3. My parent will take care of my chores for me.

### Benefits of Consistent Parenting (vs. Inconsistency):

1. Children obey more and do so more promptly.
2. They are more well-behaved outside the home, e.g., at school or out in public.
3. They have fewer "tantrums" and these are less intense.
4. They more readily share inner thoughts and feelings.
5. They act more responsibly, take more initiative, and are more productive.
6. They feel more secure and loved.
7. They have better self-esteem and are happier.

Counselor's Corner is part of our school mental health program, a partnership between Torah Day School and Jewish Family Service. If you have any questions, ideas or concerns please contact me.

Sincerely,

Andy Blum LCSW  
ECC-4<sup>th</sup> Grade Counselor



# ECC Pre-Orders

## Support our ECC

Part of the proceeds from sales will help repaint our gym!

toddler t size 2	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
toddler t size 3	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
child size s (5-6)	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
child size m (8-10)	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
adult small	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
adult medium	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
adult large	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
adult x-large	_____ royal blue @ \$12 = _____ _____ kelly green @ \$12 = _____	Total _____
Sponsor your class for \$225		Total _____

**Accepting pre-orders till March 21st. Place your order today!**

We accept VISA and MasterCard, with a \$1 service fee. Check should be made payable to Levine Academy PA.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Email \_\_\_\_\_

circle one VISA or MASTERCARD Card number \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_ 3 Digit Code \_\_\_\_\_



## What Every Parent Needs to Know

with

**Jeff McKissach**

of Defense by Design

Mr. McKissach is a member of the North Texas Crime Commission with 23 years experience in teaching "must know" safety tips to adults and children.

**7 p.m. Thursday, March 10, 2011**

**Jewish Family Service**

**5402 Arapaho Road**

(one block east of the Dallas North Tollway)

**No Charge**

Come learn:

- › The six steps predators use to seduce a child
- › The most common "lures" used to entrap children
- › How to educate young children without causing undue fear
- › How to better utilize our parental instincts to keep our children safe..

**Please RSVP to Heather Behr at [hbehr@JFSdallas.org](mailto:hbehr@JFSdallas.org) or 972.437.9950.**

Presented by

**Jewish Family Service's School Mental Health Program**

with School Counselors:

Heather Behr (Akiba Academy & Yavneh) . Andy Blum (Levine Academy)

Suzie Hacker (Akiba Academy, Anshai Torah, Beth Torah, JCC, & Temple Emanu-El)

Jeff Tepper (Torah Day School)



**Jewish Family Service**

**5402 Arapaho . Dallas TX 75248 . 972.437.9950 . [www.JFSdallas.org](http://www.JFSdallas.org)**

