



# January News

2019

## Tu B'Shevat: New Year of Trees

Tu B'Shevat is the New Year of trees. It falls on the 15th day of Shevat on the Jewish calendar and on the civic calendar beginning on the eve of the 20th day of January and ending on the eve of the 21st. This is the season in which the earliest blooms of trees in Israel emerge from their winter sleep and begin a new fruit bearing cycle. Among some of the observances of this time is the eating of the fruits of Israel such as grapes, figs, olives, dates and pomegranates.

At the centre we celebrate by teaching the children about trees and the benefits we enjoy because of trees. We also sing songs with the children and show them images of

trees typically found in Israel. Teaching children how to identify trees is another great way to develop their love of trees. Start with trees with three letter names: elm, oak, fir and ash. Have fun finding them at the park or in your neighborhood! You can also celebrate by planting a tree.

Source: [www.chabad.org](http://www.chabad.org)



## Jewish Holidays of 2019 at a Glance

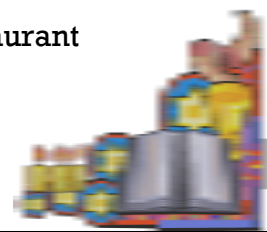
<b>Tu B'Shevat</b>	January 20 (*)-21(**)
<b>Purim</b>	March 20 (*)-21(**)
<b>Passover</b>	April 20(*) - 27(**)
<b>Yom Ha' Atzmaut</b>	May 8(*)- 9(**)
<b>Lag Ba' Omer</b>	May 22 (*)- 23(**)
<b>Shavuot</b>	June 8(*) - 10 (**)
<b>Rosh Hashanah</b>	Sept. 29(*)- Oct.1(**)
<b>Yom Kippur</b>	Oct. 8 (*) -9 (**)
<b>Sukkot</b>	Oct.13 (*) - 20 (**)
<b>Simchat Torah</b>	Oct. 21 (*)- 22(**)
<b>Chanukah</b>	Dec. 22(*) - Dec. 30

\*eve \*\*nightfall

### Important Dates

December 31	4:00 PM closure for New Year's Eve
January 1	Closed for New Year's Day
January 2	Pizza Day
January 21	Board of Directors Meeting at 4:30 PM -1007 Sinclair Street
February 17	Daytona 500 Fundraiser at the Four Crowns Inn Restaurant
February 18	Closed for Louis Riel Day
April 19	Closed for Good Friday
April 22	Closed for Easter Monday

*Wishing you a happy and healthy New Year from everyone at Aleph-Bet!*



Visit us at <http://www.alephbetdaycare.ca>



On December 28, 2018, Aleph-Bet will wish Mara Borenstein a fond good-bye as she begins her retirement from Aleph-Bet following 27 years of service. Mara started her career in 1991 working at Aleph-Bet's Matheson location. Through the years, she has worked with many groups of preschool and school age children including the Ladybugs, Mini-Marvels and as an Inclusion Support Worker building strong bonds with the children in her care. Amongst the many things her colleagues, children and families will miss her way to tell it like it is, her willingness to help others do their best, her ability to nurture and connect with the children and the sound of her voice singing throughout the centre. We thank Mara for her many years of service and her commitment to children and families of Aleph-Bet. It's been a slice!



Left to right: Robyn Avery, Rose Margovski, Mara Borenstein, Ruth Lindsay and Hedva Yurman.



**Aleph-Bet's  
Daytona 500 Fundraiser  
at the  
Four Crowns Inn Restaurant  
1030 McPhillips Street**

Sunday, February 17, 2019

Doors open at 12 PM

Driver Draws

Silent Auction

50/50





## This New Year Resolve to Teach Children Resilience

If you are looking for a resolution that will have a big impact on the children in your life here is something to consider. There are so many things we want to teach children as they grow. We want them to meet all the developmental milestones, learn their ABCs and do well in the things they choose to do. No matter what a child is taught or learns, it is their emotional intelligence that will help them navigate life's ups and downs. One key component of emotional intelligence is teaching children resilience. Resilience refers to one's ability to 'bounce back' from stressful situations or unforeseen outcomes. Children will face many positive and negative things in life. The question is what will they do and how will they respond to their circumstances? As parents and caregivers it is our responsibility to help children respond positively and with strength. On the "Family Matters" web site author Ronit Baras offers 14 ways to teach resilience to young children. Here are the key points (to view the entire article visit the web site listed in the source):

- Avoid negativity. Be a role model for positivity in what you say and do.
- Teach children to trust their instincts and not be so easily influenced by others.
- Teach children to be flexible and open to new ideas and things.
- Teach them to identify their emotions.
- Teach them to take responsibility for their actions and reactions. Empower them.
- Teach them to focus on the positive in every situation good or bad.
- Level your expectations. If they are too high your child may experience less success and feel out of control.
- Help them master a skill. It will help them feel good and build confidence.
- Expose your child to inspiring people who have succeeded against all odds.
- Tell your children they have choices in how they can respond to life circumstance.
- Teach them gratitude. Grateful children are more positive.
- Teach them to reward themselves by recognizing what they do well (ie. I'm a good friend).
- Help them find a purpose such as helping others. This will give them internal rewards such as feeling good about what they contribute to the world.
- Teach them to change the things they are able to and accept those things that are not in their power to change.

**Source:** <http://www.ronitbaras.com/focus-on-the-family/parenting-family/14-ways-to-teach-your-kids-resilience/>

