



# March News

2019

## Purim: Eat, Drink and Be Merry

Purim is the celebration of the time in Persia when the Jewish people were saved from annihilation. It takes place in the month of Adar usually in March and is one of the most joyous occasions in the Jewish calendar. This year it will begin at sundown on March 20th and ends at sundown on March 21st.

According to the book of Ester, a young Jewish woman named Ester was taken by her cousin Mordecai to the house of Ahasuerus, to become the wife of the King of Persia. The king's love for Ester rivaled that of any other woman and he made her queen. Instructed by Mordecai not to reveal to the king that she was Jewish, the king was unaware.

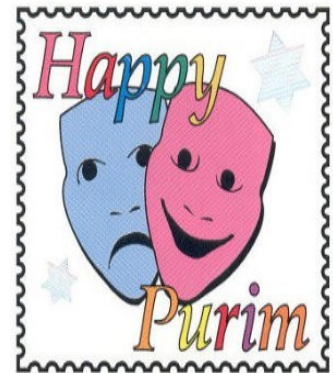
Haman, advisor to the king, hated Mordecai and plotted to destroy the Jewish people. Haman counseled the king stating that the Jewish people would not follow the king's laws and therefore their presence would not benefit his kingdom. The king placed the fate of the Jewish people in the hands of Haman and he planned their slaughter.

On Mordecai's request Ester bravely spoke on behalf of the Jewish people. She fasted for three days in preparation, then revealed to the king Haman's plot against her people. The king saved the Jewish and sentenced Haman to death.

In celebration of Purim, carnival type activities are held and parodies of the triumph are acted out. It is customary to bring food to others and to be charitable.

At Aleph-Bet children can be seen dressed in costumes, singing songs and parading through the centre and neighborhood playing instruments and sounding groggers. Tasty cookies filled with fruit or chocolate called hamentashen are served.

Source: <http://www.jewfaq.org/holiday9.htm> (search Judaism 101); Silverman, Maida: The Festival of Freedom; Simon & Shuster, Inc.



### Important Dates

- March 6 Pizza Day
- March 18 Board of Directors Meeting at 4:30 PM –1007 Sinclair Street
- March 18 Orders due for Kernels Fundraiser
- April 19 Closed for Good Friday
- April 22 Closed for Easter Monday
- May 20 Closed for Victoria Day
- June 3 **\*\*Save the Date\*\*** Family BBQ Fundraiser

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





Thank you to everyone who supported the Daytona 500 fundraising event at the Four Crowns Inn by buying and selling tickets, providing silent auction prizes and volunteering your time. It is an excellent opportunity for family and friends to gather and for everyone at Aleph-Bet to enjoy some down-time together. We had a great turn out! A special thanks to our Board of Directors for getting prizes and to the Kravets family for providing the great venue and delicious food!



The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. To visit the web page click on the following link:

<http://circleofsecurity.net/>

Click on the link to below to download this great **animated video** telling the basic story of Circle of Security: <http://circleofsecurity.net/news/circle-of-security-animation-video/>

## **The Value of Being Self-Compassionate**

We are all looking for ways to strengthen children's ability to cope with life's difficulties. Resilience does not come easily in a world of perfectly curated social media profiles translating into many teens vying for "likes" and "shares". So, how can we give them the tools they need to overcome the disappointments that are on the horizon?

Modeling and teaching self-compassion is a great way to support resilience in children. We can do this by being a role model for the children in our lives. When something does not work out the way you planned, talk out your problem-solving plan so your child can hear you. This can include saying to yourself something like, "Well, that did not work out. What could I do different? Then identify some solutions. You can also add, "That's okay. Next time I will try..." This tells your child that challenges happen and we can learn from them and make changes in the future.

Second, model solving problems on your own and asking for help from others. Each one is a skill to be practiced. No one is an island and too often we try to carry the burden on our own when it is just too much. Teaching children to ask for help is okay. We want them to feel comfortable enough to come to us when they need help.

Finally, never put yourself down in front of your child. You are important to them and how you treat yourself will influence how they treat themselves and others.

Be good to yourself and your child will have a great model for how to treat and care for themselves through their early years and into adulthood. Practice self-compassion.

Aleph-Bet's Nursery Program is open for registration for children ages 3-4. Program hours are from 8:45 a.m.- 11:15 a.m., Monday to Friday. Let your friends and family know we have spots available for immediate enrollment.

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