



**Cheder
Levi Yitzchok**
חינוך על טהרת הקודש



DVAR TORAH

To Create As One

When Hashem created Adam there was no ezer kenegdo (non-literally; a companion) and so Hashem split Adam into Adam and Chava and they found companionship.

In Bereishis, Hashem said "naa'seh adam betzalmeinu" ("let us create the human in our image"), Hashem used the word 'us', a word that tells us this creation was taking place in the dimension of Tikun (which is where we physically exist). Tikun is the dimension of reality where multiple things can exist without destroying one another. Tikun came to exist only 'after' the sefiros in the dimensions of Tohu failed to coexist between themselves. The secret to Tikun's existence is that the sefiros work in unison despite their differences, with a right (masculine), left (feminine) and central (integrated) axis system. In fact, within each sefirah one finds all the other sefiros in 'microscopic' form.

The Ariza"l (amongst other mekubalim) teaches us that the human is an avatar of the sefiros in the three axis system of Tikun. Being that the sefiros are Hashem's expression and the basis of human form, it is understood why Hashem says, 'in our image'.

The Alter Rebbe in Likkutei Torah of Tazria explains that a child's gender is determined by the dominant energy at the time of conception- if it is dominated by the male then it is going to be a girl and vice versa.

The Alter Rebbe explains that though men are predominantly chessed-oriented they tap their inner

feminine energy – gevurah - when expressing; and women who are predominantly gevurah tap their inner masculine energy of chessed, and because of this inner 'opposite' energy within each gender, humans are compatible (to reproduce).

What the Alter Rebbe is building on is that in fact Adam and Chava were not just compatible but actually two halves of one, and only in a state of yichud - oneness and wholeness - could they create, mimicking Hashem's oneness – where even as He says 'let Us make...' Hashem is still one. When we are one, we create.

Being that we are all from Adam, we are all formed betzelem Elokim, we all have the same components as each other (just with different ratios) and we all have a component of each other within ourselves - just like Adam and Chava. That's what gave us the capacity for 'vayichan sham Yisrael' (camping at Har Sinai as one).

We can now appreciate why the Alter Rebbe recommended that we say 'Hareini Mekabel' each day - to love the other as much as ourselves. When we notice the element of ourselves within others, and others within ourselves, we achieve the love required for unifying and creating a Dirah Betachtonim.

RABBI MENACHEM WOLF is a Shliach of the Rebbe, working as the dynamic, driving force behind Spiritgrow. Rabbi Wolf is a member of the Cheder's Hanholo Ruchnis, and is the proud father of Noach Wolf of Grade 5 and Baila Wolf of Grade 1, Bnos Chana.



What I Learned From Reb Arel

Reb Arel was wont to say: when someone gives you a real patch, your rejoinder ought to be: I'm sorry, that I don't recall doing you a favour.

This could be (mis) construed as a rather cynical outlook on people and life, but I didn't hear it that way because Reb Arel was demonstrably a lover of both.

So what's the pshat?

I think Reb Arel was encouraging the bestowal of kindness b'chinom.

He often said, echoing the Rebbe's maamar V'Isho Achas (Hei Tof Shin Mem Vov) that true happiness derives from regarding oneself as "an empty vessel" with correspondingly low expectations of others.

All things 'legs' this week in **Prep**

Natalie Platkowski

Prep students using their fingers as legs to play a game of 'Finger Soccer'.... looks easier than it is!

Can you guess what our word of the week is?



Grade 1 learning about Chometz and Matzoh

Morah Goldberg

This week Grade one made a dough of flour and water and left it to rise. We are learning the difference between Chometz and Matzoh.



Shimon, Maor and Chaim proudly showing the Chumash words they can translate.



The boys in Grade one spend their free time reading about Pesach.

Grade 5 students were rewarded with a trip to Zone Bowling. The students have been working to gain points by applying themselves in the following areas over the past week:

Tanya Baal Peh, each with his own individual quota.
Mincha - Davening like a Mentch i.e Looking in the siddur, no talking, and reading the words carefully
Top behaviour / Derech Eretz during General Studies.

Earned enough points from the 'Yud Alef Nissan Program'



Prep getting ready for Pesach

Rabbi Heidingsfeld



Prep is busy getting ready for Pesach. We also made a model Matza bakery in our classroom and the boys got very busy quickly cutting the Matzos, putting them into the oven, then packaging them to sell.



Grade 1 boys enjoy working together to complete various spelling and maths activities. It is so beautiful to see their teamwork and Achdus!

Each fortnight we choose a different goal to work on as a class. This week the boys were rewarded with chocolate milk for their respectful behaviour towards all teachers and staff in cheder.

Well done boys, keep up the good work!

Mora Chaya



Another exciting week in **Grade 2**

Mesouda Goldman

In Math this week the boys learned different strategies to use when solving subtraction problems. We used number lines to work out answers to various number sentences by 'jumping backwards' with our paperclips, we also practised these skills working in subtraction stations with our friends.



This week we learned about the trigraph 'air' like in the word 'stairs', we even turned our spelling words into stairs! We also practised stretching our sentences using our W question words to turn boring sentences into very interesting ones!

Grade 2 Yom Huledes Fabrengen with L'chaim and Niggunim
Rabbi Knapp



Year 8 Celebrating a Gemorah Siyum
Rabbi Hendel Serebryanski



Grades 3-4 integrated studies made an interactive Tzaraas chart and were very happy to share this information at the Shabbos table.
Rabbi Rosenfeld



The grade 4 boys have taken upon themselves a hachlota to hear a story of the Rebbe each day. They started this on Chof Zayin Adar and plan to ly'H continue until Yud Alef Nissan. The boys listen attentively and thoroughly enjoy the conversation that ensues - centred around living with the Rebbe and making the Rebbe proud. **Rabbi Laufer**



The Torah must Be Recognisable in the Way He Eats, Sleeps, Travels...

The true meaning of chinuch is a "way of life", meaning that the chinuch does not apply to a certain number of hours during the day, but it is constant. As we see from experience with true educators, they don't care only about the students' acquisition of a great deal of (proper) information. Rather, they teach them to be recognisable in their conduct: in their eating, sleeping, travelling, and all matters that the Rambam includes in Hilchos Dei'os through which one can distinguish the wise person.

Rambam writes these [halachos] regarding a chacham (wise person); nevertheless, by contemplating this briefly, one can discern how the same details apply to the chinuch of a little child as soon as he reaches [the level of maturity required] for a certain matter [to apply to him]. After all, as was said, a true educator cares how his child - and one's students are considered as one's children- conducts himself at every moment.

(Sichos Kodesh 5736, vol. 2, Sichas Rosh Chodesh Iyar)



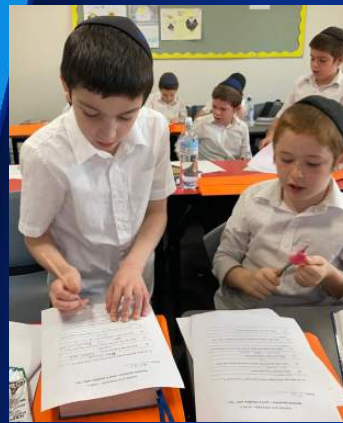
During "PROJECT TEAM" the boys enjoyed an exciting string hunt! It was great to see the boys planning and strategising together with their teams. They spared no effort to search for as many strings as they could find, and finally, they got to tie the strings together. It was beautiful to watch them work so nicely together, enhancing their achdus, teamwork and camaraderie.



Another initiative that the Cheder boys are participating in, is "a gift to our commander". The idea is to have every single soldier reenlisted into Tzivos Hashem - Hashem's army! B"H we've already hit the half way mark



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The year 4 boys had a beautiful farbrengen to say goodbye to Menachem Shraga. Each boy said lechaim and shared thoughtful brachos. It was bittersweet seeing him off as he will be sorely missed by all, but at the same time everyone was so happy for him that his family is going to Eretz Yisroel. The boys told him they hoped to join him very soon with Moshiach!



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