

# VBS ECC NEWSLETTER

## MARCH, 2016



### A MESSAGE FROM OUR DIRECTORS- What Makes a GOOD Life?

What do we want to teach our children about happiness? What keeps us healthy and happy as we go through life? There's a compelling Harvard research study that spans 75 years and tracked 724 men throughout their lives. This study illustrates that it is not money or fame or prestige that creates life long happiness. It is **RELATIONSHIPS**. Good relationships keep us happier and healthier our whole life long. Deep, meaningful relationships are shown to have a positive effect on our brains and our bodies. Regardless of your age, there are many things you can do to deepen your relationships and thus, improve your health and set an important example for your children. Here are a few suggestions:

- 1) Replace screen time with people time
- 2) Liven up a stale relationship by breaking out of routine behaviors
- 3) Reach out to a friend or family member you haven't spoken to in years
- 4) Make whole family playdates so your children can model your adult friendships



**The Good Life is built from GOOD RELATIONSHIPS.** For more information about this fascinating study, Google Robert Waldinger's TEDTALK.

### MARCH DATES TO REMEMBER

3/5	ECC Community Shabbat Service and Pot Luck Dinner 5:30pm SPROUTS featured
3/6	Family Fun Day
3/8	PA Meeting 9:15am
3/12	Tot Shabbat 10:30am
3/17	Parent Conferences 1pm Dismissal
3/18	Parent Conferences ECC Closed
3/20	VBS Purim Carnival 10am-1pm
3/21	ECC 2016 REGISTRATION DUE!
3/23	VBS Purim Family Service 5:30
3/26	Tot Shabbat 10:30am

### CAMP SHELANU

**SUMMER CAMP 2016**  
CAMP SHELANU JUNE 28 - AUG. 12  
CAMP KEF JUNE 20 - AUG. 5

**SESSIONS:**

- CAMP SHELANU 2 1/2-5 YEARS
- CAMP KEF GRADES K-7
- SPECIALTY CAMPS GRADES 4-6
- JUNIOR CIT PROGRAM GRADE 7
- CIT LEADERSHIP & SOCIAL ACTION PROGRAM GRADES 8-9
- OVERNIGHT AT CAMP RAMAH GRADES 3-6

REGISTER TODAY IN THE ECC MAIN OFFICE!

You cannot do a kindness too soon, for you never know how soon it will be too late.  
- Ralph Waldo Emerson

## ECC 2016-17 REGISTRATION

2016-17 ECC registration packets are due this month. If you did not get your packet, please stop by Claire's office for a duplicate. **Registration is required for new AND returning families.** Please take a moment to review everything in your packet, complete the registration forms and return them to Claire as soon as possible. *You will not be guaranteed a spot next fall without these completed forms.*

## WE LOVE OUR COMMUNITY HELPERS!

Community Helper Day brought smiles to faces of our preschoolers as they climbed into ambulances, police cars, fire engines and UPS trucks. They learned about keys with a locksmith and watched a trash truck recycle our cans and bottles. We gained renewed respect and understanding for our community helpers and appreciated the opportunity to thank them in person for their service. Special Thanks to Community Helper Day Chairs Andrea Benbassat & Gelila Asres Hurwitz and committee members Nikki Eigler, Tamar Chammou Wax, Lisa Furman, Claudine BenArosh, Shirin M. Broukhim, Shira Wachtel, and Sharon Rief.



## ECC STAFF DEVELOPMENT DAY

Your teachers spent their Staff Development Day visiting some of the best cultural institutions in Los Angeles. They worked in enthusiastic teams representing every age and class group to gather creative curriculum from LACMA, the LaBrea Tar pits Museum, The Getty, The CA Science Center, the LA Zoo and the Griffith Observatory. They will present their ideas in upcoming staff meetings.

We encourage all ECC families to visit these extraordinary museums. There are accessible exhibits for children of all ages and they are ideal "staycation" family destinations. Please let us know what sparks your preschooler's imagination!



Do not judge by appearances. A rich heart may be under a poor coat.

-- Scottish Proverb

## VBS ECC GALA SILENT AUCTION

This year's VBS annual gala, on **May 15th**, will be honoring our amazing ECC Director, Michele Warner, as Woman of the Year. Although we will not be having our annual 'EPIC' gala this year, we are joining with this VBS gala and lucky for us, all funds raised at the event auction will go towards the ECC! This is where we need your help. We need the ECC community to solicit donation items...especially new ones that we didn't get last year. Last year's 'EPIC' event raised over \$20,000 and we are hoping to exceed that this year. Any and all items are welcome. Maybe you're a business owner, or know someone who can donate a service/tickets/dinner/sporting events, etc. Or maybe you have a connection to a hotel or some type of service or product? Nikki Eigler, Emily Feit, and Jamie Weissman are co-chairing this part of the VBS gala and are happy to do the leg work or assist in any way.

Please reach out via Parent Square to Nikki, Emily or Jamie if you would like to help with the silent auction --either by donating directly, or assisting with securing an auction item donation. Thank you in advance for your support! Here's the link: <https://www.slotted.co/silentauction>



Next Parent Association meeting is Tuesday, 3/8@ 9:15am

## ECC COMMUNITY POT LUCK SHABBAT

The best way to welcome Shabbat is surrounding yourselves with friends and family. And the best place to do that is the ECC Community Shabbat services and Pot Luck Dinners held each month at VBS. ECC families gather together, sharing favorite family dishes (dairy please). We'll also have pizza for the children. Please sign-up and plan to join us for this special evening. Family-friendly services begin at 5:30 and pot luck dinner immediately follows. Our next ECC Community Shabbat Pot Luck is **FRIDAY, MARCH 4TH@ 5:30PM. Sprouts classes (111-13) will be featured and everyone is invited!**

Future Dates : April 1st -Seedlings Classed (114 & 115) featured  
May 20th - ALL Schools (ECC,DS & ECLC) Shabbat



**Tot Shabbat** family services are filled with joyful singing, story telling and family friendly prayers. Join fellow ECC families March 12th and 26th @10:00am in Burdoff Hall.



You have not lived today until you have done something for someone who can never repay you.

- John Bunyan

## FREE FAMILY FUN DAY -MARCH 6TH

Don't miss the FREE ECC Family Fun Day at The Treehouse, 18600 Ventura Blvd, Tarzana on Sunday, March 6th from 3pm-5pm. Bring your kids to play and enjoy snacks courtesy of the ECC PA.



## VBS ECC HOSTS EARLY CHILDHOOD SYMPOSIUM

On 2/24 VBS hosted an Early Childhood Symposium that drew teachers, administrators and parents from across Los Angeles. Over 80 city-wide educators toured our ECC classrooms and were very impressed with the vibrant energy and creative play that was evident in every classroom. We appreciate all the ECC teachers who pulled out all the stops to showcase our amazing preschool.



**VBS PURIM THE FARCE AWAKENS!**

**Wednesday Evening, March 23, 2016**

5:30 p.m. **EARLY CHILDHOOD SERVICE**  
Celebrate with the VBS Rabbis and friends.  
Toddler, Nursery and Kindergarten-age children welcome - *in Sher-Lopaty Chapel*

6:00 p.m. **FULL PURIM SERVICE & TRADITIONAL MEGILLAH READING**  
with Yossi Dresner - *in Winer Chapel*

6:00 p.m. **PURIM PIZZA DINNER** - Pizza, salad, and drinks in **Burdorf Hall**  
Fee: Pre-orders only for full dinners \$8.00, visit: [www.vbs.org/purimdinner](http://www.vbs.org/purimdinner)  
Slices will be sold at the event for \$3.00  
For more info, contact ECLC at (818) 788-3534

7:00 p.m. **PURIM CELEBRATION & MEGILLAH READING**  
The Megillah comes to life in the magical **Star Wars** way!  
All ages welcome - *in Niznick Sanctuary*

Bring a box of noisily food (ie: pasta, rice) to use as a grogger and then to donate to the VBS Food Bank

**Thursday Morning, March 24, 2016**

7:30 a.m. **MINYAN MEGILLAH READING** - *in Winer Chapel*

**Sunday Morning, March 20, 2016**

10:00 a.m.-2:00 p.m. **PURIM CARNIVAL** Rain or Shine - Games - Prizes - Attractions - Food Trucks and Food Stands  
All money raised will benefit the VBS Israel Programs and Summer Camp financial aid fund.

For more info about becoming a Purim Carnival sponsor or purchasing tickets, please contact the Youth Department at (818) 530-4025, e-mail: [youthdept@vbs.org](mailto:youthdept@vbs.org). To RSVP online, visit: [www.vbs.org/purim2016](http://www.vbs.org/purim2016)

**VALLEY BETH SHALOM** 15739 Ventura Boulevard, Encino, CA 91436  
(818) 788-6000 | [www.vbs.org](http://www.vbs.org)

To RSVP for the Purim Dinner online, visit:  
[www.vbs.org/purim2016](http://www.vbs.org/purim2016)

## LINKS WE LOVE: COMPLAINT TO COMPASSION

Unhappy with the service he'd received at a restaurant, Darshan Chandan sent the management an email expressing his disappointment. When the management apologized and offered him a free meal, Darshan asked them to feed underprivileged children instead. What happened next changed the course of his life. The restaurant carried out his request and sent pictures of the children they'd fed. "This is the moment that changed me forever. The smile on the faces of those children left me touched. And that is when I decided to do something about it," says Darshan. Today the 31-year-old feeds 1200 children in Vadodara, India.

Read more about this extraordinary man here:

<http://www.dailygood.org/story/1215/how-a-disappointing-restaurant-experience-turned-into-an-effort-that-now-feeds-1200>



If we can conquer space, we can conquer childhood hunger.

- Buzz Aldrin

## KIDTALK



Teacher Jackie in Room 114 asked Daniel to please turn on his listening ears. "I can't." He explained "There is no switch!"



Eytan and Brooke announced to Room 108 teacher Pnina "Tomorrow is Dangerous Mission Day!" "What kind of dangerous mission?" asked Pnina. "We're getting MARRIED!" When asked what the best thing about being married will be, Brooke responded "Desserts!"



Room 111 Teacher Abby is having a baby this month. We can't wait to meet your beautiful baby daughter!



Catch every fun-filled minute we can capture at the ECC on Instagram. Follow us at :

<http://instagram.com/vbsecc>

## ECLC NEWS



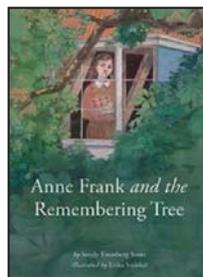
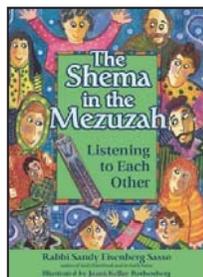
### ECLC FAMILY EDUCATION PROGRAM

PLEASE JOIN US FOR AN EXCITING FAMILY PROGRAM, SUNDAY MARCH 13<sup>TH</sup>

We are excited to welcome Rabbi Sandy Sasso, an award-winning author and storyteller, to join our ECLC community for a morning full of learning Jewish values, traditions, and projects. Rabbi Sasso will be reading two of her books during this visit, *The Shema and the Mezuzah*, (K-3) and *Anne Frank and the Remembering Tree*, (4-7).

Following the program we will have a brunch and book signing with Rabbi Sasso.

The program will begin at **9:30 AM** in Sher Lopaty.



This is a program for parents and children to learn together. Parents must attend with their child. Books will be available for sale.



### Ladies Bootcamp is Coming to VBS!

Join us for Ladies Bootcamp with Personal Trainer Kellie Blackburn on Thursday mornings at 9:15am starting 3/3/16. You'll get a full body workout every time with extra attention paid to the abs and buns. Save your spot today in this seven workout series. Space is limited. There are no credits or refunds.

**Commit!** You'll be glad you did.

**15% goes back to VBS!**

**VBS Ladies Bootcamp**

**Thursdays 9:15 - 10:15am**

**3/3/16 - 4/14/16**

**Seven Workouts \$140**

Save your spot via this PayPal link:

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=UB3H4U9PDCDNW](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=UB3H4U9PDCDNW)

You will receive a welcome email shortly before Ladies Bootcamp begins.



At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.  
-- Albert Schweitzer

## VBS DAY SCHOOL SPOTLIGHT



One of the most amazing extra curricular programs at VBS Day School is our after school drama club. Our children have an opportunity to express themselves creatively and continue to develop their drama skills, while also learning confidence and team work. This past semester our students performed "The Lion King" to rave reviews! And now our children are beginning to work on the next play, another Disney classic - "Aladdin!" We invited our Pre-K and TK ECC students and their parents to watch the play and we welcome you to our next play performances - May 23 and May 24.



## GOT CAMP?

Register for a carefree summer at Camp Shelanu!



**ONE LITTLE PERSON MAKES A DIFFERENCE!**  
**Get your family involved in social action.**

Contact VBS Social Action Chair Brooke Wirtschafter ([bwirtschafter@vbs.org](mailto:bwirtschafter@vbs.org)) for family- friendly opportunities to make a positive difference in the world.



We've got a great page on Pinterest! Check out fun-filled activities, crafts, recipes and inspirational ideas specially selected for preschool parents. Search **VBS ECC Preschool** and join the fun.



Please join our Facebook community!  
"Like" the Valley Beth Shalom ECC Preschool page.  
Get a joyful glimpse into your child's day. This is a great way for you to share your child's preschool experience with loved ones across the world. We often post great candid shots that you can share friends and family. Remember, for security reasons, please don't tag any children with their names.



## LET US HEAR FROM YOU!

Please contribute to the ECC Newsletter!  
Email your thoughts, suggestions, interesting links and adorable pictures to me, Claire Berger, your ECC News Gatherer. My email is: [cberger@vbs.org](mailto:cberger@vbs.org) We value all contributions.

When you have more than you need, build a longer table not a higher fence.  
- Unknown