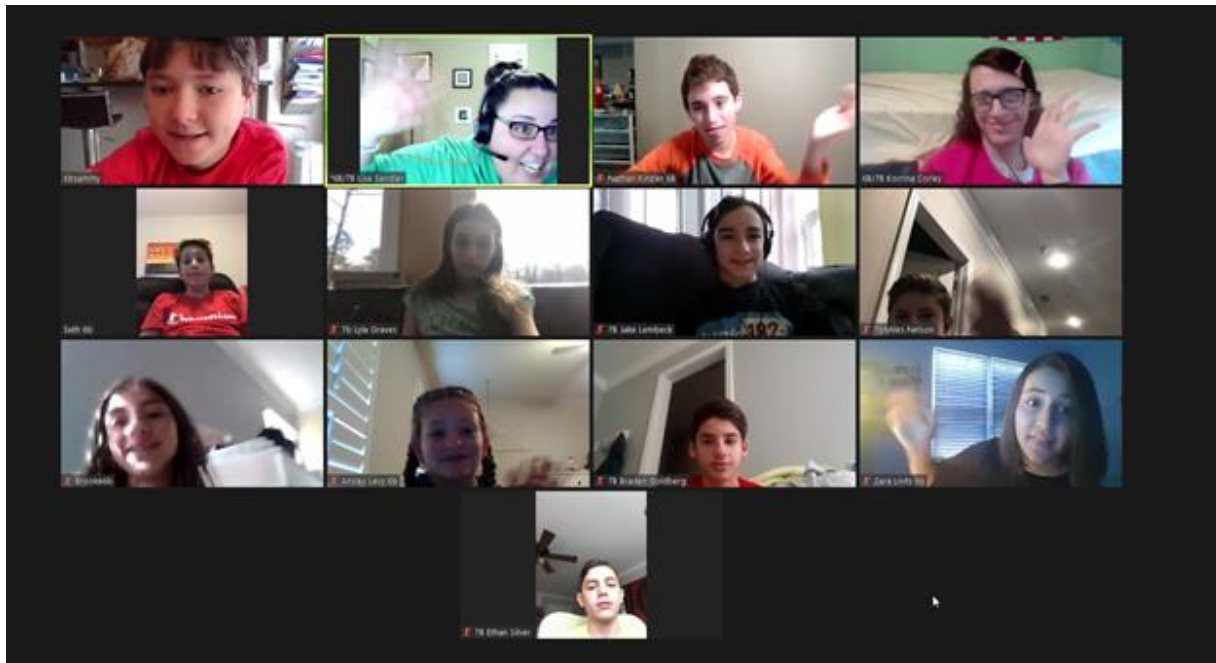




## New B’Nai Mitzvah Class at TKE, Sponsored by JumpSpark



The Religious School is excited to announce that TKE is the recipient of a Jump Spark Grant for our B'nai Mitzvah elective for the 2020-2021 School year. The Judaics class is part of our religious school programming as a class choice for 6th and 7th graders and is currently taught via Zoom on Sunday mornings.

**Ms. Lisa Sandler**, MSW is leading the 13 emerging young adults in our congregation. The core of this class uses the Moving Traditions curriculum to navigate their coming of age, their journey from childhood to teenager. Moving Traditions connects the issues teens care about most – from body image, friendship, social and academic pressure, romance, and sexuality, to enduring Jewish values. The content fosters positive peer-to-peer relationships with trained educators and mentors and inspires an ongoing connection to Jewish community.

The group has met six times so far this fall. During their meetings they have explored: the meaning of quality friendships and relationships, thinking about what the B'nai Mitzvah ceremony means to them and the community, finding balance during stressful times and seeking healthy outlets, and introduced Kristalnacht as an event connected to the Shoah.

The class is scheduled to meet another 16 times throughout the school year. Examples of upcoming topics are, and not limited to, managing being the center of attention during their B'nai Mitzvah, self-care when staying home, social responsibility on social media, and gift giving/receiving and Tzedakah. A family session in 2021 is in the works. This elective is funded in part by JumpSpark.