



FRS Y&Ed Newsletter



#6 December 2021

Hello, and welcome to our winter half-term Youth & Education newsletter. This half term has kept us all busy, with opportunities for in-person celebrations around Chanukah being a particular highlight! We have a new programme beginning in January for those in Year 12 to the end of university, so do read the information later on about that – we’re incredibly excited to kick off our Life Skills course! Do let us know if you have feedback on our programming, or if there is something you’d like to see added to these pages! Karen.Bloom@frs.org.uk

Wishing you a healthy and warm winter break!

The Youth & Education team

Pre-School



Kindergarten

This half term has flown by as we’ve got into our ‘teaching and learning’ stride since the Chaggim festivities. Having settled well into their new classes, the children have been making the most of their fantastic learning environment. With the woodwork bench now a permanent feature in the Swans class workshop, the children have all received their individual woodwork training to enable them to use the woodwork tools correctly and safely. The Swans have also been making great progress in their weekly Hebrew class led by Maya G. and both classes are really enjoying our new ‘Galaxy Fitness’ session focussing on specific sport skills in a super fun and energetic way. We

have been developing our outdoor provision and making the most of our ‘secret garden’ space where our learning about the seasons comes to life! Of course, there have been plenty of celebrations too – with both Diwali and Chanukah inspiring art, cooking, music and exploration into light.



Exploring shadows

It was very special to all be together for our annual Chanukah Concert and it was wonderful to host the community at our Chanukah Glow Walk on the first night of Chanukah.



Chanukah Glow Walk fun 😊

What an action-packed couple of months it’s been!



Large-scale painting

Please note: Kindergarten hours are now 8:15 – 16:45 Mondays to Thursday and 8:15 – 12:15 Fridays.

Contact Emma at kindergarten@frs.org.uk to arrange a tour, whether virtual or in-person, or visit our website pages at www.frs.org.uk/kindergarten.html

Rhythm 'n' Jews

A huge thank you to the Rhythm 'n' Jews band who brought us our first in person RnJ service since the start of the pandemic in November. It was wonderful to have a full house and be back together again, singing and enjoying Shabbat as an in-person community. Look out for more dates in FRS News!

Kuddle-Up

Mazel tov to Elodie S on the occasion of her Bat Mitzvah. For her mitzvah project Elodie has been helping to lead Kuddle-Up Shabbat services and encourages both Tevye the Torahsaurus and Judah the Lion to take it in turns to come and make kiddush with us.



A big thank you also to Gila who has returned to helping lead Kuddle-Up in person as well as hosting our online Kuddle-Up services.

<https://www.frs.org.uk/form/kuddleupshabbat>

Primary School

Kochavim



Our second half term of being fully back in person at Kochavim continues to be a breath of fresh air on Sundays! Whilst ensuring that the children get a broad cross-section of Jewish Studies activities each Sunday - they've been cooking, crafting, making music, being dramatic and enjoying games each week – they have been continuing to develop their Hebrew whilst building and strengthening their friendships.



They've worked on topics including Tikkun Olam and Chanukah, and we were so thrilled to be participating in efforts for the local homeless community, in association with the FRS Eighth Rung Group. I am thrilled to confirm that we managed to add £280 to the pot of money going towards funding a support worker for the local homeless community, in addition to providing some 450+ items of clothing, toiletries and food requested by our friends at Homeless Action Barnet and delivered by the Eighth Rung group. It was so fantastic to hear our Kochavim students speaking in November about the Eighth Rung project that they'd first started to learn about in September. It really did feel like a community effort that helped to raise awareness amongst our younger members. A huge thank you to Ruth R and Nikki E for their support on Sunday mornings this half term to make this happen!

You can still donate to Eighth Rung to help fund a support worker by scanning this QR code or following the link:



<https://www.frs.org.uk/eightrung>

Sunday Funday

Our first Sunday Funday for over a year took advantage of the Chanukah theme. A hula-hooping masterclass from Guinness World Record-holding company Cahula filled us with energy a-plenty, spinning around and around before it was time to do the same with some dreidels (and eat the obligatory donuts, of course). It was so good to be back!



Watch this space for news of more Sunday Funday events in the new year!
maya.gottlieb@frs.org.uk

Donut Weekend

No FRS winter feels complete without the Year 5 & 6 Donut weekend! This November, we ventured to a new outdoor site in Buckinghamshire and it was, as always, jam(!)-packed with fun.

Den-building, climbing, archery, Maccabee mysteries, scavenger hunts, dances, donuts, donuts, and more donuts - we wish we could do it all over again! (Next year, we hope!)

And in addition to the site activities, our amazing team of madrichimot wrote some fantastic programmes for the kids. It was so brilliant seeing them thrive with the opportunity to lead again.

Pre-Bnei Mitzvah



Massuot

Our Year 6 cohort enjoyed their first in-person Friday night chavurah supper this half term, which, despite Covid, was well-attended and enjoyed by all.

Years 7 and 8 have been continuing with their mitzvah projects and their Community Life and Learning (CLL) sessions, in addition, of course to Friday Group, service attendance, and socialising where possible!

Nitzotzot

A big shout out to our current top nitzotzot earners! Well done to the following B'nei Mitzvah students for your brilliantly active involvement in community life!

Year 6: Hannah A, Leila A, Ben B, Esther N, Bruno N, Libby S

Year 7: Raffi A, Talia B, Ori C-R, Lydia J, Danny S

Year 8: Pippa B, Ilan C, Sophie E, Elinor J, Gabriel L, Chloe R-B, Elodie S

Post-Bnei Mitzvah

Helper Training

Our most recent Bnei Mitzvah students have now started with their first pupils at Friday Group, and are rising to the challenge brilliantly. The next training session is scheduled for January – do get in touch if you'd like to be involved!
(fridaygroup@frs.org.uk)

Hadracha Training

Our next Hadracha (leadership) training course will begin in January for students currently in year 9. Publicity has gone out, but do contact Maya (maya.gottlieb@frs.org.uk) for more information.

Chanukah Ice Skating Outing

Our post-bnei mitzvah teenagers were able to return to JW3 this year for some Chanukah ice skating fun, followed by dessert at a local café. It's been so wonderful to be able to do these activities again – we've loved hanging out!



Ice-skating at JW3



Ruach

Ruach, our teen band, are working on their next project, which we will have the benefit of enjoying over Shabbat Shira, in mid-January. This will (hopefully!) be our first opportunity since before the pandemic to hear them live and in person so do look out for info nearer the time! If you are post-B'nei Mitzvah and would like to be a part of Ruach – please do get in touch!
(karen.bloom@frs.org.uk)

Youth Council

Our youth council met in November for a pizza evening. We are always on the lookout for new and diverse voices from our community, and so if you are in year 9 or above and want to steer the direction of the youth activities at FRS, please get in touch! (maya.gottlieb@frs.org.uk)

NEW! Life Skills course for upper teens/young adults

We are thrilled to launch our new Life Skills course for those in years 12 to end of uni. Sessions will be once a month on Sunday afternoons (with snacks, of course!) and we kick off on 9th Jan with a session on Time Management and Work-Life Balance. Other topics on the agenda for later in the year will include eating well at uni, staying safe on campus, anti-semitism on campus and finances. The courses will be taught by a combination of our Youth Educator, Joel, and external facilitators. It's pick 'n' mix, so sign up for everything, or just for the specific sessions that appeal to you. We can't wait to see you there!

Sign up at www.frs.org.uk/lifeskills

Enquiries to Joel.Stokes@frs.org.uk

Inclusivity at FRS

You will have read in recent correspondence about our continued efforts to ensure FRS is a place that is inclusive and welcoming of all. We are currently thinking particularly about gender inclusivity and ways that we as a community can do more to create an inclusive environment. If you are someone for whom this conversation feels particularly relevant, and you'd like to see us doing something specific to enhance inclusivity at FRS, do please reach out – we'd be so thrilled to hear from you (karen.bloom@frs.org.uk and/or maya.gottlieb@frs.org.uk)



FRS YOUTH PRESENTS...

LIFE SKILLS!

A NEW MONTHLY PICK'N'MIX PROGRAMME

YEAR 12 - END OF UNI

STARTING JANUARY 2022

**SUNDAY AFTERNOON SESSIONS
SNACKS INCLUDED!**

FRS MEMBERS £10/SESSION
NON-FRS MEMBERS: £12.50/SESSION

ENQUIRIES: JOEL.STOKES@FRS.ORG.UK
SIGN UP: WWW.FRS.ORG.UK/LIFESKILLS



FRS YOUTH PRESENTS...

LIFE SKILLS!

SESSION TIMETABLE

JANUARY 9	TIME MANAGEMENT & WORK/LIFE BALANCE
FEBRUARY 6	ACADEMIC WRITING SKILLS
MARCH 13	EATING WELL AT UNI
MAY 15	CONSENT AND STAYING SAFE ON NIGHTS OUT
JUNE 19	CONFRONTING ANTI-SEMITISM ON CAMPUS
SEPTEMBER 11	UNI FINANCES AND BUDGETING
OCTOBER 23	COMPUTER SKILLS
NOVEMBER 13	FIRST AID
DECEMBER 11	CAREER PLANNING

ENQUIRIES: JOEL.STOKES@FRS.ORG.UK
SIGN UP: WWW.FRS.ORG.UK/LIFESKILLS

Safeguarding

Our safeguarding documents can be viewed at:

<https://www.frs.org.uk/youth-ed-policies.html>