



ASHREINews

נצבים • ראש השנה



Menahel's Message New Beginnings!

In each Shemoneh Esrei throughout the Yomim Noraim and Aseres Yemei Teshuva, we ask that Hashem inscribe us in the Book of Life: זכרינו לחיים מלך חפץ בחיים וכתבינו בספר "חיים." Yet only at the end of the Chazan's repetition of the Mussaf do we more fully express the nature of the life we truly desire:

כתבינו בספר החיים, ככתוב 'ואתם הדבקים בה' אלוֹקִיכם חיים כלכם היום."

"Inscribe us in the Book of Life, as it is written, 'You who cleave to Hashem your God are all alive today.'"

While we initially beseech the Almighty to simply grant us another year of life, as our *davening* progresses we become emboldened and eventually - right before the very end of Mussaf - we gather the courage to request not only life but quality of life. We ask that the innate and inseparable bond of every individual Jewish soul to its Maker enable a year that is both meaningful and palpably uplifting, thus ensuring a year that is spiritually and emotionally fulfilling.

As we begin an exciting new school year filled with promise and hope, let's not forget the big picture. Yes, we are certainly concerned with our children's academic and social progress, and together we will work tirelessly to maximize the potential of each and every child. But we are equally concerned with laying the foundation of spiritually meaningful lives punctuated by very personal relationships with the Ribbono shel Olam through Torah and *mitzvos*.

And when each of us prays for the well-being and success of our children this Rosh Hashanah, don't be afraid to "go for broke." Don't settle for just living, but rather *daven* for quality of life. *Daven* for the contentment, happiness and fulfillment that is the ultimate destiny of every Jewish *neshama* eternally bound to Hashem: "ואתם הדבקים בה' אלוֹקִיכם"

Enjoy the beautiful *nachas* of watching your children continue to grow and flourish during the coming year. May it be a year of peace, prosperity and success, לנו ולכל ישראל!

With best wishes for a *kesiva va'chasima tova* and Shabbat Shalom,

Rabbi Ari Jacobson

The Habit Loop

Mrs. Jennah Schuh, Assistant Principal, General Studies

The phrase, "Bad Habits are hard to break," did not come out of nowhere. Habits by definition are when actions become so ingrained in us, that they become involuntary. In the fascinating book, *The Power of Habit* by Charles Duhigg, he explains how habits form when our brains become imprinted by certain routine steps. How many times do we leave the house and not remember locking the door, brushing our teeth or turning out the lights? When driving, do we automatically take turns because they are part of our regular route, regardless if we intend to drive that way?

Habits help our normal, everyday functioning, allowing parts of our thought processes to run on autopilot. In turn, we are more available to learn and process new information.

Almost every aspect of schooling touches on creating new habits. Automaticity, the ability to do things automatically, almost without thinking, is how we read. Proficient readers no longer sound out words, breaking down individual sounds and letters, but scan words and comprehend their meanings automatically. Layered known words comprise sentences and paragraphs allowing the reader to read for content and understanding. Solving math problems requires students to automatically add, subtract, multiply and divide. Automaticity of basic facts contributes to math application fluency and ease. Completing homework is a major factor in students developing reading and math habits. The Formative Loop drills and nightly 20-minute reading is key!

The Power of Habit proposes the idea that once a habit is imprinted, it cannot be undone, but only altered. Therefore, in order to conquer a bad habit, an intentional good habit must be in its place. For example, if one has a tendency to snack on junk food after dinner, he should train himself to drink water or reach for a healthy option at the same time when the bad habit usually occurs. It sounds simple, but the replacement action becomes the *keystone* habit.

At ASHAR, we understand that school is not limited to learning only academics. School is a mini-community and students learn how to navigate their greater communities by practicing positive social and communication skills.

(Continued inside...)

Wednesday, October 2nd: Tzom Gedalia 1:45 Dismissal • Friday Buses

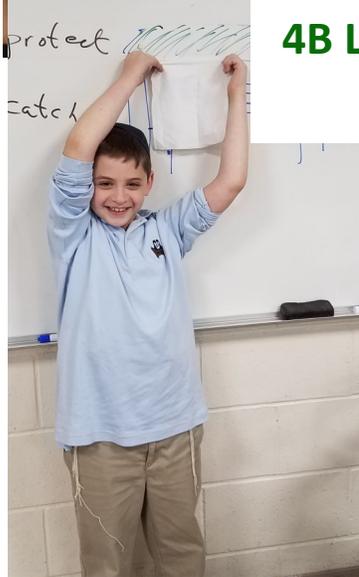
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BOYS



4B Learning about Sukkos



1B Making Honey Jars



3B Simanim Cards

2B Receiving Brachot from Rabbi Jacobson



תכתב ותחתם!

GIRLS



Shanah Tova!



u Metuka!



Look out for the Bat Melech Tefillah Program in your daughter's backpack!

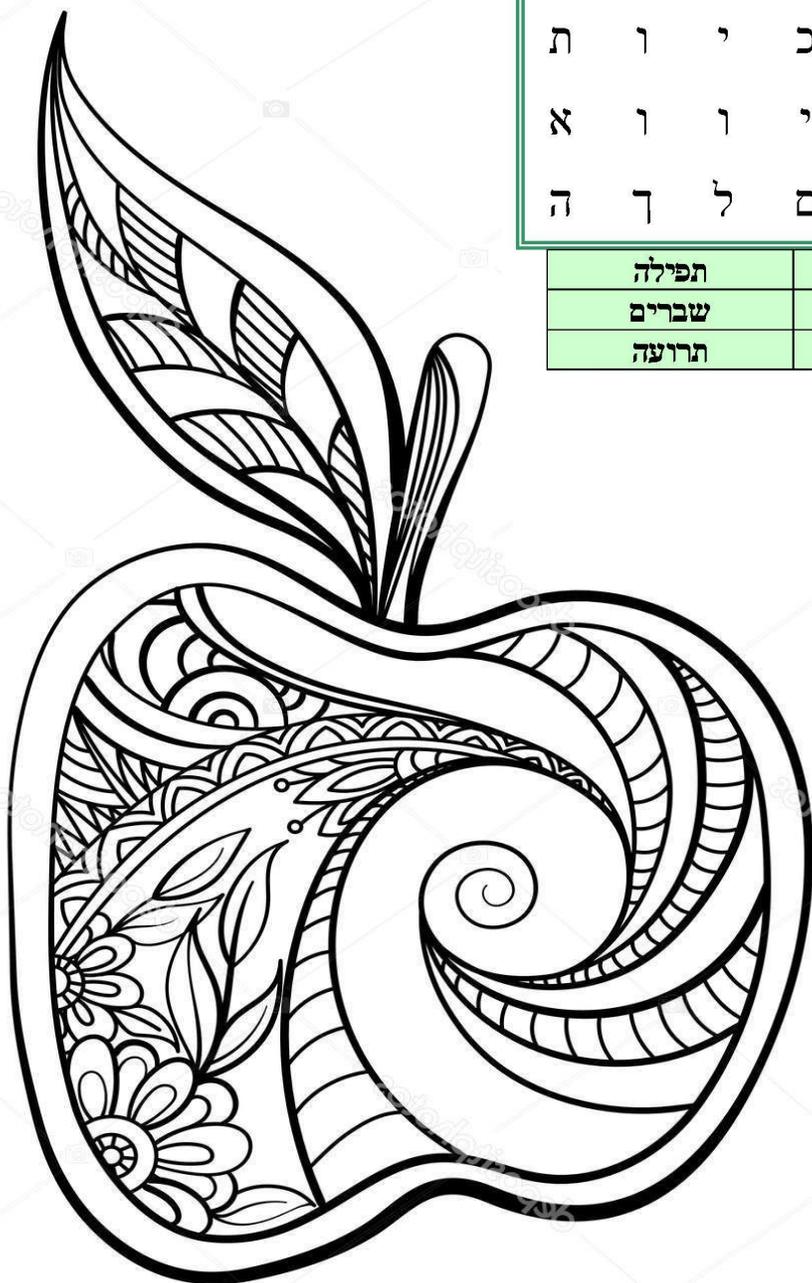


Sudoku

5		6	4		3
	3			1	
6					2
3					4
	6			4	
2		4	6		1

ז	א	ג	ה	נ	ש	ה	ש	א	ר	נ	מ
י	ם	ע	כ	ט	ם	ה	ל	י	פ	ת	ש
ו	ת	ק	ת	ה	ך	י	ק	א	ש	צ	ו
מ	פ	ר	ו	נ	ה	ו	מ	ל	ד	ט	ל
א	ו	ל	ו	ם	ה	ע	י	ק	ת	ל	ש
א	ח	ו	ה	ע	ב	ך	ה	ש	ב	ד	ת
ר	ד	י	ב	ה	ה	ע	ו	ב	מ	ה	פ
י	ר	ד	כ	מ	ו	פ	ל	ר	ע	ח	ק
כ	ת	ו	נ	ו	ר	כ	ז	י	ל	ר	ה
ת	ו	י	כ	ל	מ	ח	פ	ם	ת	ש	ו
א	ו	ו	י	ח	ד	ר	ו	ז	ח	מ	ח
ה	ך	ל	ם	ת	ו	מ	ד	ק	א	ת	כ

תפילה	תפוח	שופר	דבש
שברים	תשליך	מחזור	צדקה
תרועה	מלכיות	זכרונות	תקיעה



Habits (cont.)

What we used to refer to as *manners*, can be recognized as *good habits*. Social expectations are required of students in order that they become automatic, creating socially appropriate habits. Simple requests can help students speak with respect, say please and thank you, and knock on a door before entering a room. Helping children respect others' personal space and belongings is a matter of providing them with better habits.

Rosh Hashana and the beginning of a new year is the perfect opportunity for parents and children to discuss new positive habits and how to alter unwanted ones.

From the ASHAR community to you and yours,
L'Shanah Tovah!

Riddle of the Week

רידלס על ראש השנה

Questions

א	Paragraph recited each time after blowing the מוסף during שופר	ל	Paragraph repeated 7 times before שופר
ב	Last special insertion into עשרה during שמונה עשרה עשרת ימי תשובה	מ	Section of מוסף שמונה עשרה in which we recite עלינו
ג	Man who was assassinated on ראש השנה	נ	There is a question whether this should be done between שברים and תרועה
ד	Symbolizes a sweet new year	ס	Eat this food when davening for our enemies to be removed
ה	First word recited by each of the main חזנים on ראש השנה morning	ע	Subject of the קריאת התורה on the second day of ראש השנה
ו	תפילה written by Rabbi Amnon	פ	We daven that ה' should give this emotion to all His creations
ז	Section of מוסף that references how ה' remembers our actions	צ	We hope to be inscribed in this book
ח	This woman was blessed with a child in the ראש השנה read on the first day of הפטרה	ק	ה' is close to people who do this with אמת
ט	We daven that ה' should do this to our hearts	ר	Symbolizes our תפילה that we should have many merits
י	before eating each of the תפילות begin with this word	ש	Section of מוסף that references מתן תורה
כ	5 straight lines in מלכנו begin with this word	ת	Said at a body of water

Last Week's Answers :

#1 Bikkurim (First Fruits)

(I am not a first born, I am tied up, I am a basket case, I am waved.)

#2 Selichos

(I am for next week, I am at least four before, I begin at midnight, This year I come for more than a week.)

פרנס היום

כ"ה אלול ♦ Sept. 25

In honor of the 24th yahrtzeit of

יחזקאל מרדכי בן יצחק צבי

Grandfather of Oliver and Cara Teicher



כ"ו אלול ♦ Sept. 26

In honor of

Aryeh Tzvi

ben Moshe Hertzal

Sponsored by Esther & Uri Feintuch

מזל טוב
Mazel Tov

The Jacobson Family
on the birth of a granddaughter!

The ASHAR administration
would like to
wish the
entire staff a
Shana Tova
u' Metuka!



LET'S TAKE YOUR
CHILD
BY
THE **HAND.**



Kinder 24/7 is a new NYS-approved provider of Early Intervention evaluations, service coordination and service provision. To help your child reach every developmental milestone, we bring together certified professionals from the local communities throughout Rockland County.

Let's take a step towards tomorrow, together.



845.354.3233x1102



HR@kinder247.org



FAX: 845.694.6483



FUN

The Early Intervention Program (EIP) is a public program for children under the age of three who are either suspected of having or at risk for developmental delays or disabilities. Potentially eligible children must be referred to the county program (Rockland County, 949-394-2092) to receive EIP services. EIP is funded by New York State and county governments. All EIP services are provided at no cost to parents. Health insurance may be used for approved services. A child's eligibility for the program can be determined only by state-approved evaluators under contract, and all services must be authorized by the county.

NOT YOUR USUAL SUKKAH CONTEST

SHOW WHAT YOU KNOW

- 1.) A sukkah under a tree
- 2.) A sukkah on top of a Animal
- 3.) A sukkah on a Wagon
- 4.) Sukkah in a tree
- 5.) Sukkah on a boat
- 6.) Sukkah inside a Haystack
- 7.) Sukkah that is above 20 *amos*
- 8.) Sukkos with Walls that are suspended
- 9.) Sukkos that is lower than 10 *tefachim*
- 10.) A sukkah under an overhang of the House
- 11.) Empty space in middle of schach
- 12.) Sukkah in middle of the house
- 13.) Sukkah near a garbage dump
- 14.) Sukkah which is smaller than 7 *tefachim*
- 15.) Sukkah without 3 walls
- 16.) Loose *schach* that blows off
- 17.) Walls that don't reach the Schach
- 18.) Person in sukkah while his table inside the House
- 19.) Schach away from the walls
- 20.) Schach over the Open Skylight
- 21.) Nailed in Schach

FAMILY SUBMISSIONS WELCOME!



סוכה על גבי סוכה



העושה סכתו
בראש
הספינה



העושה סכתו בראש העגולה



העושה
סכתו בראש
האילן



העושה סכתו על גבי גמל



סוכה תחת האילן

SUKKAH BUILDING CONTEST!

CREATE A PROBLEMATIC SUKKAH- WIN A PRIZE!

EACH STUDENT IS ENCOURAGED TO CREATE AN ORIGINAL SUKKAH (SIBLINGS CAN WORK TOGETHER). THE SUKKAH SHOULD CONTAIN A POTENTIAL HALACHIC ISSUE (SEE THE BACK OF THIS FLYER FOR EXAMPLES OF PROBLEMS).

*Extra points awarded if you can provide the halachic source as reference.

Your sukkah projects should be in school by Monday, October 7th.

Every student who brings in a sukkah will win a prize!
We are looking forward to a beautiful display!