

REFLECTIONS

בס"ד

LEARNING TORAH, LOVING TORAH, LIVING TORAH

FRIDAY, November 4, 2022

פרשת לך-לך

Candle lighting 5:36 PM

Dear Parents and Friends,

You are walking down the road of life enjoying the scenery even stopping every once in a while, to behold and appreciate Hashem's beautiful gifts. You certainly encounter roadblocks, which you find ways to circumvent. You may even stumble, but you are quickly able to get up and continue your journey, and there are times when you are confronted with detours. These detours may not be easy to navigate, but you always manage to find your way back on your well-traveled road.

One day everything changes. The road on which you have traveled is still there, but you must find a new way to get from one end to the other. You can no longer do it alone. Panic grips you, and your immobility is exacerbated by fear. You are normally a clear-thinking person, but now all rational thoughts are replaced by heightened anxiety. "How can this be happening to me?" "What am I going to do?" "How will this be resolved?"

Shortly before last Purim, I was that person. I was fine one day, and the next I found myself in a wheelchair. Admittedly, I had been feeling some discomfort the day before. I addressed it with heat and ibuprofen certain that it would be better by the next morning. This was not Hashem's plan.

I tried walking, but the pain was so intense that I could not manage 2 steps. I could not let this infirmity prevent me from executing my responsibilities, so I had to resort to using a wheelchair. This was probably one of the most humbling experiences I have ever had to endure. There was no limit to the chesed that was offered and done on my behalf. Being on the receiving end of personal kindness is something that I appreciate, but it is something with which I am not comfortable. I had no choice, so trying to be as gracious as possible, I accepted offers of help.

After several weeks of doctor appointments, an MRI revealed that I had a torn quadriceps. (Quadriceps are a group of 4 muscles. They are required for standing, walking, and running. A torn quadriceps muscle doesn't allow you to perform these activities independently.)

Fast forward to the present. I have been doing physical therapy and have progressed to using a walker. B"H I have made an improvement, and other than long distances, I am independently mobile. I do not know what Hashem has planned for me for the future, but for now, my limitations are tolerable.

I am relaying my experience to share some insights that I have gained over these past few months:

- Expect the unexpected.
- Take nothing in your life for granted. Express your Hakoras Hatov daily to Hashem for allowing you to function productively. On a personal level, I say the Bracha in Birchas HaShachar – "זוקף כפופים" - **"Blessed is you, Hashem, for helping the bent-over to stand straight"** - with a combination of heartfelt gratitude and entreatment. I believe it behooves each of us to find one aspect of our davening which is personally very meaningful and to exhort the Rachamim of Hashem.
- People want to help! My level of discomfort has been mitigated when I see the sincerity and satisfaction when people are given the opportunity to do a chesed.
- I am particularly touched by our children. There are two little boys who compete every day as to who is going to hold the door open for me when entering the boys' building. We came up with a rotation system so they could "share" the mitzvah.
- I walked into a classroom the other day, and one of the students exclaimed, "I am so happy, Mrs. Katz, you don't have to be in a wheelchair anymore!" The words from his heart penetrated mine, leaving me strengthened and grateful. Yes, grateful for being on the receiving end of such sweet words. Every time I have a moment of self-doubt, I recall those encouraging words.
- Allow humor to brighten the clouds of a challenging situation. I was walking down one of the hallways and suddenly I hear, "Mrs. Katz is coming. I hear her wheels."

There have been many poignant moments since that life-altering day in March. There have also been several frustrating moments. How could there not be? The road on which I have been traveling was now my enemy. There were so many roadblocks, so many hurdles to overcome.

At first, I didn't believe I would be able to remove those roadblocks. But with time, I became re-focused and re-gained my footing (literally and figuratively). Hashem created this detour in my life, and while I may not know why, I needed to embrace what He had decided to mete out. Hashem does not let anyone fall (once again, figuratively and literally) without giving him/her the ability to stand up straight and stalwart.

Along with Hashem's help, I have benefited from excellent professional therapy and from the benevolence of my friends, colleagues, and family. Most of all I have experienced the purity and innocence of our children. Children are the manifestations of Hashem's many gifts to us.

As I mentioned above, I do not know what Hashem has planned for me. What I do know, is that the road of my life is still paved with treasures to be appreciated. I may have to access them differently than before, but they are within my reach. Anybody want to go for a walk?

Good Shabbos,

Mrs. Katz

REDIRECT THE TAX DOLLARS LEAVING YOUR POCKET, TO POLITZ HEBREW ACADEMY!!

Through the EITC Program
(PA Educational Improvement Tax Credit)
Get a 90% Tax Credit!

We have a MAJOR opportunity until
DECEMBER 1, 2022.
Let's NOT miss out!

BENEFITS

- ✓ You know where your tax dollars are going.
- ✓ You know how your tax dollars are being spent.
- ✓ You may receive an additional Federal Tax Deduction.
- ✓ You are helping children get a stellar Judaic and General Studies education by designating your dollars to PHA.
- ✓ You are helping families who want to send their child(ren) to Politz, go to Politz.
- ✓ All EITC dollars go to scholarship.
- ✓ We thank you in a full-page ad in our annual Ad Journal unless you would like to be listed as Anonymous.

If you owe at least \$6,200 in PA taxes, please call Mrs. Wellerstein, Director of Development at x160.

CALENDAR

CHESHVAN – KISLEV 5783 NOVEMBER – DECEMBER 2022

NOVEMBER

- 24** – Thanksgiving
Boys: Sunday Schedule Grades 1 – 8
Girls: NO CLASSES
- 25** – NO CLASSES
- 27** – Classes Resume

DECEMBER

- 8** – First Report Card
- 11** – Parent Teacher Limudei Kodesh Conferences
after dismissal (1:30 - 4:30 pm)
- 12** – Parent Teacher General Studies Conferences
NO CLASSES
- 14** – Chanukah Chagiga
- 23-25** – Shabbos Chanukah – NO CLASSES
- 30** – Winter break – NO CLASSES

Special Mazel Tov!!! מזל טוב!!!

To: Miss Aidel Weintraub (Faculty)



On her engagement to Mr. Dovid Eisenberger

*To: Yaakov Hillel Schainbaum on his
Bar Mitzvah!*

*The proud parents are
Mr. Joshua and Mrs. Chevi (Faculty) Schainbaum (Parents)*

*To: Yehuda Shifrin on his
Bar Mitzvah!*

*The proud parents are
Rabbi Michoel and Mrs. Shira Shifrin (Parents)*

*To: Rabbi Doniel and Mrs. Estee Daitchman
(Parents)*

on the birth of a baby boy!

PARNES HAYOM – A DAY OF LEARNING

To honor or remember a loved one.

Parnes Hayom (Daily Sponsor) is an opportunity to dedicate a day of davening and learning at Politz Hebrew Academy. Your dedication can be made in honor of a birthday, special event or momentous occasion, or in memory of a loved one on or around a Yahrtzeit, or in the merit of a Refuah Shelaima.

The sponsorship of the day will be announced at the beginning of each class by the Rebbe/Morah thereby notifying the students that the z'chus of their learning is in honor of, or in memory of, the individual.

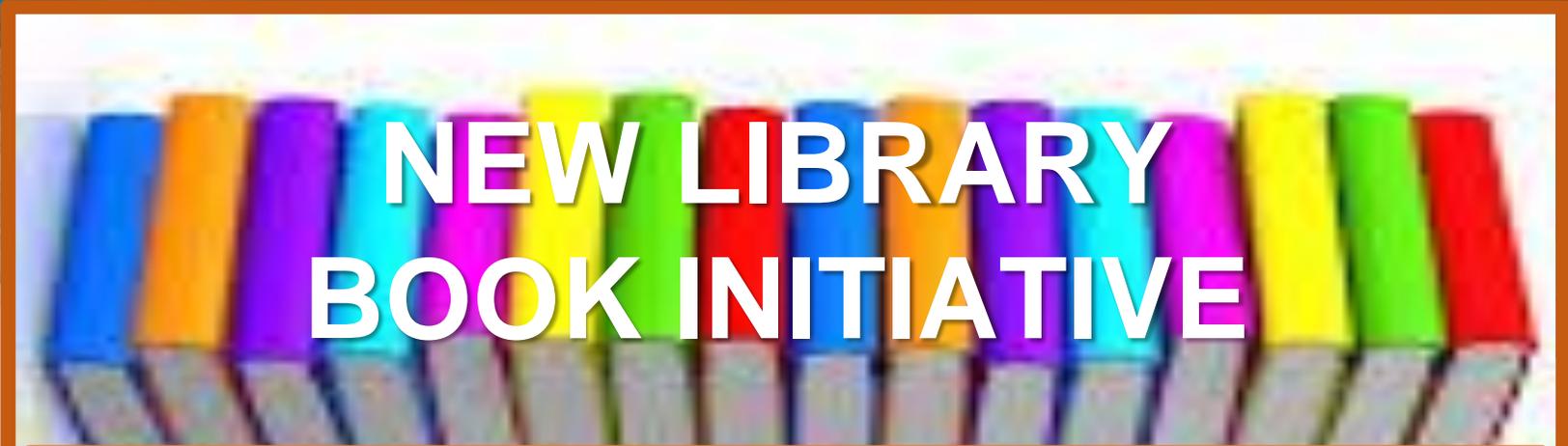
In addition, we will publish the sponsorship in our newsletter, Reflections.

Minimum donation is \$50.

Please call Mrs. Wellerstein at 215-969-5960 x160 or Mrs. Volkov x 171, to have it arranged.

Made by iKippah and available in both cotton and velvet,
\$10 a piece! Place your order
at <https://politzpto.org/yarmulka-order/> and it will be sent
home with your child. Fully stocked in sizes 3-5. Order today!





NEW LIBRARY BOOK INITIATIVE

Dear Parents,

Our school library has been an oasis for our children where they can escape to an exotic place, go on an exciting adventure, or learn about our beautiful world. They enter the library with great enthusiasm, and they leave with the promise of a satisfying literary journey.

We are blessed to have a library, which houses over 7,000 volumes, but we need to add more.

Please consider donating \$35 toward our library fund to commemorate a birthday, a simcha or to memorialize a loved one. We will purchase a book, insert a nameplate with your name and the occasion for which the book(s) is being donated. **For a birthday, we will distribute an ice cream treat to the class.**

Your donation will be the gift that keeps on giving to our children.

Thank you in advance, in advance for your generosity.

Mrs. Katz

(We will not be accepting used books.)



NEW LIBRARY BOOK INITIATIVE



POLITZ HEBREW ACADEMY YEAR-END GIVING

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Did you know that by helping our families with tuition dollars, **you not only have the mitzvah of Tzedakah, but you also have the mitzvah of learning Torah?**

It is with your support that Politz Hebrew Academy has been able to provide a stellar Judaic and General Studies education to **over 400 children this year.**



We at Politz Hebrew Academy **are grateful for every donation received -regardless of amount.**

We are approaching **the end of the secular year when most charitable - giving decisions are made.**

Please give to PHA today. Go to www.politzhebrewacademy.org and click **DONATE** or scan



Thank you!



This information is important for anyone in your family, or friends of your family, **who have reached the age of 72 and have a traditional IRA.**

There is a favorable tax law that allows individuals who have reached age 72 to make qualified charitable distributions directly from their individual retirement plans on a **tax-free basis** up to \$100,000.

The Required Minimum Distributions (RMDs), which must be taken annually, can instead be sent to Politz Hebrew Academy as a charitable donation and is excluded from gross income.

This method of giving to Politz Hebrew Academy will allow individual taxpayers who do not itemize deductions to **get the benefit of a charitable deduction!**

For more information on this mutually beneficial way to support Politz Hebrew Academy, please consult your financial advisor or tax professional.

This week, Miss Weintraub's 6th Grade girls began davening the special tefillah of Mincha!

Mrs. Dubbie Ungar, was thanked for teaching the class the value of this special tefillah and for the beautiful bookmarks she gave the girls!



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Rabbi Rochkind's 5th Grade boys finish their first "daf" of Gemara and had "retzufos" seder with chavrusas to review it.

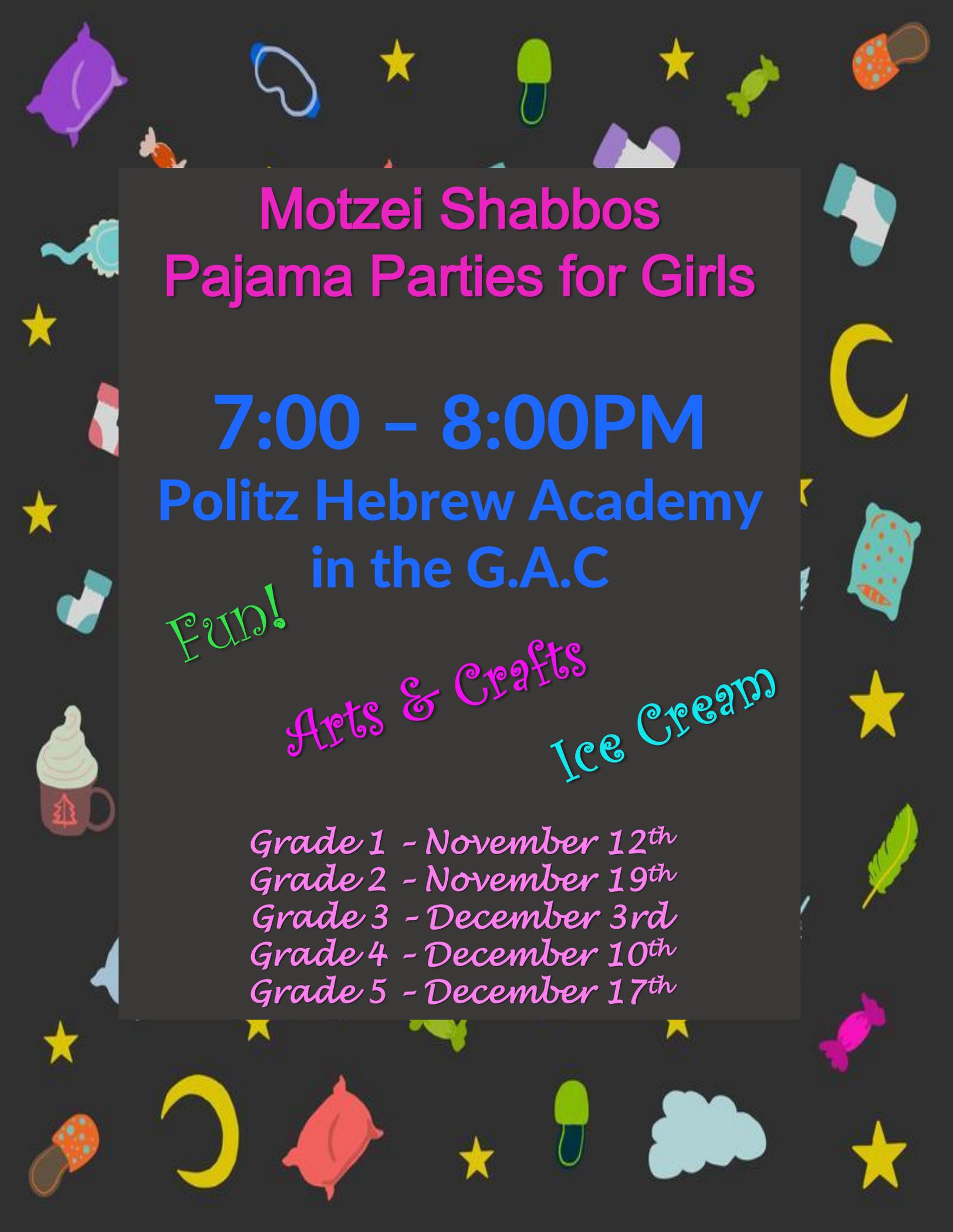


Both 3rd Grade classes are learning Rashi for the first time!



Cupcakes decorated with Rashi letters were made and Bingo was played!





Motzei Shabbos Pajama Parties for Girls

7:00 – 8:00PM

Politz Hebrew Academy in the G.A.C

Fun!

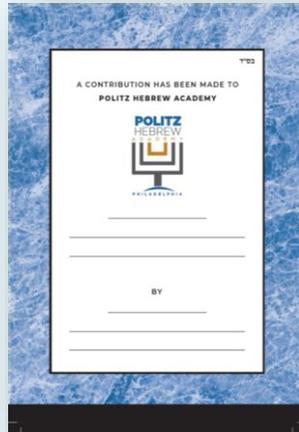
Arts & Crafts

Ice Cream

Grade 1 - November 12th
Grade 2 - November 19th
Grade 3 - December 3rd
Grade 4 - December 10th
Grade 5 - December 17th

LEARNING TORAH, LOVING TORAH, LIVING TORAH

A Tribute gift is a meaningful way to convey sympathy to the bereaved, memorialize a loved one, commemorate a special occasion, a mazel tov or to honor a persons life and accomplishments. Each card is \$10, 5 for \$45.



amazon smile

This quarter, the combined use of our Parents using amazonsmile created a total donation of \$84.17! PHA thanks you!

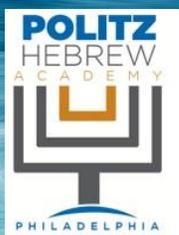
Your purchase can make a difference. Shop at smile.amazon.com to generate donations for Politz Hebrew Academy

Using the app?

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Politz Hebrew Academy" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app



<https://www.boxtops4education.com>



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November 2022

POLITZ BREAKFAST MENU K-8

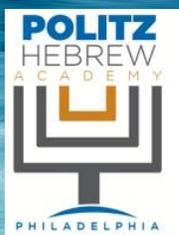
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CINN DANISH JUICE MILK	YOGURT APPLESAUCE CUP MILK	VANILA CROISSANT MILK PLUM	CINN DANISH FRUIT CUP MILK
7	8	9	10	11
VANILA CROISSANT MILK APPLE	CINN DANISH JUICE MILK	YOGURT APPLESAUCE CUP MILK	VANILA CROISSANT MILK PLUM	CINN FLAKES CEREAL X 2 FRUIT CUP MILK
14	15	16	17	18
VANILA CROISSANT MILK APPLE	CINN DANISH JUICE MILK	YOGURT APPLESAUCE CUP MILK	VANILA CROISSANT MILK PLUM	CINN FLAKES CEREAL X 2 FRUIT CUP MILK
21	22	23	24	25
VANILA CROISSANT MILK APPLE	CINN DANISH JUICE MILK	YOGURT APPLESAUCE CUP MILK	VANILA CROISSANT MILK PLUM	
28	29	30		
VANILA CROISSANT MILK APPLE	CINN DANISH JUICE MILK	YOGURT APPLESAUCE CUP MILK		

BREAKFAST MEAL PATTERNS - Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1% milk	1 cup 1% milk*
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

*oz eq = ounce equivalents



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LUNCH HOT MENU

NOVEMBER, 2022

POLITZ HEBREW ACADEMY

GRADE: K - 8TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHEESE BLINTZ X 2 STRING CHEESE TOMATOES/CARROTS SLICE APPLES MILK	FISH STICKS STEAMED RICE SLICED CUCUMBERS FRUIT CUPS MILK	MAC AND CHEESE SLICED CHEESE ROMAINE LETTUCE FRESH GRAPES MILK	PIZZA BAGEL X 2 SLICED CHEESE TOMATOES/CARROTS FRESH APPLES MILK
7	8	9	10	11
PASTA MARINARA SLICED CHEESE X 3 HUMMUS CUP/CARROTS FRESH ORANGE MILK	CHEESE RAVIOLI SLICED CHEESE TOMATOES/CARROTS SLICE APPLES MILK	HOT DOG/PUFF PASTRY DELI SLICED CUCUMBERS FRUIT CUPS APPLE JUICE	TUNA CUPS ROMAINE LETTUCE WW BREAD/WW PRETZEL FRESH GRAPES MILK	PIZZA BAGEL X 2 SLICED CHEESE TOMATOES/CARROTS FRESH APPLES MILK
14	15	16	17	18
BAKED ZITI STRING CHEESE HUMMUS CUP/CARROTS FRESH ORANGE MILK	CHEESE BLINTZ X 2 STRING CHEESE TOMATOES/CARROTS SLICE APPLES MILK	FISH STICKS STEAMED RICE SLICED CUCUMBERS FRUIT CUPS MILK	MAC AND CHEESE SLICED CHEESE ROMAINE LETTUCE FRESH GRAPES MILK	PIZZA BAGEL X 2 SLICED CHEESE TOMATOES/CARROTS FRESH APPLES MILK
21	22	23	24	25
PASTA MARINARA SLICED CHEESE X 3 HUMMUS CUP/CARROTS FRESH ORANGE MILK	CHEESE RAVIOLI SLICED CHEESE TOMATOES/CARROTS SLICE APPLES MILK	HOT DOG/PUFF PASTRY DELI SLICED CUCUMBERS FRUIT CUPS APPLE JUICE	TUNA CUPS ROMAINE LETTUCE WW BREAD/WW PRETZEL FRESH GRAPES MILK	CLOSED
28	29	30		
BAKED ZITI STRING CHEESE HUMMUS CUP/CARROTS FRESH ORANGE MILK	CHEESE BLINTZ X 2 STRING CHEESE TOMATOES/CARROTS SLICE APPLES MILK	FISH STICKS STEAMED RICE SLICED CUCUMBERS FRUIT CUPS MILK		

WE SERVE FAT FREE CHOCOLATE MILK & 1% WHITE MILK

*PLEASE NOTE: MENU SUBJECT TO CHANGE

COMPONENT	K-GRADE 5TH	GRADE 6TH-8TH	GRADE 9TH-12TH	GRADE K-8TH
<u>MILK</u>	1 CUP	1 CUP	1 CUP	1 CUP
<u>VEGETABLES</u>	3/4 CUP	3/4 CUP	1 CUP	3/4 CUP
<u>FRUIT</u>	1/2 CUP	1/2 CUP	1 CUP	1/2 CUP
<u>MEAT/MEAT ALTERNATES</u>	1 OZ	1 OZ	2 OZ	1 OZ
<u>GRAINS</u>	1 OZ	1 OZ	2 OZ	1 OZ

*oz eq = ounce equivalents