



# BYJHS Newsletter



כסלו תשפ"ד - November 2023

## A Message from Rabbi Wilson

The flap of a butterfly's wings in Brazil sets off a Tornado in Texas!

The above theory was put forward by American mathematician Edward N. Lorenz in 1972. The idea is that a tiny change has a knock-on effect, which has a knock-on effect, which has a knock-on effect, and so on. Like a long row of dominoes, a tiny push here can affect great change over long distance. Taken to its conclusion, the flap of a butterfly's wings here can cause a tornado in a different part of the world.

Lorenz himself examined this idea, as did many other scientists, and the conclusion was that, as poetic as it sounds, there is good chance that this theory is simply not true!

What is true, though, is the statement attributed to R' Yisroel Salanter ז"ל, made a century or so earlier that 'A Jew in Vilna who is **מכבד שבת** properly, causes a Jew in Paris to have a **הרהור תשובה**'.

What R' Yisroel Salanter was saying is that our **מצוות** and **מעשים טובים** bring something into the world that spreads far, far beyond what we see. We know that **מידה טובה מרובה**, which means that the positive power that a **מצוה** has is in some ways greater than the negative power of an **עבירה**.

This is truly a unique time for **ישראל**, where alongside the suffering and uncertainty, we have witnessed amazing scenes of **תשובה** and **התחזקות**. What could be more inspiring than hearing the story of an Israeli woman tearfully lighting **שבת** candles for the first time in her life. Or the London Barber, closing his shop and keeping **שבת** for the first time. Or indeed, our own BYJHS girls who have been **מקבל** to do something extra, relating to their own personal area for growth.

It is an incredible **נס** that **ה'** has done for us – opening our eyes to the deeper reality that just as our **נשמות** transcend time and space, so the **קדושה** and **אור** created by our **מצוות** can have positive effects thousands of miles away.

This concept is the most fundamental part of the **אמונה** of a Yid – knowledge that the true reality is the reality of **רוחניות** and the greatest power **ה'** has given us is the power of our **מצוות** and **מעשים טובים**.

So, let's keep up the great work and **בעזה"י** we should merit to see the wonderful results of our actions.

בברכה שהי"ת יגאל אותנו בקרוב ויקבץ נדחנו מארבע כנפות הארץ

With best wishes for a relaxing half-term break,

Rabbi Wilson

## Extra Curricular

### Pre יום טוב Speakers

Years 9 - 11 were treated to a special visit by Judge Feinstein. He spoke to them about what it means to be a judge in court here in the UK, and explained how we can use this knowledge to help us relate to the יום הדין in front of the מלך מלכי המלכים.

Meanwhile, years 7 & 8 heard from Mrs Stefansky who talked to them about the importance of grasping every possible מצוה, and to be positive and proud of all we have done, because ה' loves us and wants to give us the best year.

On צום גדליה, Rabbi Travis from ירושלים spoke, first to years 10 and 11, and then to the whole school. He explained, through a personal anecdote, how a person must make the most of every opportunity they've been given, and not let small things bother us. He suggested the girls take on one small thing that they will try not to get bothered by, e.g. a younger sibling, as a זכות for a חתימה טובה.

### יום כיפור - סוכות יום עיון

Girls enjoyed a range of activities on the last day of term before יום כיפור. Each year group had a panel of teachers answering questions on יום כיפור, both practical (what is the best way to prepare for the fast) and רוחניות focused (what kind of קבלה should I take on?).

There was also the opportunity to paint a beautiful canvas סוכה decoration, led by Mrs Schwinger-Rubinstein - each girl took home a piece of art of which she could be truly proud.

The third activity was watching a video that the girls of year 11 created, based on the song 'Broken Heart' - explaining how ה' values our thoughts, feelings and tears, even when the actual words of תפילה seem difficult, and documenting what they had learnt in a scrapbook.

### שמחת בית השואבה

Years 9, 10 & 11 enjoyed a fabulous שמחת בית השואבה in true BYJHS style, with non stop music, dancing, refreshments and a kumzitz.

### יארצייט's רחל אמנו

Our Head Girls: Freidy Freudenberger, Simi Olsberg and Brocha Royde spoke to the school about what we learn from רחל אמנו - to never give up despite the circumstances. The girls then watched a short video. The choir led the whole school in singing Mama Rochel together. זצ"ל of Rav Nosson Zvi Finkel יארצייט is also the י"א חשון, and many teachers pointed out to their classes how he also embodied the message of never giving up.

Many thanks to Mrs Levene and Mrs Stern,  
our outstanding, inspiring and indefatigable EC heads.

## Extra Curricular

### Mishmeres Launch

This term's משמרת theme is Candy Land, showing how our words must sweeten the lives of others. Each girl was given a candygram on which they had to write a kind message to another girl in the school. While eating a lolly, 2 girls from each year group had to act out a scenario without talking, while the rest of the school had to guess what was happening. This showed the importance of words, and how careful we must be to always speak kindly and positively.

Earlier in the term, the school held a 'Charidy campaign', conceived and arranged by Mrs Levene and Mrs Stern, collecting minutes from girls in each year, as well as staff. These minutes were those that girls committed to refraining from לשון הרע and attempting to speak only positively to each other, in the זכות of the situation in ארץ ישראל.

The Mishmeres team is led by Mrs Levene and Mrs Stern.



### Programme Launch

Our EC theme for the year is תפילה, and we will be exploring 3 aspects of it; כוח, כוונה, and הבנה. At the launch, the girls learnt the song and dance for the year, prepared by the programme team. Each girl received a pack of cards, some of which had a 'magic' card inside. Those girls with the magic cards came to the stage, where they deciphered the message of תפילה משנה הטבע - explaining to the girls that our תפילות, like magic, can change nature. When we pour out our hearts to ה', we experience ניסים. The session ended with the whole school reciting 2 פרקים of תהלים together, begging ה' for ניסים in ארץ ישראל and everywhere else they are needed.

Many thanks to Mrs Stern and Mrs Levene, who lead the team and efficiently and devotedly plan and arrange all the amazing programs.

# חסד and צדקה



Helping our Kehillah

9 Colchester Ave

Prestwich

Manchester M250LL

Helpingourkehillah@gmail.com

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Mrs Sasson and the year 11 צדקה and חסד teams have had an amazing start to the year.

In אלול they sold silicone bracelets bearing the phrase 'Giving is Living' and made £90, which was donated to a Manchester צדקה organisation, called Helping Our Kehillah, which supports local families.

Girls stayed in school on צום גדליה afternoon to bake cookies, which were sold the following day, and raised £100, for Glittery, which helps bring joy to young ladies with special needs.



Dear Girls,

I am privileged to be a member of two amazing organisations; Glittery of Manchester and Peninim of Stamford Hill. Both provide for young adults with physical disabilities or other basic additional needs, including; retreats, weekly activities e.g. painting, baking, games night and more. We also have שבת meals together every few weeks.

Currently one of our members (a past pupil at BYJHS) has been in hospital for several months, and now after a long haul she is חסדי ה' and slowly regaining strength. She is desperate for a enjoyable day out with her friends from Peninim and Glittery, but in her fragile state of health she is limited a can't just go anywhere and it needs carefully planning which is costly. therefore I turn to you. All proceeds from the cookie sale go to this worthy cause.

Thanking you,

On ראש חודש חשוון snacks were school, and a popular film night raised £600 which was sent to United Hatzola in ארץ ישראל.

On ראש חודש כסלו the girls sold doughnuts. The £80 they raised will help pay for therapy for a young boy with special needs, the son of a past pupil of BYJHS.

Coming up, there will be a toy appeal for Camp Simcha; girls will be asked to bring in new gifts and games suitable for teens to be distributed at Camp Simcha events.

In total, nearly £1000 has been raised for צדקה so far this school year, thanks to the amazing efforts of Mrs Sasson, the צדקה team, and the rest of the school who participate so enthusiastically in all the fundraising activities.

# חסד and צדקה

JH Girls were FAB as usual!!!  
Thank you so much  
Such a big help!!



Girls from year 10 went to decorate the סוכה, and girls from year 7 & 8 went to prepare platters of סימנים for ראש השנה at Beenstock. There are also girls going weekly to sing and play board games with the residents.

Over 50 girls wrote heartfelt letters of חיזוק to mothers and wives of soldiers in the IDF, which were scanned and sent to ארץ ישראל via the Ezras Nashim organisation in New York.

To our Brothers and Sisters,  
I want to let you know, during these difficult times we are  
struggling together. We feel your pain and we are with you every  
day. Please let us know how we can help. We are here for you!  
Remember that everything that is done is for the Good - Amen!  
... CHALLENGES ...  
... WE ARE NOT ...  
... TO DESTROY US ...  
... THEY ARE SENT ...  
... TO ...  
... PROTECT ...  
... US! ...  
Debby Green  
Manchester  
15

To the families of all the  
soldiers who are fighting  
in דג'ר' ע'ר,  
I really appreciate your  
huge devotion for our land  
and your tremendous love  
for דג'ר' ע'ר. Thank you  
for your courage in the  
face of darkness. We are  
davening for you and  
your brothers, husbands,  
fathers and sons...  
Your ע'ר מ'רן is  
bringing מ'רן closer!  
Shira from Manchester

To The Families  
with Soldiers fighting  
תורה נבונה  
we are so thankful  
for your consistency  
WE ARE THANKING  
YOU  
HOPE YOU'RE SAFE!  
we are davening for you here in  
THANK YOU!

To the Most amazing families who  
Sacrifice their loved ones,  
We just wanted to say THANK YOU  
for letting your loved one fight for Israel  
and the state of Israel  
We want to tell you how AMAZING our  
MILITARY is!  
We have to meet every year in Jerusalem  
to thank our heroes and their families and the  
state of Israel!  
We have to meet every year in Jerusalem  
to thank our heroes and their families and the  
state of Israel!  
Thinking of you and praying for you all  
Blessing Leah, Ayala, Danyal and Barry's families  
Orly, Manchester, England

**MumBa**

## Thank you

TO ALL THE GIRLS WHO COMMITTED TO GIVE UP SOME  
TIME ON יום כיפור  
TO HELP MOTHERS OF YOUNG CHILDREN. THE MOTHERS  
ARE ENORMOUSLY GRATEFUL. WE WOULD LIKE TO THANK  
YOU WITH EITHER AN ICED COFFEE OR MILK SHAKE FROM  
MUMBA. PLEASE BE IN TOUCH WITH ME ON 0796  
998 TO GET YOUR THANK YOU TREAT. HAVE A LOVELY  
YOMTOV.  
MIMI

**Volunteers of the Month**  
SEPTEMBER 2023 AWARDS

Jewish High  
**TEHILLA ROSEN**

Jewish High  
**HADASSAH NEUMANN**

Thank You  
TO ALL OUR AMAZING VOLUNTEERS. KEEP UP YOUR GREAT WORK!

EMPOWERING OUR YOUTH TO SUPPORT OUR COMMUNITY

**Volunteers of the Month**  
OCTOBER 2023 AWARDS

Jewish High  
**DEBBIE OLSBERG**

Jewish High  
**BATYA KLYNE**

Jewish High  
**DEBBY GREEN**

Thank You  
TO ALL OUR AMAZING VOLUNTEERS. KEEP UP YOUR GREAT WORK!

EMPOWERING OUR YOUTH TO SUPPORT OUR COMMUNITY

We are so proud of all the  
השגות our girls do, both in and  
out of school!

# חסד and צדקה

## חסד Launch Activity

The school received some funding for some community projects, so Mrs Sasson arranged an enjoyable, informative and productive activity for the whole school. Information was given out about local volunteering options, including Kidz Haven, Shabbat walk, GIFT and Beenstock Home. Representatives from GIFT - Mrs Noe, and from Beenstock Home - Ayala Feld came to speak about the work that they do and how our girls can help and have a part in the wonderful חסדים that they do, day in and day out. We launched a competition for girls, whereby each girl writes her name on a piece of a globe - thus bringing to life the concept of עולם חסד יבנה. The חסד team made a fabulous video showing the amazing חסדים we do across the community, to encourage girls to do more חסד.

We then had a school packing activity, making שבת packages for GIFT, Heathlands and Beenstock, which included חלות, tealights, treats, grape juice and serviettes, and we ended the afternoon with some energetic dancing to עם ישראל חי!

*JH girls smashed it again!!  
Thanks so much!  
The beautiful Shabbos packages  
you made were wonderfully  
received by everyone!!*



## Back to School Workshops

Over the first week of term, each class had a range of workshops, on topics such as growth mindset, the Beis Yaakov ethos, careers, opportunity, technology, organisation and behaviour expectations.

Year 7 worked hard and learnt a lot in an interactive anti-bullying workshop, delivered by Mrs Feingold. Through a wide variety of activities, the girls learnt the effects of bullying, the importance of teamwork, how one situation can be viewed in 2 different ways, and how people's faces don't always show their inner emotions.



## Careers Week - פרנסה Possibilities

For careers week, many classes had the opportunity to think about how their studies can affect their future lives. For example, girls studying History GCSE learnt what jobs this could be useful for.

Many thanks to Mrs Klein, our careers lead, for arranging the careers week, and for always being on hand to advise girls of their פרנסה possibilities.

## Anti Bullying Week

We are proud that Beis Yaakov is a bullying-free zone, and we took the opportunity during this national anti-bullying week to reinforce key messages on the topic. In assembly on Monday, Mrs Rechnitzer spoke about the effects of bullying, and Yaffa Dozetis read out a letter from a victim of bullying. Girls were shown a video of the Mayor of New York saying "NO, it's not alright", and posters around the school clearly remind girls of this message.

## Year 9 activities

Year 9 enjoyed a lunch with their year team; Mrs Bamberger, Mrs Sulzbacher, Miss Miller and Mrs Schleider. Their current theme is 'אחדות and appreciation' - building on the already excellent אחדות in the year group, and practising noticing the good all around us every day. The importance of מזמור לתודה was discussed, and the girls enjoyed cocoa and ice cream.

The girls are looking forward to being able to visit the Special Spirits Centre, in groups of 8, accompanied by a teacher. They will be able to interact with the children and make a difference to their lives by spreading their positivity, as well as learning how to relate to children with additional needs.

## Year 10 מלוה מלכה

Year 10 enjoyed a beautiful מלוה מלכה together. The theme was ואתה ה' מגן בעדי כבודי - teaching us that ה' is the only One in whom we can trust. Channah Bar Ilan and Shevi Miller wrote and said a meaningful דבר תורה explaining the theme. There was also a beautiful choir, dance, skit and game. The girls enjoyed pizza and chips and an ice cream bar. The evening ended with a heartfelt kumzitz, with Chavi Fleischer accompanying on guitar, and Orly Bitan and Adina Guttentag on piano. Many thanks to the year team - Mrs Aronson, Miss Elkouby, Mrs Rosenzweig and Mrs Royde for arranging and running the evening.



Year 10 used a day in the holidays to come together to say תהלים for the מצב in ארץ ישראל, as did girls from other year groups.

## Year 8 Programme of Giving

Year 8 began a 'Program of Giving', to raise awareness of behaviour בין אדם לחביו , between peers, staff, and family members. We discussed how every person is נברא בצלם אלקים and should be treated kindly and respectfully at all times.

The girls had a great time making friendship bracelets, and discussed how to give of themselves in different ways.

The girls have now picked the name of a classmate, for whom they will do five acts of giving (not involving money!), secretly, over the next two weeks, and will win prizes for doing so! The girls have been encouraged to write poems and cartoons about friendship too.



# Year 11

## סליחות

Almost the whole year attended pre ראש השנה סליחות very early in the morning in Vine Street shul, arranged and accompanied by the mechanchos. After davening they had a class breakfast together in school, and 2 girls said a דבר תורה.

## שויתי programme

Over half the class have been attending after school שיעורים in a new "שויתי" programme, arranged by Mrs Jacobs. The aim is to explain how we can constantly live with "שויתי ה' לנגדי תמיד", by learning about the שש מצוות תמידיות and how we can apply them to our lives. Rabbi Gefen has come a number of times to give an introduction and talk about the first of the 6 מצוות, with אי"ה other speakers to follow.

## שיעור by Rabbi T. Miller

The year 11 girls, together with year 11 Bnos girls, (and a number of teachers) attended a shiur about the פרשה given by Rabbi T Miller from Gateshead Old Sem, to give them a taste of what the sem is like. After the shiur girls had a chance to ask Mrs Miller more details about the sem - the schedule of the day, applications and more. Many thanks to Mrs Klein for arranging this excellent opportunity for the girls.

## Girls Speeches

A number of girls have spoken to the class about different topics. Yehudis Horn and Malky Pearlman spoke about the importance of davening מנחה. Goldie Halpern spoke about the power of תפלה. Esther Klein spoke about growing in עבודת ה' and Bassy Reif spoke the אחדות of ה'.

## Terrific Tuesdays

The year 11 girls have been treated to "Terrific Tuesdays" where they have lunch together in the library. They enjoy snacks and hot drinks, and there is relaxing music and a pleasant atmosphere. Mrs A Strom spoke to the girls one lunch break, and we look forward to further guest speakers.

## קבלת שבת

Dassy Thumim and Nechama Janit arranged a קבלת שבת for year 11 in Dassy's house. The girls all came and sang a beautiful קבלת שבת together, enjoyed by all.

## Visit to the קבר of the Manchester Rosh Yeshiva

Before ר"ה, Mrs Stefansky took year 11 girls who had attended her הלשון שמירת lessons in year 10, to visit the קבר of the Manchester Rosh Yeshiva. She explained the significance of davening by the קבר of a צדיק and how R' Segal greatly emphasised the importance of שמירת הלשון. The girls then all davened and said תהלים. Girls also committed to learning שמירת הלשון every day for a set period of time.

## שיעור and תהילים on 'day off'

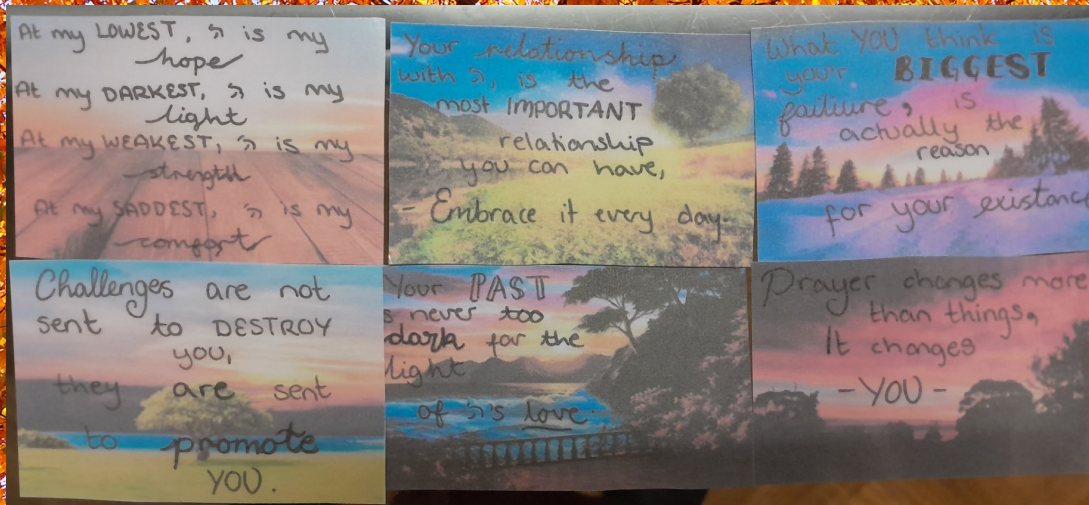
After the school was given a day off following a broken water pipe, the year 11 girls didn't waste their day. They all got together to recite תהלים and managed to finish it 3 times! Following that Mrs Jacobs gave a שיעור on utilising every moment, encouraging them to think what does our suitcase hold? Then they all davened מנחה together; kindly hosted by Family Halpern.

# תפלה

The תפילה team - Malky Pearlman and Yehudis Horn - have recorded a meaningful song about תפלה that is played every morning as the girls come into davening. They have also been giving out beautifully designed magnets every Monday in each girls locker, with an inspirational quote on them, for example, "תפלה changes more than things, it changes YOU" and "Challenges are not sent to destroy you, they are sent to promote you". All the girls - and many teachers - enjoy their weekly quote.

They also arranged a מנחה inspiration for years 9, 10 & 11, where girls davened מנחה together.

At the beginning of year, girls from year 11 led year 7 in davening, setting an example of how a בית יעקב girl davens.



## תהלים Event

We were proud to be able to host an inter-school תהלים evening of inspiration, which was attended by the majority of the girls. Mrs Kupetz introduced the evening, explaining the power of תהלים, after which each girl said a פרק or two of תהלים so the whole ספר תהלים was completed numerous times. This was followed by the recital of 2 פרקים together, and the evening culminated with all the girls singing אחינו together.



# Rewards

We continually acknowledge positive behaviour in school with a range of rewards and prizes. Girls are given 'positive' stamps from teachers which are accumulated and can be exchanged in our reward shop for a range of fabulous prizes, including vouchers for local eateries, wireless earphones, snacks and throws.

Every Monday, one girl from each year is treated to a snack bag in recognition of showing respect or positive behaviour, and each ראש חודש, iced coffees are awarded to 3 girls from each year group, in recognition of continuous good behaviour and being a role model to others.

## תשרי

Year 7: Sara Adina Richman, Chevy Schleider, Batya Joseph

Year 8: Tzipporah Frankel, Suri Bursk, Soroh Samet

Year 9: Miri Issler, Gila Arnold, Penina Sonnenshein

Year 10: Shevi Miller, Chaya Abrahams, Sari Brandies

Year 11: Ella Issler, Goldie Halpern, Sara Manson

## ראש חודש חשוון

Year 7: Penina Jacobson, Minni Tomlin, Chavi Halpern

Year 8: Yael Cohen, Ety Abenson, Nechama Reznick

Year 9: Sheindy Blicksilber, Ashira Tunkel, Chana Leitner

Year 10: Hodel Heller, Leah Rina Sobel, Yiskah Rudich

Year 11: Raizy Waldman, Yehudis Cohen, Malka Grossberger

## ראש חודש כסלו

Year 7: Miri Ackerman, Batya Klyne, Batsheva Lewis

Year 8: Rina Wachnon, Miri Roberts, Tehilla Possenheimer

Year 9: Racheli Haffner, Adina Horn, Miri Weltscher

Year 10: Yael Dunner, Adina Guttentag, Sara Kada

Year 11: Adina Villegas, Yael Pereira, Leah Grunfeld

## Monday Snack Bags

**Year 7:** Miriam Bolel,  
Chavi Halpern,  
Miri Fonteijn,  
Mimi Ellinson

**Year 8:** Shana Sinitsky,  
Chani Stern,  
Rachelli Katz,  
Mimi Leifman

**Year 9:** Elisheva Janit,  
Tehilla Dolties,  
Leah Berlin,  
Talia Gingold

**Year 10:** Perel Jacobs,  
Michali Clifton,  
Orly Bitan,  
Shira Schleider

**Year 11:** Bassy Reif,  
Adina Azar,  
Yael Mechlowitz,  
Soro Yehudis Davis

## Message from Mrs Reznick

Dear Parents,

It has been a great start to the year and we are thrilled to share with you some of the remarkable achievements of our girls.

Even though we had a hard start coming back after סוכות, our girls have continuously stepped up their Davening and תהלים both in school and out. It has been incredible to hear of all the תהלים that have been arranged outside of school for ארץ ישראל.

Our BYJHS girls also showed us how their leadership qualities and how beautifully behaved they are when we hosted תהלים in school with other schools joining. It was a true privilege to watch our girls in their element.

The girls have been working hard both in and out of the classroom. When we walk around the school it is a pleasure to see so many girls hard at work, engaging in their learning in both קודש and Chol.

Outside the classroom we have had Mishmeres, מוסד programs, singing, יום טוב art painting, sports tournaments and much more. I would like to thank all the staff involved in these activities and we look forward to many more.

We can't forget every girl's dream come true of being sent home as there was no running water in school. The girls were so well behaved when we called them together to tell them and we hope they enjoyed their last minute day off.

I would like to thank all our staff for such a smooth transition into school this term, our staff are so dedicated and caring and I am sincerely grateful for this.

To all the girls, what an amazing start to the year and אי"ה this is just the start of an fabulous year to come.

Enjoy your short break and I hope you come back refreshed and ready for the next half term that includes all our fun חנוכה activities

Mrs Reznick