



Hessed Academy

At CBI

Developing Kind Souls

**Welcome to the
2022-2023 School Year**

CBI Hesed Academy School Calendar
2022-2023 5782-5783

SEPTEMBER

Sundays 9:30-12:30 (K-2 ends at 11:30)

9/11: First Day of School
9/18: Regular Class schedule
9/25: No School (Rosh HaShanah)

Specialist or Event

Special Guest Artist
Storytelling

Alevnu 12:30-2:00

Free Pizza Lunch
No Class
No Class

OCTOBER

10/2: No School (Holiday Break)
10/9: In session
10/16: In Session with Simchat Torah Service 11:00-12:30
10/23: In Session
10/30: In Session

Art Projects for Sukkot
Cooking
Music

No Class
Bring Your Lunch
No Class
Free Pizza Lunch
No Class

NOVEMBER

11/6: In Session
11/13 In Session
11/20 In Session
11/27 - No School (Thanksgiving break)

Storytelling
Art
Music

Bring Your Lunch
No Class
Free Pizza Lunch
No Class

DECEMBER

12/4: In Session
12/11: In Session
12/18: In Session
12/25: No School (Winter Break)

Storytelling
Music
Cooking (Chanukah)

Bring Your Lunch
No Class
Free Pizza Lunch
No Class

JANUARY

1/1: No School (New Year's Day)
1/8: In Session
1/15: No School (Martin Luther King Day)
1/22: In Session
1/29: In Session

Art
Storytelling
Music

No Class
Bring Your Lunch
No Class
Free Pizza Lunch
No Class

FEBRUARY

2/5: In Session
2/12: In Session
2/19: No School (President's Day Weekend)
2/26: In Session

Cooking
Art
Storytelling

Bring Your Lunch
No Class
No Class
Free Pizza Lunch

MARCH

3/5: In Session with 10:00 Purim Shpiel and 10:30 Carnival
3/12: In Session
3/19: In Session
3/26: In Session

Music
Art
Cooking

Alevnu helps with Carnival-No Class
Bring Your Lunch
No Class
Free Pizza Lunch

APRIL

4/2: In Session will 11:15 Model Seder
4/9: No School (Spring Break)
4/16: In Session
4/23: In Session
4/30: In Session

Model Seder
Storytelling
Art
Music

No Class
No Class
Bring Your Lunch
No Class
Free Pizza Lunch

MAY

5/7: In Session
5/14: No School (Mother's Day)
5/21: Last Day in Session

Cooking
Assembly

No Class
No Class
Free Pizza Lunch-last Session

Additional Special Dates for the 2022-23 Religious School Year:

Class Dinners on Friday Night:

November 4, 2022: Sixth and Seventh Grades
December 2, 2022: Fifth Grades
February 3, 2023: Third and Fourth Grades
March 10, 2023: Kindergarten, First and Second Grades
May 5, 2023: Aleynu

Classes Assisting with IHELP:

October 2, 2022: Kindergarten, First & Second Grades
November 6, 2022: Aleynu
December 4, 2022: Fifth Grades
February 5, 2023: Sixth and Seventh Grades
March 5, 2023: Third and Fourth Grades

Save on Your Calendars:

December 23, 2022: Community Chanukah Dinner
April 6, 2023: Community Passover Seder on Thursday Evening
May 5, 2023: Senior Recognition Shabbat
May 26, 2023: Teacher Appreciation Shabbat



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**Kindergarten, First and Second Grade
2022-23**

Typical Sunday Morning Schedule:

9:30: Arrival, Attendance and Welcome

9:40: Tefillah and Hebrew Through Movement in the Sanctuary

10:00: Time with the Specialist (Art/Storytelling/Cooking/Music...)

10:30: Break

10:40: Focus on Curriculum

11:30: Dismissal

Curriculum Focus

Jewish Life Cycle Events including

Birth, Naming Ceremonies (Brit Chayim & Brit Milah)

Study, Bar/Bat Mitzvah, Confirmation, Graduation

Marriage, Family Trees

Death, Funerals, Mourning

Interwoven into the Life Cycle events are our 4 Themes:

Tzedakah – Creating a Just Society

Gemilut Chasidim – Acts of Loving Kindness

Tikkun Olam – Repairing/Restoring a Broken World

Clal Yisrael – Caring and Celebrating with Jews around the
World

Holidays Studied and Celebrated at appropriate times.



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**Third and Fourth Grade
2022-23**

Typical Sunday Morning Schedule:

- 9:30: Arrival, Attendance and Welcome
- 9:35: Time with the Specialist (Art/Storytelling/Cooking/Music...)
- 10:00: Start on Curriculum
- 10:15: Tefillah in the Sanctuary
- 10:45: Hebrew, Learning our Letters and Reading Skills
- 11:30: Break
- 11:40: Focus on Curriculum
- 12:30: Dismissal

Curriculum Focus

Bible Narratives Could Include:

Creation, Adam and Eve, Noah and the Ark, Abraham and Sarah
The Binding of Isaac, Jacob and his Sons, Moses, Exodus (Plagues)
Crossing the Sea, Revelation at Sinai, Miriam Finding Water,
Mannah, Aaron becoming the High Priest, Building the Tabernacle
12 Scouts, Conflict with Korach, Balaak and Bilam and the talking Mule, Striking
the Rock to Get Water, Passing Leadership to Joshua,
Entering the Promised Land, Kings and Priests, Exile, Prophets, Jonah, Ruth,

Interwoven into the Bible Narratives are our 4 Themes:

Tzedakah – Creating a Just Society
Gemilut Chasidim – Acts of Loving Kindness
Tikkun Olam – Repairing/Restoring a Broken World
Clal Yisrael – Caring and Celebrating with Jews around the World

Holidays Studied and Celebrated at appropriate times.



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**Fifth Grade
2022-23**

Typical Sunday Morning Schedule:

9:30: Arrival, Attendance and Welcome

9:40: Focus on Curriculum

10:15: Tefillah in the Sanctuary

10:45: Break

10:55: Time with the Specialist (Art/Storytelling/Cooking/Music...)

11:30: Hebrew, Learning our Letters and Reading Skills

12:30: Dismissal

Curriculum Focus

Israel Including:

Biblical Origins as “the Promised Land”

Modern Establishment in 1948 and the Proclamation of Establishment

Early pioneers and the Kibbutz and Moshav movements

Ashkenazic, Sephardic, and Middle Eastern Israelis/various cultures

Re-establishment of the Hebrew language

Israeli cities and regions (Tel Aviv, Jerusalem, Negev, Haifa, Golan...)

Israeli wars

Government system, Keneset, Health Care, Army service

Culture including foods, dance, music

Palestinians, Arabs, Muslims, & many more communities

Yom HaZikaron and Yom HaAtzmaut

Interwoven into the Israel studies are our 4 Themes:

Tzedakah – Creating a Just Society

Gemilut Chasidim – Acts of Loving Kindness

Tikkun Olam – Repairing/Restoring a Broken World

Clal Yisrael – Caring and Celebrating with Jews around the World

Holidays Studied and Celebrated at appropriate times.



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**Sixth/Seventh Grade
2022-23**

Typical Sunday Morning Schedule:

- 9:30: Arrival, Attendance and Welcome
- 9:40: Focus on Curriculum
- 10:25: Hebrew Reading and Bar/Bat Mitzvah skills
- 11:20: Break
- 11:30: Tefillah in the Sanctuary
- 12:00: Time with the Specialist (Art/Storytelling/Cooking/Music...)
- 12:30: Dismissal

Curriculum Focus

Jewish Ethics (Pirke Avot) and Holocaust Studies Including:

- Who are our sages? What were their primary concerns?
- What lessons do we use in our lives today? How do they apply?
- Sections of Pirke Avot and how to interpret them then and now.
- Antisemitism and its roots in the Holocaust.
- Dehumanizing others and how it evolved.
- What happens when we remain silent?
- What lessons can we learn from the Holocaust?
- After the Holocaust: Israel and remembering our past

Interwoven into the Israel studies are our 4 Themes:

- Tzedakah – Creating a Just Society
- Gemilut Chasidim – Acts of Loving Kindness
- Tikkun Olam – Repairing/Restoring a Broken World
- Clal Yisrael – Caring and Celebrating with Jews around the World

Holidays Studied and Celebrated at appropriate times.



Aleynu ~Teen Connections 8th –12th Grade with Cantor Alisa Fineman 2022-2023

Torah to live by: Join us for a journey of personal growth and discovery in a community of peers, growing our hopes and dreams, becoming more of who we are and cultivating well-being through exploring Jewish core values, prayer practices, communication skills and the Jewish calendar to help guide and ground us in daily life and meet modern challenges.

Here's an example of themes we'll be exploring and activities in our 1st Trimester:

1st Trimester: We are Y'hudim, the "Thanksgiving People"

Session 1: Modim Anachnu: "Hoda'a" ~ Exploring our prayers of gratitude as "medicine" and "practice" to strengthen our well-being and affirm our connection and place in the world.

Session 2: Hoda'a & Sukkot: Acknowledging the "Source of Life", where everything comes from"; cultivating appreciation for the earth's bounty; discussing the impact of global warming and what we can do to make a difference. (Plant daffodil and narcissus bulbs around the grounds and decorate the bima with pumpkins and gourds)

Session 3: "Baruch Atah Adonai" ~ Walking a Path of Blessing: Using our siddur, we'll dive into prayers that speak personally to you, discover more about our spiritual practice of saying "please" and "thank you" and discuss why cultivating gratitude can re-center and sweeten our lives.

Session 4: Giving Back: Assisting with I-Help. Guide and Assistant: Arlene Krebs

Session 5: Hoda'a~ We are Yehudim, the "Thanksgiving People!"

Guest Speaker from the Food Bank for Monterey County or Mazon. How can we make a difference in our own community? Plan a volunteer project together.

Create our own blessings to share with our families at our Thanksgiving tables.

2nd Trimester Themes: Ahavah Rabah:

We are loved by a "Never-Ending-Love." We are not alone: cultivating the presence of love and connection in our lives.

V'ahavata L'reyacha Kamocha: exploring love for ourselves, our neighbor and the stranger. (*Explore Hasidic teachings of Kalonymus Kalman Shapira Rabbi of the Warsaw Ghetto*)

Birkat Shalom: Creating peace within ourselves so we can create more peace in the world around us.

Guest Speakers: Dr. Seth Pollack, Dr. Beryl Levinger, Rabbi Leah Novick

3rd Trimester Themes: G'ulah: Freeing the Captive; and Aleynu: It is Upon Us.

How are free; how are we not free? What is enslaving us? Define freedom.

Who is free? How are we captive to our peers, peer pressure? How are we captive to our parents' expectations?

Aleynu: It is Upon Us.

-What does it mean to be a "Light unto the Nations?"

-Explore our obligation to defend the vulnerable which is sourced in the Torah: the orphan, the widow, the stranger, the homeless. How are we practicing care and sensitivity to those vulnerable as a society and as individuals? What are some ways that we can better care for the defenseless and vulnerable and make a better world? (Include siblings, shy kids at school, name others...) Service Learning: How to better serve those that are underserved in our community. Guest Speaker: Seth Pollack (Sefaria Source Sheet)

Guest Speakers: Arlene Krebs, Dr. Seth Pollack, Dr. Beryl Levinger, Rabbi Leah Novick