

# Limudei Kodesh Digest

תחל שנה וברכותיה



*Reflecting upon our past glory...with  
an eye to an even more glorious future*



Dear MHS Family,

As we stand poised on the threshold of a New Year, we can evaluate and appreciate the spiritual growth our students have achieved. This is an opportune time to express our appreciation to our rabbonim and teachers for the invaluable knowledge, insight and direction they have provided throughout the past year. May they and their families merit good health, אריכות ימים, and success in all of their endeavors. On a personal note, as I reflect on the myriad kindnesses Hashem has performed for me, I cannot help but marvel at the excellence of my faculty and colleagues whose lessons are saturated with יראת שמים, as well as the superior quality of my students, who are always eager to scale new heights. The relationship between teachers and students is syne qua non in the chinuch process and one which we carefully cultivate at MHS.

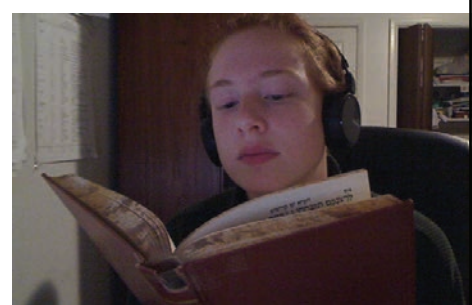
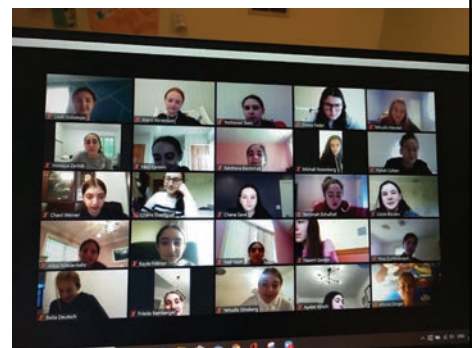
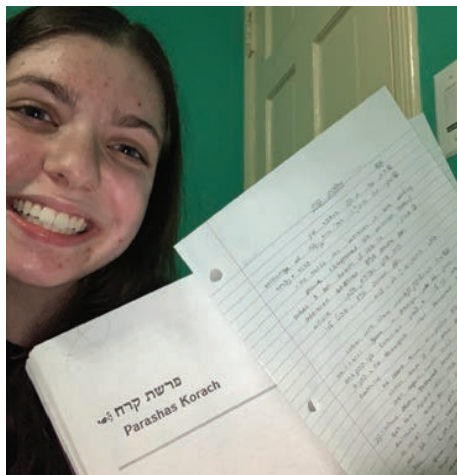
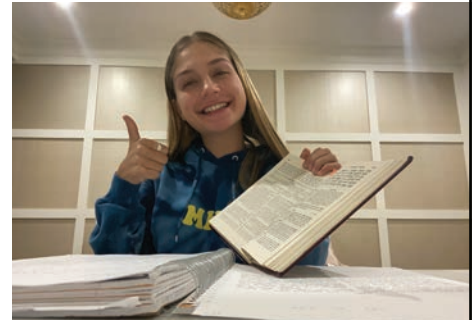
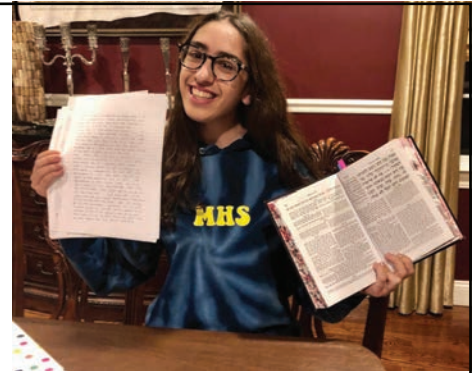
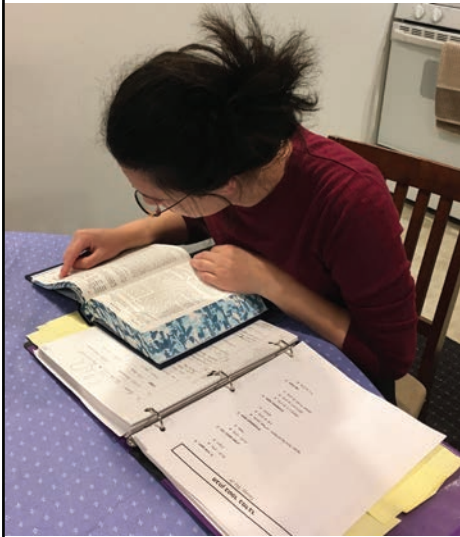
The pages of this Limudei Kodesh digest are replete with both formal limudei kodesh experiential learning of the year תש"פ that we did not yet have the opportunity to share, as well as good times shared with loving moros and dedicated rebbeim who were willing to reach out across the divides of time and space, transforming digital learning into a platform of inspiration, love and bonding.

MRS. TSIVIA YANOFSKY  
*School Principal, Menabeles*





## ONLINE ZOOM CLASSES



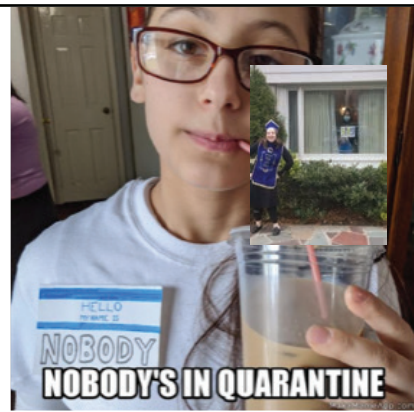




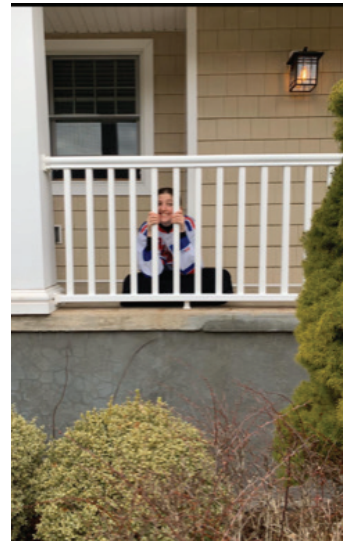
# PURIM AT MHS



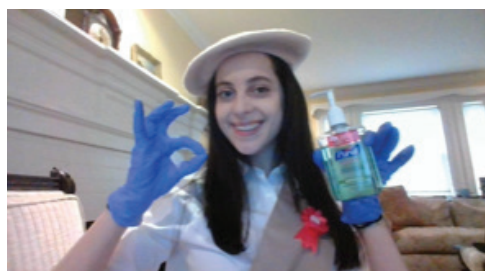
**RABBI FARHI**



**MRS. SLOVIE (JUNGREIS) WOLFF**



We want to thank our zoom speakers for giving words of chizuk during these challenging times.







## MHS PESACH CHIDON

שלושים יום קודם החג שואלין  
ודורשין בעניני החג

**MHS PESACH CHIDON**

**Kahoot!**

Each grade will have their own Pesach Kahoot! Chidon competition. Winners of each grade will compete in a finale competition for a grand prize!

**THIS THURSDAY ROSH CHODESH NISSAN**

**TO PLAY: LOG ONTO KAHOOT.IT**

SEE STUDY GUIDES ATTACHED.

*First Place Winners*  
**MALKA HIRSCH**  
**CHAVI WEINER**

*Second Place Winners*  
**TAMAR SPOERRI**  
**ZAHAVA GILONI**

*Third Place Winner*  
**SARA NORDLICHT**

*Honorable Mention*  
**MINDY BOBER**  
**AVIVA NOTKIN**

**כל הכבוד!**

*In preparation for Pesach we had the opportunity to participate in a Pesach Chidon over Kahoot. It really enhanced our preparation for the Chag by helping us learn and review about Pesach in a fun and interactive way. Before the Pesach Chidon I participated in an optional Zoom class led by Mrs. Tendler, where we went through all of the questions on the study guide in order to prepare for the Pesach Chidon. After that I reviewed the questions on my own. The game was really enjoyable to participate in. Everyone went onto zoom and the questions were displayed and everyone would click on the correct answer. Points were awarded based on speed and accuracy. As one of the winners I received a most special gift, a copy of At the Maggid's Seder, Rabbi Krohn's penetrating and inspiring comments on the Haggadah. It really enhanced my family's seder. Thank you Mrs. Tendler for this enriching experience.*

Chavi Weiner

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סִפְרֵי תְּהֵאֲמָר

היום שלשה ועשרים יום, שהם שלשה שבועות ושני ימים בעמר

**DAILY SEFIRAS HAOMER  
REMINDER**





בר יוחאי נמשחת אשריך  
שמן ששון מחבריך

# Lag B'Omer Celebration

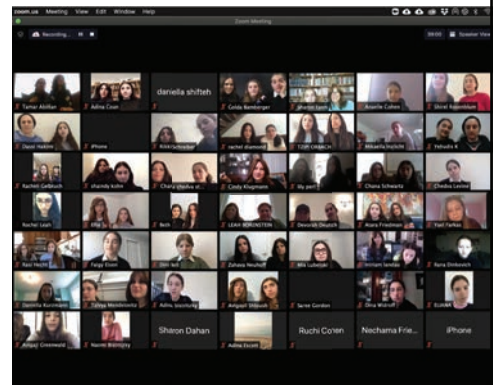
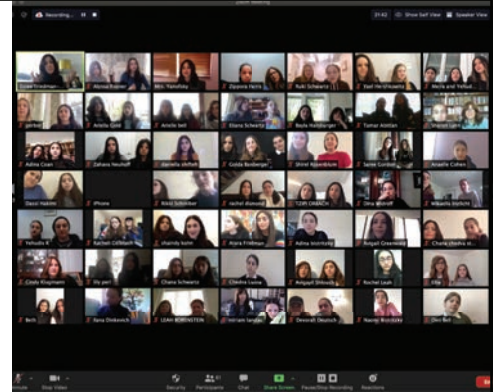
WITH OUR INCOMING FRESHMEN

## Class of 2024

LAG B'OMER | MARCH 12TH | 11 AM  
MOTHERS & DAUGHTERS ARE CORDIALLY INVITED  
ZOOM.US/J/2870314420

We will have the opportunity to hear greetings from the principals, enjoy a presentation from our G.O. and hear from some of our current students.

LOOKING FORWARD TO GREETING YOU,  
MRS. YANOFSKY MRS. FRIEDMAN-STEFANSKY



*On Lag B'omer of this year, I was privileged to address the incoming freshmen class and their mothers. It was extra special due to the fact that my younger sister, Golda, is part of that incoming class, and my mother and her participated in this event. I touched upon some points that would sooth the frazzled nerves of those entering the halls of MHS, such as how the transition we had when we first started our 9th grade year was made so smooth by the faculty and teachers, the ample opportunities we have to make friends despite the busy school schedule, and how even during the zoom era, the school made things fun. I also gave some advice to the new students, such as being brave by branching out from the girls you already know to make new friends; how the older grades are there to help, and, most important, not to stress!*

*Frieda Bamberger*





## SEFER HACHINUCH CHABURA WITH MRS. EISENBERG

*One of my highlights of Zoom school was Mrs. Eisenberg's weekly Chabura. This Chabura took place at 9 p.m. usually on Tuesday nights. This Chabura was so inspiring and a constant infusion of emes amidst these unprecedented times. Each week Mrs. Eisenberg taught three or four different Mitzvos from the Sefer HaChinuch. With each Mitzvah, Mrs. Eisenberg gave us practical implications for our own personal lives, the "root/Shoresh" of the Mitzvah, a little bit about the Chashivus of each Mitzvah, and a story or small insight regarding the topic. This Chabura has not only changed my normal routine, it has taught me to recognize and admire each Mitzvah. As we delved into so many different mitzvos we learned how to take the Mitzvos and see them as lessons.*

*One particular mitzvah that really impacted me was Mitzvah 613 - the mitzvah for each person to write their own Sefer Torah. We learned this Mitzvah right before Shavuos, and Mrs. Eisenberg explained that each person has the job to bring Torah in their own home, and constantly strive to make Torah so beloved in their lives. It was so special for me to hear that lesson right before Shavuos, the Yom Tov celebrating the gift of the Torah. This Chabura was truly an incredible chance to learn, grow and be inspired!*

*Ayelet Reichman*

ט"ו



We passed our goal and reached 245 Thank You Hashem moments!

**ADD YOUR COMMENT BELOW!!!  
GOAL:225!!**

**ONLY QUARANTINED GIRLS ALLOWED;)**

Let's keep it Kosher! :) No Comments/Chats please!

<https://www.youtube.com/watch?v=Byo7t9hJXG4>

<https://youtu.be/imcD70UkOKo>

TYH...

1. TYH- **GESHMAK TO BE IN MACHON GESHMAK TO BE IN MACHONNNNN:)))**
2. TYH for Zoom-to be able to have all classes and assemblies!!!
3. TYH that I didn't buy a Purim costume!!!
4. TYH I didn't make my mishloach manos yet:)))
5. TYH we stocked up on ginger ale- cures everything!
6. TYH I don't have to wake up at 6:30 (or earlier!) tomorrow
7. TYH that I didn't finish my English essay
8. TYH for #8 Lemaa'leh Min Hatevah!
9. TYH that I can paint for moadim during zoom school
10. TYH for Facetime!!!
11. TYH for extra sleep and vacation!
12. TYH for having a computer
13. TYH that we get more sleep!



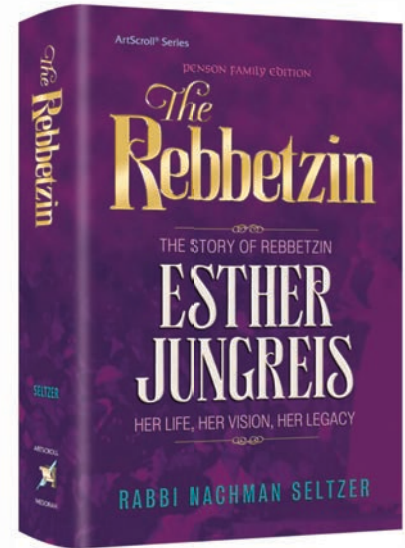


# JEWISH BOOK CLUB

06.02.20 | 8PM

Special Guest Appearance  
Mrs. Slovie Jungreis-Wolff &  
Mrs. Shannon Penson

<https://zoom.us/j/6629265433>  
PLEASE CLICK HERE TO REGISTER



Looking Forward, Mrs. Yanofsky, Mrs. Klugmann, & Mrs. Koenig

*Book Club in MHS is something that my fellow classmates and I take pride in. The books that we read have a big impact on us in various ways. Being able to glean Hashkafos from reading about how our gedolim lead their life is something very special, not to be taken for granted. Many of the gedolim and Rebbetzins that we read about teach us valuable lessons that we can use wherever HaShem takes us in life. Specifically, the moving book about Rebbetzin Jungreis, taught me the power of determination. Rebbetzion Jungreis never gave up on anyone and was willing to do anything for a fellow Jew, no matter their level of religiosity. She once flew to LA on Erev Pesach to bring a fully assimilated secular closer to Hashem and His Torah, someone who had previously rejected the rebbetzin's teachings! Many ideas like these are threshed out from the books that we read and the ideas are stimulating, causing us to really think and we are easily able to apply them to our own lives. Although this year we were not able to be in a classroom forum, we utilized zoom to bond with each other over Rebbetzion Jungreis's book, and it worked out so beautifully. Zoom allowed us to converse with teachers, parents, students and even alumni about the book-- it was amazing to be able to make so many connections in this way to so many people. Mrs. Slovie Jungreis and Mrs. Penson, for example, honored us with their presence and shared awe inspiring stories. It's one thing to gain expansive lessons from a book on its own, but the ability to connect and bond with others about a book brought the learning and inspiration to a whole new level.*

*Rivka Hakimi, 10th Grade*





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*This year I participated in the US Chidon HaTanach, a national competition in which participants study specific portions of Tanach each year. Participants must be in the 6th - 11th grades. When I was in the sixth grade, my sister (then in the eighth grade) participated in the Chidon for the first time. I remember watching her chazer with my mother for hours and the look of satisfaction on her face when she came back from each of the regional exams having known all the answers. My sister came in second place in the Hebrew eight grade division. The next year, I decided to participate. I wanted that feeling of knowing Hashem's Torah so well, too. I spent hours every day studying the sefarim of Bereishis, Yehoshua, and Tehillim. I gained so much from it. At the finals, besides for taking the tests, there were Tanach activities, chavrutah sessions, and a lot of speeches in which the purpose of Chidon was stressed- to learn a lot of Torah, not to win. I came in 5th place in the 6-7 grade Hebrew division. This year, remembering how much I gained and how much I enjoyed it in the seventh grade, I decided to do it again. My experience was similar to that of last time; I studied on average for six hours a week, I enjoyed reviewing over and over some of my favorite parshiyos in Tanach, and I felt proud that I knew so much Torah. I also got the privilege this year to learn parts of sefer vayikra, which not many people get to, and I certainly had never learned before. I was looking forward to the National Finals as it was last time when corona virus hit. Rabbi Dovi Nadel, the national coordinator, worked tirelessly to make this year's finals a memorable experience, and it certainly was. Although it was over Zoom, there were many virtual shiurim that we got to partake in, in addition to tours of museums around the world. We toured the British Museum and saw Sancheirev's throne room, which certainly could not have been done any other year. At the closing event we said hadran on all the sefarim we learned, as well as a special yehi ratzon. The friends and family of all the national finalists joined. Even though we couldn't be together in person, the virtual finals offered much more than anyone could have imagined. I look forward to participating in the Chidon next year as well, and have already begun reviewing.*

*Tove Berger, 9th Grade*



March 2020, the beginning of an unforgettable and historical time. The world completely shuts down. People have become isolated, alone; human connection is minimized. Our tefilos are intensified, as everyone is pleading for health and refuah. People are anxious, there is so much that is unknown. Hospitals become inundated with sick patients, drained doctors are trying their best to help the ill, yet they only know so much, and still don't have enough medical knowledge or experience to fully understand this disease. Yet, through all of this I feel even more connected to the words of the נביאים, to Am Yisroel, to our history, to our nation's mistakes and triumphs. It is during this time that I spend much of my time studying, becoming more connected to the words of Tanach.

The virtual Chidon Hatanach national competition took place during quarantine, and was entirely different than originally planned, yet still a day that will always be impressive and a memorable experience. One of the things that struck me on the Chidon day was the pronounced and exceptional unity for Limud Torah. It was so heartening and encouraging seeing all different types of Jews gather together for one sole purpose; that of Torah. Jews from all across the country, from all different types of schools, no matter one's upbringing, circumstance, or experience, were all presently active for the sake of understanding and appreciating Tanach. I found this to be truly remarkable, and it had a positive and significant impact on me. Although I was meeting all the participants on the screen for the first time, I felt so connected to each one of them. Our relationship was beyond words or formalities, we were connecting in a timeless way, through the bond of Torah, which is continuously lasting. When Dovid spoke to Yonasan, did he ever imagine all these faces on screen coming together to better understand his words and messages? When Yirmiyahu pleaded with Am Yisrael, did he ever envision that so many generations later, we would be diligently analyzing his words? The unyielding perseverance of the Nevi'im Acharonim in attempting to once again return כלל ישראל to HaShem resonates with our times today, and as we all studied their messages, we deeply felt that relevance to our generation.

Learning Tanach, especially Sefer Yeshayahu, crystallized even more clearly that HaShem's compassion and benevolence for Bnei Yisroel is infinite. No matter how many times we have fallen or how many warnings we have not adhered to, HaShem has boundless and everlasting love for us, בכל צרותם לו צר, whenever Bnei Yisroel suffers, HaShem is truly the one who is in the most pain. When I recite Tehillim and think of Dovid Hamelech's unwavering emunah through his numerous tribulations, I have a much greater admiration for every written word and I appreciate his continuous belief and reliance in HaShem both in triumphant and challenging times. These are just some reinforcements I take

with me daily as I once again open my Tanach. As the world slowly begins to regain some semblance of normalcy, I have my Tanach in hand, with echoes of the pesukim running through my mind, aiding me in facing this next chapter of the unknown.

צור תעודה חתום תורה בלמדי (ישעיהו ח טז)

הנה ימים באים נאם ה' אלקים והשליחתי רעב בארץ לאירעב ללחם ולא־צמא למים כי אם־לשמע את דברי ה': (עמוס ח')

כי זאת הברית אשר אכרת את־בית ישראל אחרי הימים ההם נאם ה' נתתי את־תורתך בקרבם ועל־לבם אכתבנה והייתי להם לאלקים והמה יהידי לי לעם: (ירמיהו לא: לג)

אשר המתברך בארץ ... כי נשכחו הצרות הראשונות וכי נסתרו מעיני (ישעיהו סה: טז)

Adielle Rosenblum



Wall panel in British Museum from the throne room of Sancherev with a depiction of King Sancherev overlooking the battle of Lachish. Due to the fact that the Chidon finals were done over Zoom, the finalists were treated to a tour of the British Museum and got to see this as part of the virtual finals.





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*Chidon Hatanach is a competition on the Tanach, with different tests and rounds. Obviously there's a winner, but the real winning is the Torah knowledge. Throughout the experience, my fellow competitors and I delved into the Tanach and really memorized it. We all know parts of Vayikra, Bamidbar, Shmuel Aleph, Ezra, Nechemya, and Yeshaya by heart. One of the last deciding rounds of the competition was virtual and my laptop had great technical difficulties that lost my focus, and I consequently just passed the cutoff for the top four that moved onto the next round. Of course, this was disheartening, but after much thought and talking with family, friends, and teachers, I came to the conclusion that I didn't lose at all. Right when my computer froze I realized that Hashem was showing me that I should stop worrying about the competition and realize all that I've gained. I can spit back pesukim in the Parsha and things in class, all because I really worked and studied the material. Through this experience not only did I see Hashem's hand more clearly (as if we don't see it clearly enough in this corona virus situation), but I gained an immeasurable amount of Torah knowledge. Whenever any chidon participant is bored, they can just open up a sefer and learn, leaving us with no time to waste. This Torah competition was not made for me to win, and not to compare with others, it was for learning the Tanach and applying it to life. Along with the Torah that I took away from the experience, I learned that I always have to remember that when learning Torah, you're always a winner. With the Torah learning of 500 chidon children around the world and the Torah learning of Baitay Yaakov and Yeshivos, hopefully, we will be zoche to bring Mashiach soon.*

*Adi Hacker, 10th Grade*

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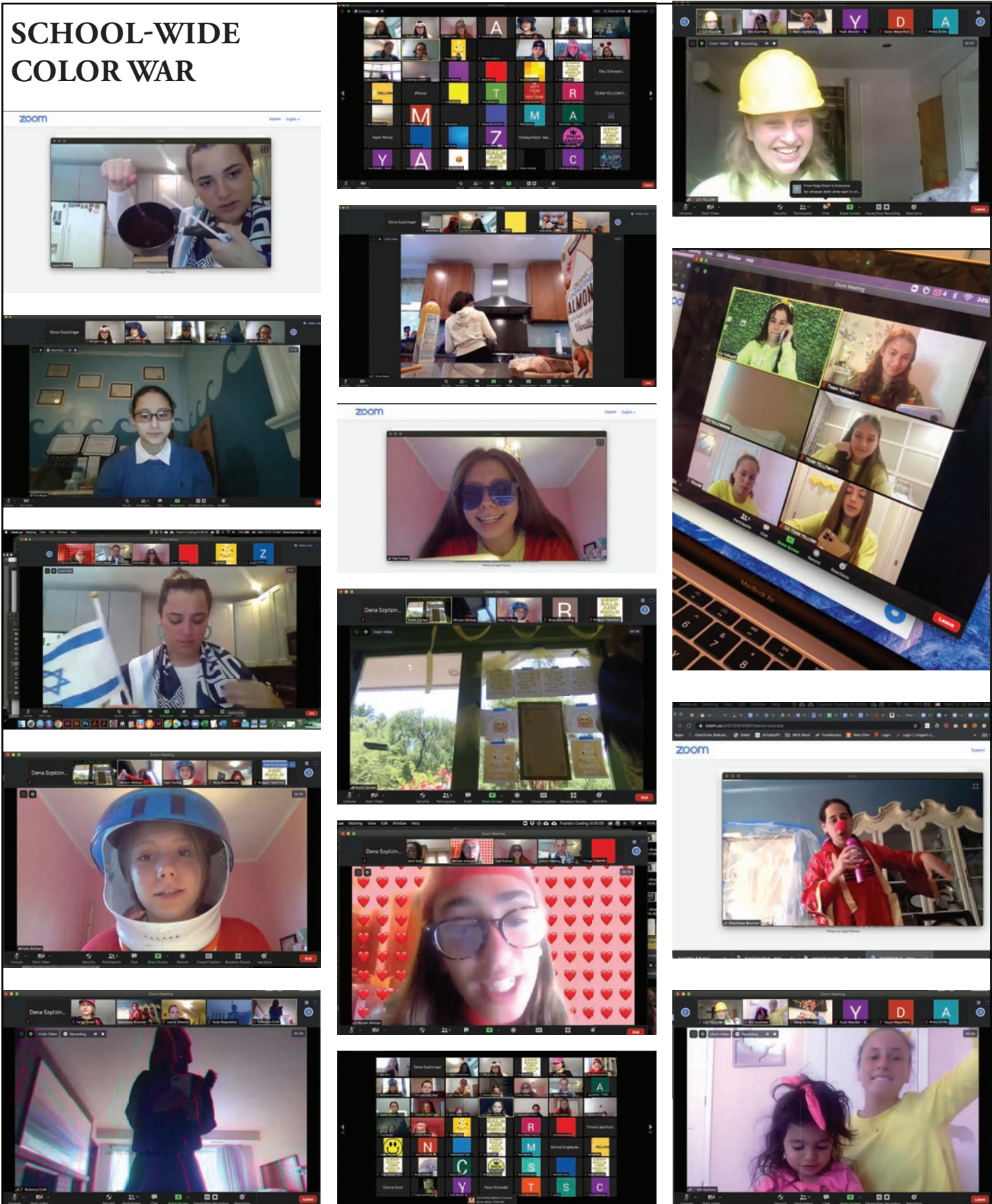
*This year I participated in the Chidon HaTanakh Competition. At first, the format of the Chidon was typical – we took 3 tests over the course of the year, and if we scored high enough, we qualified for the finals. May 3 wasn't soon enough; I couldn't wait for the finals. But two days after we took the third test, our school was closed due to COVID-19. Though this was disheartening, even pandemics can't stop Torah study and the finals were re-scheduled for May 10 via Zoom. As this was my first time ever participating in Chidon, not only was I apprehensive about the experience in general, now I had to prepare for this going virtual. But as I sat in my bedroom participating in Chidon, I realized something important. Chidon isn't just a competition with rounds and a prize – it's a learning opportunity, which only pushed me more to make the most of it. True, this year there was no in-person Tanach Carnival, no "favorite pasuk" wall, no Chavruta learning. However, there were still 200 students from around the country of different ages, backgrounds, and overall life experiences who, despite their differences, all learned the same seforim over the year. Despite the change, all of us were excited to participate in the first (and be'ezrat Hashem the last!) virtual Chidon finals, and, more importantly, were all proud of how much Torah knowledge we've gained over this year. At the end of the exhilarating virtual festivities Rabbi Dovi Nadel, the coordinator of this event, led us in a special Hadran to be recited on this occasion before announcing the finalists. One of the lines of this Hadran is "ונשמח ונעלה" ועד בדברי תלמוד תורתך ובמצותיך ובחוקותיהם לעולם ועד," which only enforced the true purpose of all the hours we spent learning and reviewing pesukim, perakim, and sefarim. We're asking to be able to enjoy our Torah learning, to not just learn for the sake of a test, a grade, or a competition, but because Torah is enlightening and gratifying.*

*Bruria Schwartz, 10th Grade*





# SCHOOL-WIDE COLOR WAR







Congratulations to Team Rainbow for winning the Freshie Zoom Color War!

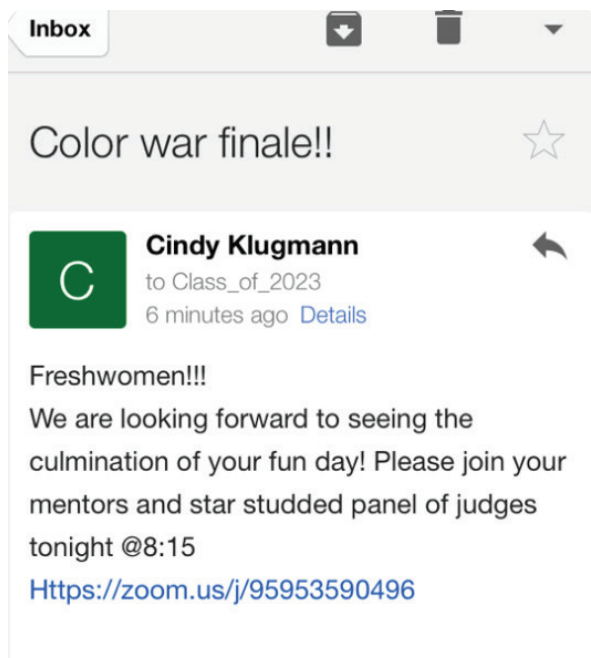
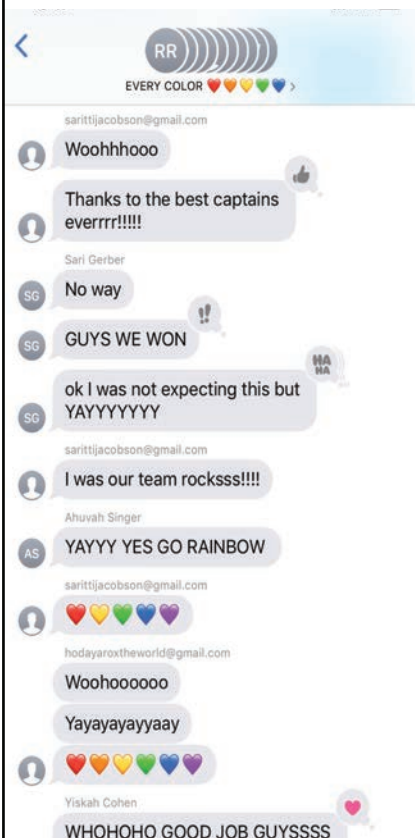
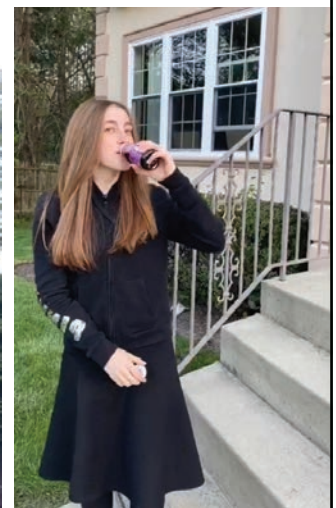
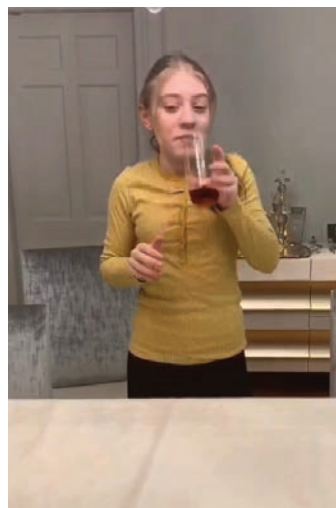
Thank you to our mentors, Rena and Riki, for organizing!

## FRESHMEN COLOR WAR

### Team Rainbow Dvar Torah:

Both the **מבול** and the restrictions we have during sefira are consequences of a lack of **בין אדם לחבירו**. After the **מבול**, we were given a rainbow as a promise that the world would never be re-destroyed. However, that doesn't imply that we don't have to respect each other; it's possible that this was the mistake of the talmidim of **רבי עקיבא**, that they misinterpreted the **ברית** of the **קשת**. (According to **ר' יהושע**, the day the last ones died was the day of the start of the **מבול**.) The restrictions during sefira remind us that we still need to show **כבוד** towards one another. On Pesach, right before we enter the period of aveilus, we are commanded to eat the korban Pesach as a family unit, or with our neighbors, to try to counteract the mistake whose consequences we are about to mourn.

Tova Berger.



### TEAM CAPTAINS

Sari Gerber

Yehudis Ginsburg

Yiskah Cohen

Lily Perla

Yocheved Stein

Temimah Schulhoff

Kayla Felman

Aliza Weidekher





## SOPHMORE COLOR WAR

It all began when one of our teachers was unable to continue their class Zoom room due to poor WiFi connection. After having sat through numerous classes during the day, our grade decided to have a bit of fun. We turned on some music, danced, and sang some songs together. At this moment, we came to the realization that we need to create more bonding time for the grade despite the virtual barriers. It is incumbent upon us to ensure that this fun transpires frequently.

We began to scratch our heads and deliberate some fun ideas. Then... we thought of it... Color War! It would be a great attempt in uniting the grade, having an opportunity to bond, and an opportunity for pleasure and enjoyment.

We made a list of requirements and planned a breakout with Mrs. Klugmann who even surprised us to the point that we were not certain if it was a breakout. The teams were Hallel and Kadesh as the Color War was the week before Pesach. It was amazing seeing everyone's Ruach and the Achdus that united us throughout the experience. Personally, I enjoyed connecting with everyone in an out of class setting, yet still on Zoom. It felt so fulfilling creating a grade-wide activity despite the challenging times... Some of the requirements included a Dvar Torah, music video, Kahoot game, a poem, a cheer, and costumes. For the grand finale, we decided that it would be the best idea to invite different teachers to make sure the event would be extra special. A big thank you to Mrs. Tendler, Mrs. Eisenberg, Mrs. M. Cohen, Mrs. Itzkowitz, Ms. Alper, and huge thank you to Mrs. Klugmann for coordinating the event. We were able to fill up the uneventful days with fun activities as well as prepare for Pesach in such a fun way! It was definitely one of our meaningful Zoom memories.

Adielle Rosenblum and Nechama Schwartz

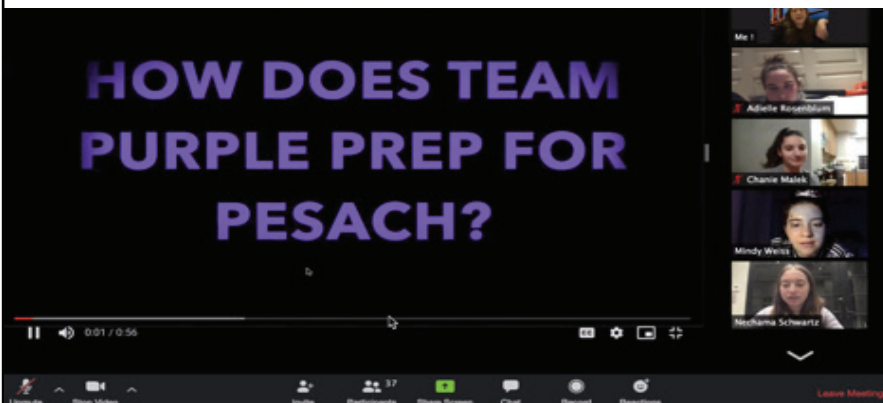


### TEAM HALLEL/SILVER CHEER

TTTO: Chizku Mordy Shapiro

Silver, Silver colorer same fast  
 Even in quarantine we're  
 having a blast  
 10th grade's spirit is outta control  
 Making every moment memorable

Hallel singing our favorite songs  
 Colorwar cheering all night long  
 Hallel will win, because  
 that's what we do  
 And together we'll bring  
 Moshiach B'yumeinu

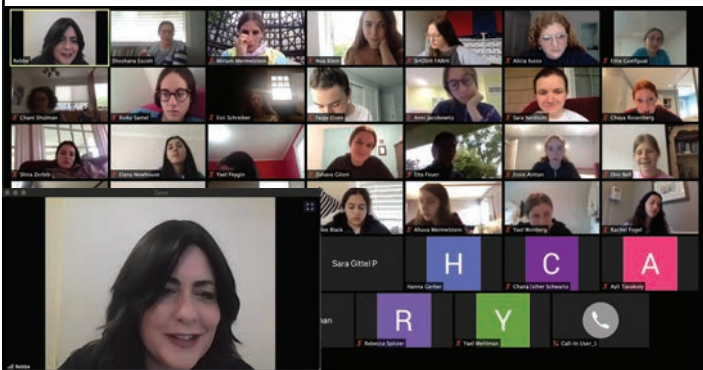
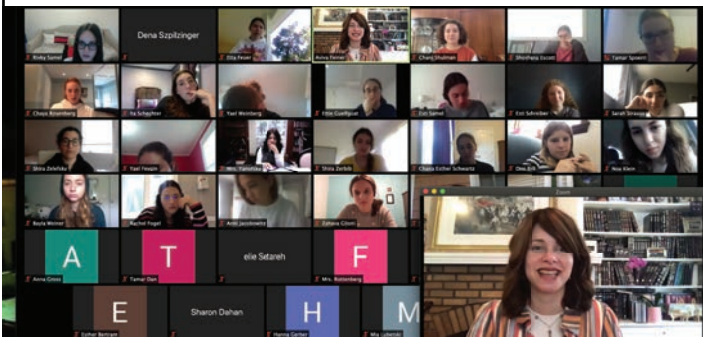
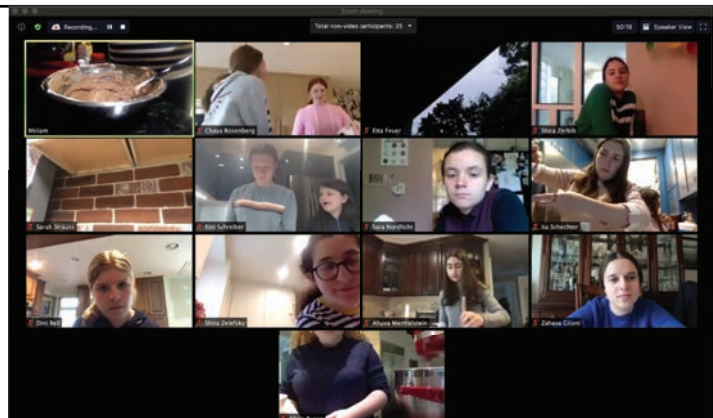






# UPCOMING SENIOR SEMINARS

- SHALOM TASK FORCE
- MRS. CHANA JURAVEL
- MRS. YAEL KAISMAN
- REBBETZIN AVIVA FEINER
- RABBI YOEL GOLD
- MRS. MIRIAM RUSSI PERR
- MIRIAM PASCAL OF KOSHER.COM
- MRS. SARAH CHANA RADCLIFFE
- RABBI YEHOSHUA YANKELEWITZ
- MS. CHANA GILMAN







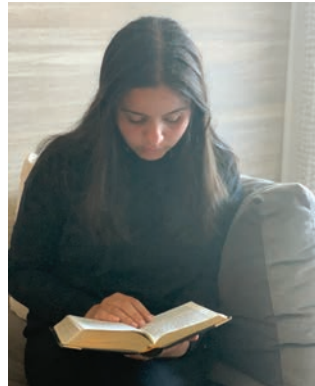
*A few days after we transitioned over to zoom school, Mrs. Tendler invited us to recite the entire tehillim, each evening and daven for K'lal Yisroel. This was a wonderful way for the 9th grade to join together for a mitzvah as well as to have us meet outside of the traditional school hours. For several weeks, we continued to meet to say tehillim together. It was very impactful for me, as I was able to use the zoom platform for such a special mitzvah. Joining this tehillim group left such a strong impression on me and I began to say tehillim more frequently. I was inspired to continue to say Tehillim and I now feel like I have a connection to my Great Grandmother that always had her Tehillim at her side, as she too davened for her family and all of K'lal Yisroel.*

**Yehudis Mandel**



*I looked forward to our daily Tehillim group every day. After finishing the entire Sefer Tehillim in 15 minutes, I felt that I did my Hishtadlus, and the rest was up to Hashem. During a time like this, I felt protected by Hashem while reciting Tehillim nightly. At 9:00 PM, I announced to my family "I have Tehillim now", and I walked upstairs with a great big smile across my face!*

**Ahuva Jacobson**



*The nightly Tehillim groups hosted by Mrs. Tendler were something that I really looked forward to and helped me gain a deeper appreciation for Tehillim. These nightly meetings occurred when the numbers of Cholim were unfortunately so high, and many of whom we knew personally. Getting together every night to finish Sefer Tehillim to daven for our nation was truly something special and had such a meaningful impact on me personally.*

**Shana Muller**

*Unfortunately, due to the constant rising number of Cholim taken ill due to corona virus, there was a greater necessity to say Tehillim. I had the opportunity to participate in the completion of Tehillim every night. The nightly Tehillim Zoom meeting has impacted me immensely as it has shown me how my simple prayer can save a life. I think that it is so important to try to take a part of our day and think about someone else's pain. Saying Tehillim is very comforting to me because it makes me feel as if I am doing my part to help the Cholim. Tehillim has taught me many things, but most importantly it has shown me how I am a part of Am Yisroel and I need to train myself to think, feel and care more for others. Thank you Mrs. Tendler for this tremendous opportunity.*

**Chavi Weiner**

Thank you  
to **Mrs. Sara  
Tendler**  
for arranging  
the ninth grade  
Tehillim group!



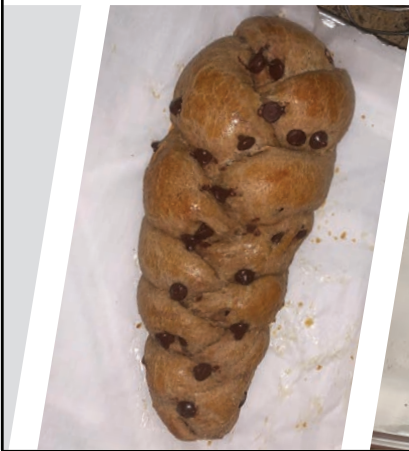
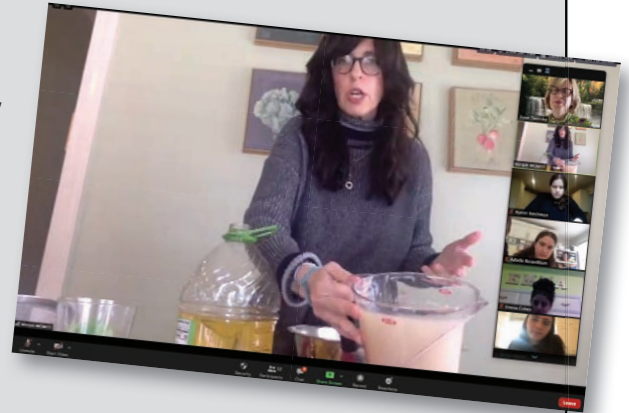




# Class ZOOM CHALLAH BAKES

## 10TH GRADE

Thank you  
**Rebbetzin Twersky**  
and **Mrs. Abittan**  
for the challah lesson!



## 12TH GRADE

Thank you  
**Rebbetzin Eisenberger**  
for a fun activity!

TONIGHT AT 8 PM

# 11th Grade Tehillim Learning with Mrs. Szenberg

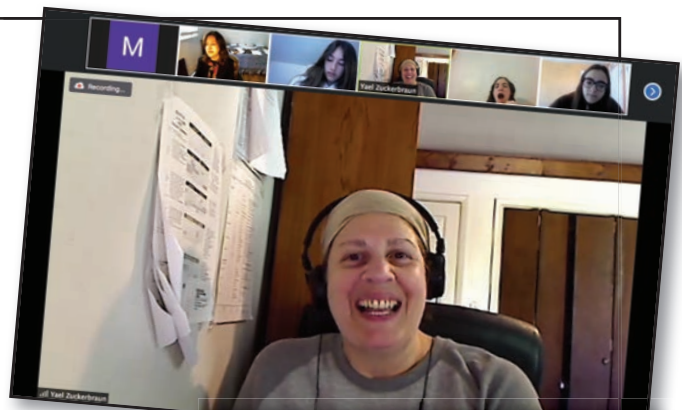
<https://zoom.us/j/8212079252>

## 10TH GRADE LESSON IN IVRIT

Mrs. Yankelewitz's 10th grade Ivrit class had the honor of listening to a mini lecture delivered by,

**Dr. Irit Zuckerbraun**

in her mother tongue, Ivrit. Dr. Zuckerbraun is a board certified orthopedic surgeon with a subspecialty in spines. She has an office in New Jersey with hospital rights in New York City. She discussed her unique position as a woman in her particular field of medicine. Dr. Zuckerbraun also shared with the girls the necessity to follow the guidelines of our doctors during this period of uncertainty. She highlighted the global effort to find a vaccine for COVID-19. We appreciate Dr. Zuckerbraun taking the time to visit our Zoom school.



Thank you to **Mrs. Yankelewitz** for arranging an interesting lecture.



## BOOK CLUB

Guest Speaker: esteemed author and talmid of  
**R' Yaakov Edelstein, Rabbi Eliyahu Mayer Klugmann**

"Thank you so much for that wonderful experience. I really enjoyed the discussion and benefitted greatly from it. I especially enjoyed the fascinating points that Rabbi Klugmann brought from his personal anecdotes with Rav Edelstein."

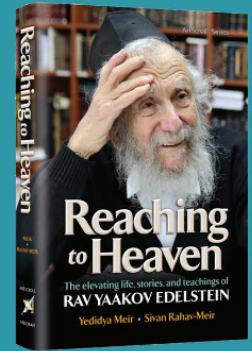
- Adielle Rosenblum

"Thank you for inviting parents to participate in the book discussion. I enjoyed the book and it was enlightening to hear what everyone else had to say about it. I'm so grateful that Ilana goes to such a great school and it's a treat for me when I get to experience a little of it! Thank you for keeping the girls engaged throughout this crazy time- your hard work is very much appreciated."

- Malka Katzenstein (Mother of Ilana)

# MHS BOOK CLUB

Wednesday  
 April 1 @ 11AM



[CLICK HERE TO REGISTER!](#)



## OUTSIDE OF THE WALLS OF THE KODESH ZOOM CLASSROOMS

WE SALUTE OUR FACULTY & STUDENTS

MRS. YANOFSKY  
 12th Grade Chabura

REBBETZIN EISENBERGER  
 Challah Bakes, Parsha Classes, & Charades

MRS. E. COHEN  
 Orchet Tzadikim Classes

MRS. M. COHEN  
 Chizuk Chabura, 11th Grade Rosh Chodesh Game Night

MRS. EISENBERG  
 11th Grade Rosh Chodesh Game Night

MRS. TENDLER  
 9th Grade Tehillim

## SENIOR PARSHA SPEAKERS

**Etta Feuer**

Parshas Bo

**Tamar Spoerri**

Parshas Beshalach

**Ayli Tavakoli**

Parshas Yisro

**Ahuva Mermelstien**

Parshas Mishpatim

**Faigy Eisen**

Parshas Terumah

**Shira Zelefsky**

Parshas Tezeva

**Bayla Weiner**

Parshas Ki Sisa

**Tamar Spoerri**

Parshas Vayakel/Pekudei

**Dini Bell**

Parshas Vayikra





## CHESSD PHONE CALLS

Hey Quaranteens, 🙌

We're teaming up with Bikur Cholim to

### Call A Bubby or Zaidy

Sign up to get paired with a homebound Bubby or Zaidy.

Bikur Cholim has many elderly people home and lonely.

You can make a difference in their lives, a 5 minute phone call can brighten their whole day!

**QUARANTEENSTORAH** is a group founded to help spread chessed and Torah to make a difference in this world through the power of teenage girls



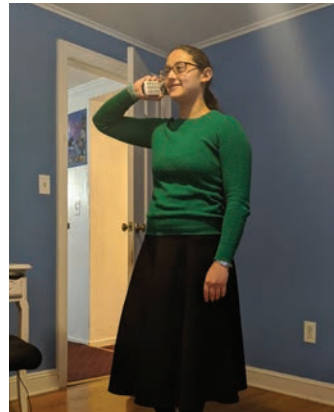
To sign up or for more info  
[quaranteenstorah@gmail.com](mailto:quaranteenstorah@gmail.com)



*The Chessed Dynamic going on both In school and out of school is incredible. We've run multiple programs, contests, and activities promoting the value of helping others, however due to the Corona Pandemic, we were faced with a challenge: girls were no longer able to physically do Chessed outside of their homes. Adapting to the changing times, we at MHS brought to light what our teachers have always instilled within us, Chessed can be done under any circumstance.*

*Particularly with the elderly and those who live at home alone, we created a buddy-system where girls reach out to their grandparents, relatives, and family friends, to check-in on their day. The feedback was amazing; girls loved reaching out, and still continue to do so, and Those being called also appreciated the effort so much. They have related to us how grateful they are for the calls.*

*Miriam Mermelstein. Chessed Head*



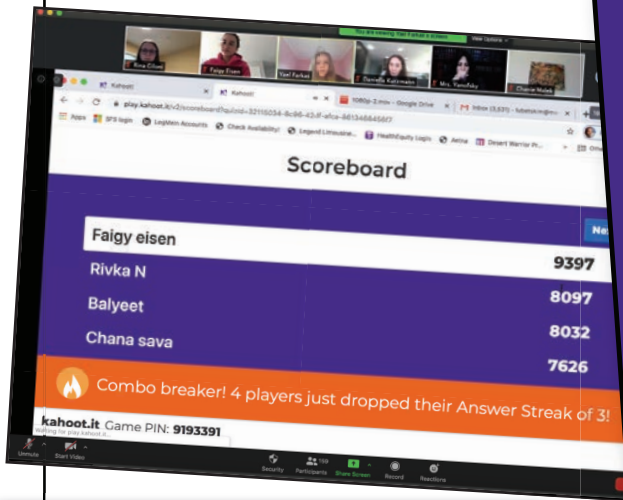
## REFLECTIONS OF A G.O. PRESIDENT

*Being chosen as G.O. president for this year, I felt privileged to have been given such an opportunity. While MHS students have a rigorous academic schedule, G.O. serves as the conduit to bring out our school spirit. G.O. is the pulse of the school and provides an outlet for students to relax with their friends. Together with my cos, we coordinate various activities and events, such as, funny videos every Friday, and exciting school trips. Our goal is to connect and involve the entire school so girls can forge friendships regardless of grade. Also, G.O. provides a creative outlet for many and allows each individual to express their unique talents. Despite the outbreak of COVID-19, we didn't want the school to miss out on the usual fun and excitement G.O. brings to the school. Even though our student body is spread across many communities, we went the extra mile— quite literally, to unite the school. We designed school merchandise and hand-delivered it to every girl in their community. In addition to keeping up with our Friday videos, we also planned an unprecedented Zoom color war with a packed schedule to involve every student. As the school year came to a close, we arranged a school bus to visit all the communities, and gave out pizza and ice cream as well as a customized hat to every student. Despite the challenges of not being together, I, along with my fellow G.O. members feel so fortunate to have been in a position to be able to enhance each student's quarantined experience.*

*Mia Lubetski*



## G.O. ACTIVITY PERIOD



Kudos to our amazing G.O. 2020 for a fun ZOOM Game!

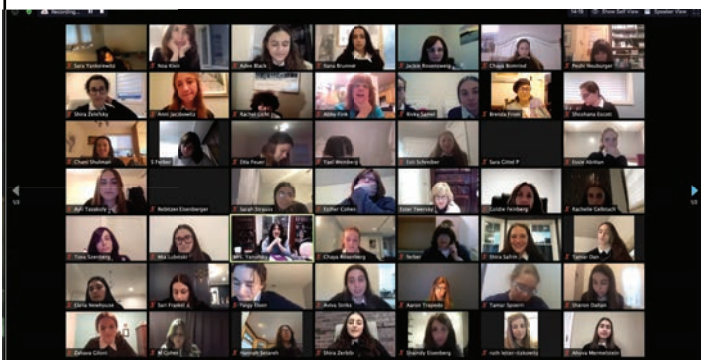
## TEACHER APPRECIATION NIGHT



*This year's Hakaras Hatov event was definitely a memorable one. As our learning switched to a digital platform so did our social events and interactions. Hours of planning and thought were put in this event and how we can appropriately thank the people that have been our role models for the past 4 years. The theme of our event was music. Given that we weren't able to see each other in person, music is something we can all enjoy even from different parts of the world. Dovid Hamelech beautifully says in Tehillim "with trumpets and shofars call out before the king Hashem." In order to make noise with the shofar we have to blow from the narrow side. This narrow side represents us individually. Tzadikim explains how each Jew has a special melody inside him and he spends his life finding that sound. Once that sound is found he can join the Klal. We can praise Hashem with this unique, individual melody and thank Him for everything together as a group. Music is a form of love, appreciation and hakarat hatov. Since our platform was switched to a digital form, we used music as a way to thank our teachers, although we can't fully repay them for everything they have done for us!*

*Ayli Tavakoly*

*Thank you to Sara Nordlicht for her musical presentation.*







**Manhattan High School for Girls expresses its heartfelt gratitude to the following presenters who have delivered shiurim to our alumnae including those of the graduating class of 2019.**

MRS. YANOFSKY  
MRS. KLUGMANN  
RABBI PRAGER  
RABBI TAUB  
RABBI GELLEY  
REBBETZIN EICHENSTEIN  
REBBETZIN FINK  
REBBETZIN NEUBURGER  
REBBETZIN TWERSKY  
MRS. E. COHEN  
MRS. M. COHEN

**It has been extremely gratifying to observe the great number of alumnae who have availed themselves of this unique opportunity to reconnect and recharge**

*Dear MHS Faculty,*

*I really want to thank all the MHS teachers who volunteered to teach alumni classes. It is so unique and special of MHS to have teachers that volunteer and give of their precious time to teach us. Thank you for going as far to create curriculums and series to teach us week after week in these difficult times. It feels so good to hear from the teachers we miss so much and share such history with. Thank you for giving us the opportunity to learn from you again and to connect with our fellow alumnae! It means so much to us that even though it may be busy at home you still take the time to teach and connect with us.*

*Thank you SO much!*

*Yaeli Berkowitz*

*As a parent of 2 alumni, I really wanted to express my hakaras hatov for these shiurim. It was so nice to hear the voices of my daughters previous mechanchos in the hallways of my home during these recent weeks. I know the shiurim gave my daughters tremendous chizuk during these challenging times. It was so generous for the teachers to give of their precious time along with teaching their current students and taking care of their families. Once again it's a testament to the special place that MHS is.*

*Thank you!!*

*Nechama Landau*

*Hi, hope this email finds everyone well.*

*The reunion today was a real treat and I don't want to let the day pass without expressing my tremendous hakaras hatov (something Manhattan helped cultivate in me) to you all for organizing it. It was truly a pleasure to see all the teachers and faculty because it really just reinforces the warmth of MHS and the feeling that all students and alumni have that they are deeply cared for. The alumni classes are really special and although the morning ones coincide with my seminary schedule now, I certainly enjoyed the ones I could attend and love joining the afternoon ones. Thank you for always thinking about how to give, even when we aren't technically your students anymore and for making us feel like once we walked in those doors, we stay in the family forever.*

*I guess I'll also take this opportunity to just let you know what a truly incredible year I had in Eretz Yisrael and I really felt so equipped coming into it because of the tools and appreciation for Torah and constant growth I gained in Manhattan. It helped me gain that much more and I think the other Machon Raaya girls will echo the same sentiment.*

*Once again, my deepest thanks for everything. I wish my words were enough to let you know and I wish I was eloquent enough to capture it all, but these words are from my heart and I hope I got my message across ;)*

*Respectfully, Odelia Barsky*

YOU ARE INVITED TO A

**Class of 2019  
Alumni Reunion**


Reconnect with Beloved Faculty Members  
Panel Moderated by Mrs. Klugmann  
Class of 2019 GO Presentation

Sunday Evening | 5pm  
<https://zoom.us/j/6629265433>

MRS. YANOFSKY   MRS. FRIEDMAN-STEFANSKY  
MRS. KLUGMANN



ששת ימים תעשה מלאכה ובימים השביעי יהיה לכם קדש שבת שבתון לה' כל-העשה בו מלאכה יומת



# Ever Shabbos

Program



**TODAY • 6:10 PM**

COMMUNAL TEHILLIM LED BY MRS. YANOFSKY AND MRS. FRIEDMAN-STEFANSKY - PEREK ע AND צ"ב.

PLEASE HAVE A TEHILLIM HANDY

**SUGGESTED HADLAKAS NAIROS • 6:20PM**

**ZOOM LINK: [HTTPS://ZOOM.US/J/2870314420](https://zoom.us/j/2870314420)**

As organized by our students during COVID-19, many of our students have recited and have finished the Sefer Tehillim many times l'zchus refuah shleimah for the cholim.

REMINDER: TODAY

# Closing Assembly

**JUNE 17, 2020 | 10:50 AM**

Looking Forward

Zoom Link: <https://zoom.us/j/2870314420>

## SCHEDULE OF OPTIONAL CLASSES

ALL WELCOME TO JOIN

<p><b>MONDAY 3/30</b></p> <p>Regular classes</p> <p>7:30-8PM Orchot Tzadikim Mrs. E Cohen</p> <p><a href="https://zoom.us/j/8284400735">https://zoom.us/j/8284400735</a></p>	<p><b>TUESDAY 3/31</b></p> <p>11AM Halachos of Pesach Rabbi Prager <a href="https://zoom.us/j/4022088966">https://zoom.us/j/4022088966</a></p> <p>1PM Hallel - Seniors Reb. Neuberger <a href="https://zoom.us/j/7327677470">https://zoom.us/j/7327677470</a></p> <p>3PM Navi - Freshmen Mrs. Tandler <a href="https://zoom.us/j/9293246901">https://zoom.us/j/9293246901</a></p>
<p><b>WEDNESDAY 4/1</b></p> <p>11AM Book Club Mrs. Yanofsky, Mrs. Klugmann, &amp; Mrs. Koenig</p> <p><a href="https://zoom.us/j/6629265433">https://zoom.us/j/6629265433</a></p> <p>7:30-8PM Orchot Tzadikim Mrs. E Cohen</p> <p><a href="https://zoom.us/j/8284400735">https://zoom.us/j/8284400735</a></p>	<p><b>THURSDAY 4/2</b></p> <p>11AM Thoughts on Pesach Rabbi Gelley <a href="https://zoom.us/j/7169323600">https://zoom.us/j/7169323600</a></p>
<p><b>FRIDAY 4/3</b></p> <p>11AM Hagadah   Rabbi Taub <a href="https://zoom.us/j/7169323600">https://zoom.us/j/7169323600</a></p>	





## COVID-19 ALUMNI CLASSES

MANHATTAN HIGH SCHOOL  
**Alumni Shiurim**  
MARCH 2020

<b>30</b> MAR	<b>MRS. E. COHEN</b> Sefer Ezra and Nechemia
<b>30</b> MAR	<b>RABBI PRAGER</b> Preparing the house for Pesach with all the Halachos
<b>31</b> MAR	<b>REB. NEUBURGER</b> Tehillim
<b>31</b> MAR	<b>MRS. KLUGMANN</b> Pirkei Avos
<b>01</b> APR	<b>MRS. M. COHEN</b> Balance between Bein Adam L'Makom and Bein Adam Lachaveiro- Sefira
<b>01</b> APR	<b>REB. TWERSKY</b> Hashkafa
<b>02</b> APR	<b>MRS. YANOFSKY</b> Bechira, the Inherent Power to Choose
<b>02</b> APR	<b>RABBI GELLEY</b> Inyana D'Yoma
<b>03</b> APR	<b>RABBI TAUB</b> Hagada and our Emunah - Giving One's Heart to Hashem Nidivas Halev. Building Your Own Personal Mishkon

WEEKDAYS @ 10AM  
**ALUMNI ZOOM CLASSES**

**Monday: Mrs. E. Cohen**  
Sefer Ezra and Nechemia

**Tuesday: Rebbetzin Neuberger**  
Tehillim

**Wednesday: Mrs. M. Cohen**  
Balance between Bein Adam L'Makom and Bein Adam Lachaveiro - Sefira

**Thursday: Rebbetzin Fink**  
The Segulah of the Tefilah of Adon Olam

**Thursday: Rabbi Taub**  
Giving One's Heart to Hashem Nidivas Halev

"Alumni classes really help me organize my day in a meaningful way. I derive so much chizuk from observing girls from different grades come together to hear and be inspired by our amazing teachers once again"

- Yaeli Berkowitz

Tomorrow April 2 at 10 AM  
<https://zoom.us/j/6629265433>

**Shiur and Q&A with Mrs. Yanofsky**

10:00-10:20 Shiur  
10:20 Q&A on any topic

I wait for the alumni classes every morning! When my alarm rings, I wake up with anticipation, excited and eager to hear an informative and inspirational message for the day. During this difficult time, while confined at home, the alumni classes lend a sense of structure and normalcy to my day.

-Riki Rowe

A special thank you to **Mrs. Cindy Klugmann** for investing much time and effort to coordinate these alumni classes.

With great appreciation to our devoted faculty who, despite their own very busy home life, have volunteered to provide our alumnae with substantive and meaningful lessons in honor of Chag haPesach. Our alumnae have expressed their heartfelt gratitude and greatly enjoy reconnecting with their beloved teachers

- Mrs. Yanofsky



## MHS ACTIVITY DURING COVID-19



Hi MHS - Today's daily Halacha is....

Any information that, although not derogatory, could harm an individual's opportunity for a job or a shidduch should it become known, may not be related. This form of lashon hara is common when people are approached for information regarding a shidduch or a job interview. It is forbidden to talk of an individual's physical weakness or lack of intelligence even if neither the speaker nor the listener views these defects as negative. Sharing such information could prove harmful.

Attached is a short shmirat halashon video to watch! Let's use this time to try our best to pay a little more attention to our speech. Mishmeres Heads

A special thank you to **Mrs. Cindy Klugmann** for investing much time and effort to coordinate these alumni classes.

Tzedakah is starting a new contest! Over the next two weeks, we will be having a tehillim-a-thon, a learn-a-thon, an exercise-a-thon, and a kosher l'pesach-bake-a-thon!

Every perek of tehillim you say, 15 minute chavrusa you have with a friend, every optional speech you listen to, and every kosher l'pesach cake you make, are each worth one point.

Find sponsors to pledge money for every point you earn! All money goes to Tzedakah!

Whoever raises the most money will receive a VERY SPECIAL PRIZE - TO BE ANNOUNCED!





## MHS COVID-19 ANALYSIS & TRACKING WEBSITE

DUE TO POPULAR DEMAND

**We are resending  
access to our  
COVID-19 website.**

**CLICK HERE TO ACCESS WEBSITE**

Our students have created an MHS website to document the impact of the coronavirus on the entire world, with a focus on Jewish communities. At this time, it is our critical role to collect and preserve information related to how coronavirus is impacting our world, as well as Jewish life and practice from a Torah hashkafa.

---

*Corona virus's impact has been enormous, upending our social, economic, and national existence. But as Jews, we have been uniquely affected - with yeshivas, minyanim, and Simchas radically altered in size and venue - like my sister's backyard wedding. The MHS website, by the students, for the students, enriches us all with a wide-ranging, thoughtful analysis of how this pandemic's effects reverberate through our microcosm, as well as training students to distinguish fact from feeling and hone their critical thinking and literary finesse. We are all indebted to our teachers and principles for transforming this difficult situation into a uniquely real-life learning experience.*

*Tzipporah Pinczower*



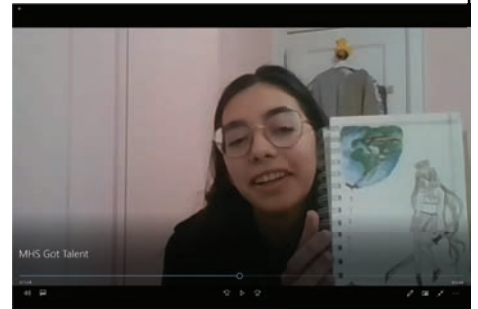
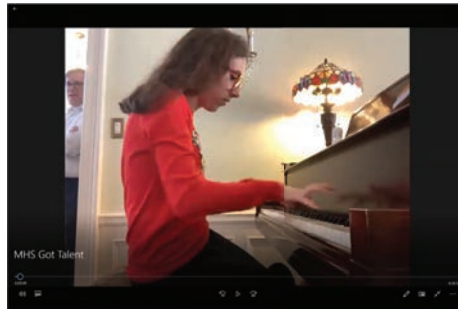
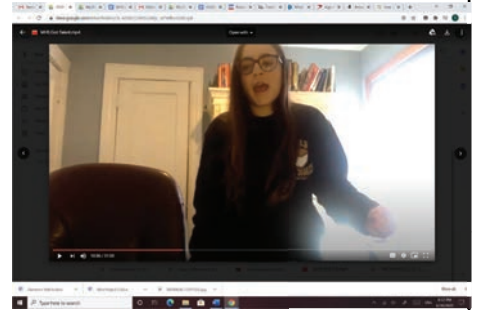
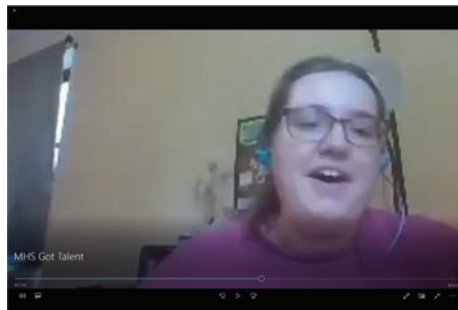
**MHS GOT TALENT**

**DO YOU HAVE A SPECIAL TALENT OR HOBBY?**  
Share it with the school! Did you happen to cultivate one during your quarantine period?

**DO YOU HAVE A SPECIAL "SISTER ACT?"**  
Everyone's home, show off your genetically inspired talent and introduce us to your family.

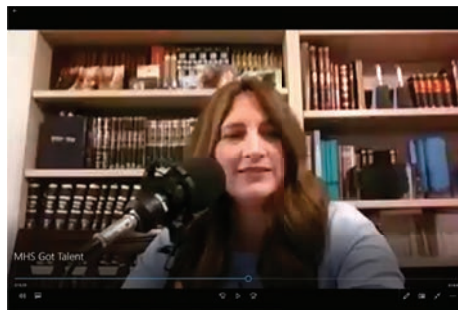
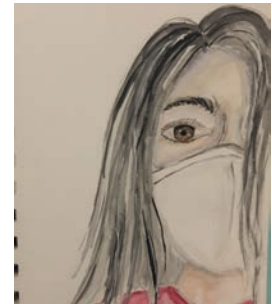
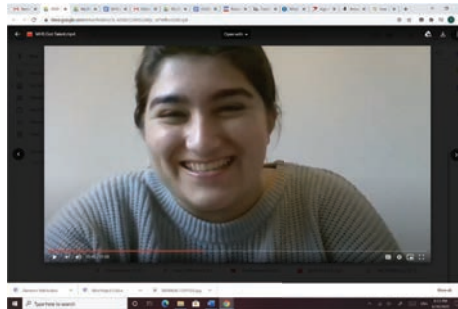
**DO YOU LIKE TO WRITE?**  
Share a poem, song, rap, related to - "the first thing I'm doing once I'm free from quarantine!"

**IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, TELL YOUR MENTOR TO RESERVE YOUR SPOT IN MHS GOT TALENT! DETAILS TO FOLLOW!!!**



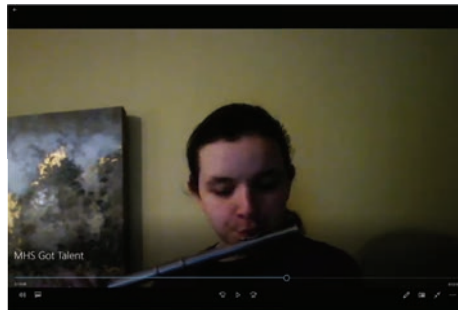
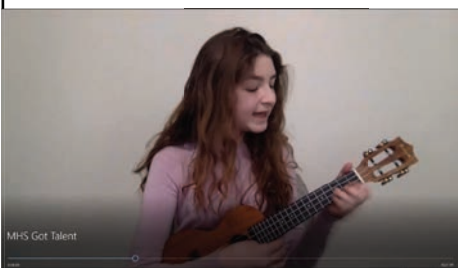
*When the MHS Got Talent Zoom event was announced, I immediately began to think about what act I would want to perform. I knew I probably wanted to play piano, and also wanted to sing. I finally settled on two things: playing a classical piece, and playing and singing a song I composed myself! After deciding on what I wanted to do, I sent the song I wrote to Mrs. Klugmann. I'll admit, I was rather nervous... it's scary to share your art with the world and to see if they react well to it. Thankfully, it was approved! I was so excited for the show! When my act was announced, I felt rather anxious. Worries began to float through my head... Would people like it? Would I mess up? Baruch HaShem, both the audience and I were really happy with the performance. So many people told me they enjoyed it. I'm so grateful to HaShem for giving me this opportunity to make others smile.*

*Abby Harris, 9th Grade*



**PROGRAM**

- Tova Berger, 9th Grade - Acrobatics
- Abby Harris, 9th Grade - At the Piano
- Chaya Trapedo, 10th Grade - At the Ukulele
- Shoshanna Ovitsch, 10th Grade - Opera
- Cherri Citron, 10th Grade - Original poetry, "For the Birds"
- Sarah Sash, 11th Grade - original Coronavirus-themed artwork
- Tamar Spoerri, 12th Grade - free-style rap
- Sara Nordlicht, 12th Grade - at the flute, "Dayeinu"



Thank you to Mrs. Klugmann for organizing the MHS Got Talent!





# 11TH GRADE MISHLEI CLASS



WE LOOK FORWARD TO

## Dr. Ruchi Kushner

MOTHER OF NILI KUSHNER,  
WHO WILL ADDRESS  
OUR MISHLEI CLASS TODAY

כפה פרשה לעני וידיה שלחה לאביון

10:50 AM | Period 3  
<https://zoom.us/j/6629265433>



Mrs. Yanofsky's 12th grade Mishlei class had the honor of listening to a lecture delivered by, **Dr. Ruchi Kushner**. Thank you to **Mrs. Yanofsky** for arranging the lecture.

“כפה פרשה לעני וידיה שלחה לאביון”

*We have all heard the phrase, “Chessed starts at home,” but have we stopped to think about what it really means? During this period when we have spent more time at home than ever before, it seems as though this phrase has never been more relevant. And sure, giving to others most certainly begins with our immediate family, the people we spend the most time with, but chessed should not just be limited to the four walls of our houses. It means giving to our communities, to our friends, to all of our Jewish brothers and sisters, and to Israel, our ultimate home. Personally, I feel blessed to have been able to witness the aforementioned phrase come to fruition. My mother, Dr. Ruchi Kushner, addressed our eleventh-grade Mishlei class via Zoom in relation to the passuk “כפה פרשה לעני וידיה שלחה לאביון”. She spoke about our personal journey as a family when we began fostering twin babies about two years ago, and gave the eleventh grade a new perspective on how each of us can contribute to and help the people and world around us in our own ways.*

*When we exercise our middah of giving, we are essentially becoming more Godly, because all giving is imitating G-d. We should view chessed as a means to grow as individuals and to take a step back from ourselves, and instead think about others. Nobody said chessed is easy, but start small and then work your way up. Once the giving muscle is exercised more and more, a shocking realization comes to be: “It’s hard to know who is gaining more from the chessed, the giver or the receiver.” As paradoxical as it sounds, who is really gaining here? The one giving ends up with more than just another mitzvah under their belt. They end up with a feeling of satisfaction and self-improvement.*

*May we all be able to give to the people around us and one day master this middah of a true Eishet Chayil.*

*Nili Kusher*



## 10TH GRADE LECTURE IN NAVI

Mrs. M. Cohen's 10th grade Navi class had the honor of listening to a lecture delivered by, **Mrs. Devorah Mattes**. Thank you to **Mrs. M. Cohen** for arranging an interesting lecture.

## SCHOOL LECTURES: MS. CHEVI GARFINKEL RAV GAV FRIEDMAN



"The main difference between Yeshiva and institutions of education is that we want wisdom. We don't only want to consolidate information, we want to consolidate experience. A way that we can consolidate wisdom is from what we are experiencing. We're all living in different situations. We can gain a certain level of wisdom from what we're going through." - **Ms. Chevi Garfinkel**

"Kiddush HaShem is to Mekadesh Shem Shamayim and people look up to you and say WOW. Hashem gave us a precious gift - שנתן להם כלי חמדה, that the world was created with this gift, the Torah" - **Rav Gav**







## MR. HOENLEIN HONORS MHS WITH AN ANNUAL LECTURE

This year Mr. Hoenlein, the Executive Vice Chairman and CEO of the Conference of Presidents of Major American Jewish Organizations, held our students spellbound on Zoom and at the conclusion of the lecture responded to some of our students' questions.



*To the credit of the MHS administration, and I think to the shock of the students, MHS adjusted to learning online so quickly that we only missed one day of school. The administration made a point to make sure that the student body would not miss out on any MHS events because of quarantine. For example, MHS is annually granted the honor of having Malcolm Honlein speak to the school. Despite the madness and turmoil of the year, we were still privileged to have Mr. Honlein speak via zoom. In fact, because of the capabilities zoom offers, the school efficiently prepared a method of asking questions to Mr. Honlein. This year, half of Mr. Hoenlein's time was divided for answering student's questions. It is always an incredible privilege to host Mr. Hoenlein and incredibly, this year was no different*

*Hanna Gerber*

**Adina Feldman:** *What do you think about Netanyahu's annexation plan and how do we respond to critique that Israel used corona as a pretext to annex the territory and exploit the situation?*

**Bruria Schwartz:** *1) Do you think there's a greater threat of anti-Semitism from the alt-right or the alt-left? 2) How do you condemn anti-Semitism from someone whom you align yourself with politically?*

**Fayga Tziporah Pinczower:** *The outbreak of this pandemic has brought Jews around the world into the spotlight, both in terms of Israel being at the forefront of searching for a cure and providing treatments, as well as leading the way in preventive measures. On the other hand, there has been an uptick in anti-semitism as many have accused the Jews to be at the center and even the cause of spreading the disease. How will this impact anti-Semitism and the anti-Israel sentiment around the world?*

**Hanna Gerber:** *1) The US is now attempting to claim that it is still a party to the JCPOA in order to attempt to renew the Iranian arms embargo. Do you think the US will be successful in this pursuit, and if not, what will the fallout be? 2) Last week, in light of PSJVTA, the Supreme Court vacated the Second Circuit decision regarding Sokolow v. PLO and sent it back for reconsideration. How do you think the Second Circuit will respond?*

**Lily Perla:** *Joe Biden has been pro Israel in the past but the Democratic party is leaning towards an anti Israel stance, especially, as you mentioned, the Bernie Sanders people. What position on Israel, other than keeping the embassy in Yerushalayim, do you think he'd take as president?*

**Tamar Spoerri:** *Specifically, how do we protest anti-Semitism that we see on online platforms?*

*But can't we condemn the anti-Semitic statements even if we don't call the person an anti-Semite?*

***"The best questions I get are always from Manhattan High School Students"  
-Mr. Hoenlein***



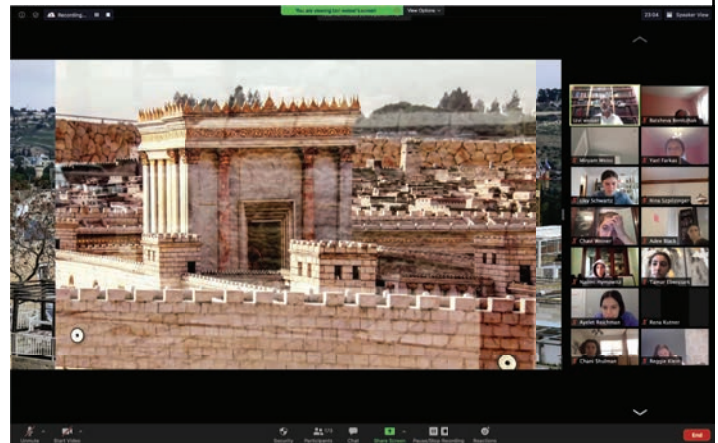
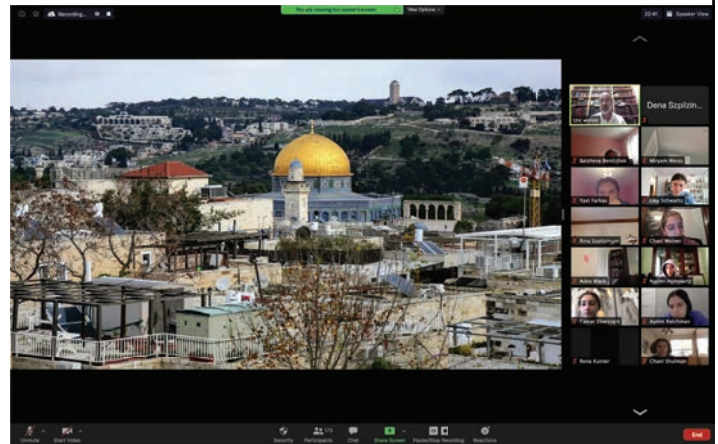


# VIRTUAL ISRAEL TOUR

YERUSHALAYIM VIRTUAL TOUR  
PASSWORD: 3Q==\*784



SINCE WE WERE NOT ABLE TO COMPLETE THE TOUR WE ARE SENDING THIS FOR YOUR ENJOYMENT



About a week after Yom Yerushalayim, from the comfort of my own home, I was privileged, together with the rest of Manhattan High School, to go on a comprehensive tour of Yerushalayim with Rabbi Weiser. Rabbi Weiser explained how Yerushalayim isn't special because the Beis Hamikdash used to be there, rather the Beis Hamikdash was built there because of the significance of Yerushalayim. I particularly enjoyed the clear, lucid way Rabbi Weiser explained the history of Yerushalayim, showing both the history we learn from the Torah and what we have learnt through archeological evidence. He explained how Yerushalayim passed through the hands of so many emperors over hundreds of years but through the hashgacha of Hashem, B'nei Yisrael were never lost. Through learning the history and all the miracles that took place in Yerushalayim I had a greater appreciation for what we are celebrating on Yom Yerushalayim. Barely fifty years ago Hashem performed yet another neis to bring His city back into Jewish hands.

Jenny Rapp





**SHAVUOS SPEAKERS:  
RABBI GOLDWASSER  
REBBETZIN JAEGAR  
RABBI SAKS**



“HaShem wanted us to know that we are required to uphold the mitzvos even under duress. When challenged and in a difficult situation, a person stands strong and declares that they are the *Am Nivchar*. This helps us withstand our *Nisyonos* and enables to fulfill the mitzvos despite our challenges.”  
- Rabbi Goldwasser

“When HaShem came to bring the Torah down after thousands of years - He spoke to the women first, to ensure that the Torah would be rooted. We refer to this as תורת אמן. Do we realize our חשיבות and do we have a connection to שמחה? We have our road map and it's a gift... If one learns Torah in depth, he is filled with love. Then you will love all of the Torah that you learn.” - Rebbetzin Jaegar



Even though typically, one can view a mitzva and a bracha independently, this is not true of *Krias Shema*. There is an inherent link between *Krias Shema* and its *brachos*.

What is the essence of Krias Shema?  
An affirmation of *Kabalas Ol Malchus Shamayim* which is front and center *Ahavas Hashem*.  
- Rabbi Sacks





## MHS VIRTUAL DINNER REFLECTIONS

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*“Coronavirus’s impact has been enormous, upending our social, economic, and national existence.*

*But as Jews, we have been uniquely affected - with yeshivas, minyanim, and Simchas radically altered in size and venue - like my sister’s backyard wedding. The mhs website, by the students, for the students, enriches us all with a wide-ranging, thoughtful analysis of how this pandemic’s effects reverberate through our microcosm, as well as training students to distinguish fact from feeling and hone their critical thinking and literary finesse. We are all indebted to our principals for this difficult situation into a uniquely real-life learning experience.*

*Me Yodeah Ma Yeled Yom... every day for the last few months, people the world over would wake up to a world so uncertain, so unpredictable, so rapidly shifting that reality and expert advice changed not daily but hourly. If one was under the illusion that man has control over events in his life and the world, the Corona epidemic has shattered that illusion and brought the world to its knees. For all their admirable sophistication, the experts in every field were forced to say “we don’t know”. It has been a humbling experience. But for frum Jews, it has highlighted what we already knew: Ain lanu al mi lehishain ele al avinu shebashamaim...”*

**Fayga Tziporah Pinzower**

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*“This year has been a very challenging year for everyone. No one has been spared. I have been personally affected in a number of ways, primarily my great grandfather, Zeidie Jack Diamond, passed away from COVID-19 complications. He was a 97 year old Holocaust survivor who had rebuilt his life and family in the United States after fighting as a partisan during the war.*

*It was truly devastating for me. I am not sure how, but Mrs. Tendler, understood the depth of my relationship with my great grandfather and asked me to write an article for the MHS Moadim newsletter. I was so appreciative to Manhattan High School for giving me a forum in which to express my thoughts and feelings. This is just one example of how MHS has provided chizuk to their students throughout the COVID-19 crisis. The administration and faculty, lead by Mrs. Yanofsky and Mrs. Friedman-Stefansky have gone to great lengths to ensure that the students are excelling*

*academically but also socially and emotionally. We have continued to benefit from fantastic guest lecturers, fun activities like color war and engaging classes by all of our teachers.*

*I am so incredibly grateful that I am part of the close knit MHS family. As a second generation*

*MHS student, I knew that I was attending a special school. However, when the crisis hit, MHS really exceeded all of my expectations.”*

**Lily Perla**

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*“Some might call asking a question to a world-renowned speaker a once-in-a-lifetime occasion, but in MHS, we call it Wednesday. And it continues over Zoom. We heard from Rav Dovid Goldwasser and Rabbi Yonasan Sacks, as well as Rebbetzin Tehila Jaeger, all in that one week before Shavuos. Just today, Chevi Garfinkel advised us on how to anchor ourselves to Hashem despite all the unknowns. That inspiration lent depth to lessons from my regular classes. I’m so grateful MHS makes guest lectures a key part of our education”*

**Tamar Spoerri**

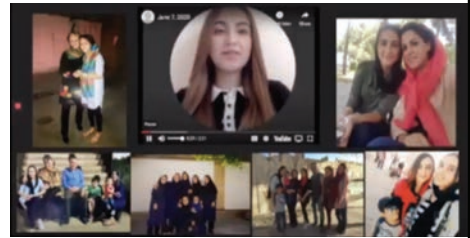
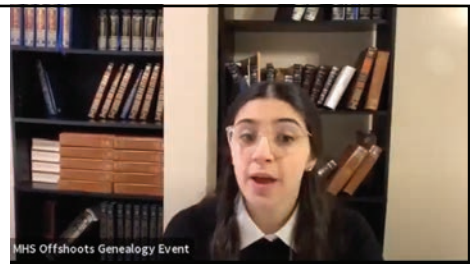
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*“Baruch Hashem I was given the opportunity to head Chessed during my Senior Year at MHS. Chessed is constantly being done within our school walls, as well as outside, so I was so excited to see what I could add to our school’s already great Chessed-Dynamic. We’ve run multiple programs, contests, and activities promoting the value of helping others, however due to the Corona Pandemic, we were faced with a challenge: girls were no longer able to physically do Chessed outside of their homes. Adapting to the changing times and circumstances, we at MHS brought to light what our teachers have always instilled within us, Chessed can be always.*

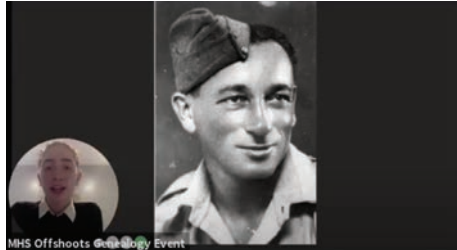
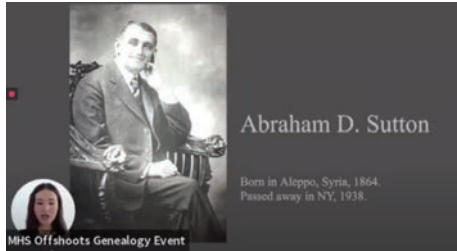
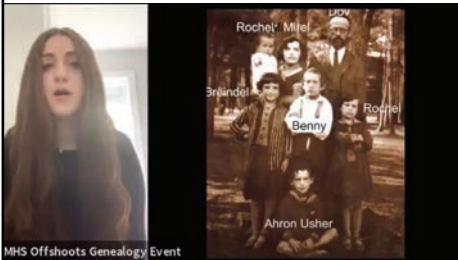
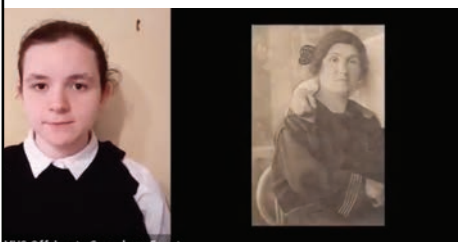
*Particularly with the elderly and those who live at home alone, we encouraged girls to reach out to their grandparents, relatives, and family friends, and the feedback was incredible. Girls loved reaching out, and still continue to do so. Those being called also appreciated the effort so much, and have related to us how grateful they are.”*

**Miriam Mermelstein**





*"The genealogy event this year was truly an enriching and exciting experience. The project allowed me to gain a new perspective on family and my heritage. It granted me the unbelievable opportunity to connect with family members, giving me a new responsibility for the tomorrows that I will encounter. On a personal note, the project caused me to spend a lot of time with my great grandmother who just a month ago was nifters. I am truly grateful that through this project I was pushed to take the time with my great grandmother I may not have otherwise had. It's challenging as a senior during these uncertain times, trying our best to make the most of our time together, but when we realize the strength of spirit that our ancestors embodied we are encouraged and motivated for all the challenges of the present and in the future that we will inevitably encounter. While we had to change our means of presentation to accommodate the current situation, the genealogy event held last week was actually an incredibly stimulating experience. Using an online platform, it was interesting to access modern technology to bring about a project of the past and turn it into something of the present and future. The research we have done will remain a source of pride throughout the next stages of our lives and will iyh continue to inspire us for many years to come."*



*Alicia Russo*



## THANK YOU TO OUR FACULTY

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*“To my esteemed principals,*

*Thank you so much for the beautiful package. It was so meaningful to receive a bag filled with MHS goodies to help make the upcoming Yom Tov all the more so special. All of the thoughtful actions that the school has been doing to lighten the quarantine and the current times that we are in are greatly appreciated.*

*I look forward to once again meeting in person IyH very very soon!”  
Have a beautiful Yom Tov,*

**Adielle Rosenblum**

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*“Dear Mrs. Yanofsky and Mrs. Friedman Stefansky,*

*I’d like to applaud the faculty of MHS for bringing a sense of normalcy and stability into our girls’ lives. I was very impressed by the creativity especially with gym! It’s also nice to get a glimpse of our girls days-where they spend so much of their time. I see why they love school as much as they do!*

*(I’m wondering if I’ll be charged a third tuition for listening in on some of the classes?!)”*

*Hatzlacha!!  
Sincerely,*

**Bobby & Malkie Brunner**

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*“Dear Mrs. Yanofsky and Mrs. Friedman Stefansky,*

*The timely communications as the crisis unfolded kept us in the loop and made sure that we took the appropriate actions. They provided guidance both for the physical health of the students and anyone they came in contact with.*

*Concurrently, you set up a terrific online program for the girls to meet both their academic needs and well as extracurricular activities. I am most impressed with the contests, teacher availability and extra learning being provided; You tailored it to both the students and the parent body.*

*Kudos to you and the entire staff for putting heart and soul into the girls.”*

*Wishing you only future Hatzlacha,*

**Shaya and Aliza Weinberg**

*“Thank you to everyone at school who has been working hard to ensure that we are learning successfully. Everyone has been so supportive of all our struggles, and working daily to enhance our learning and make it as enjoyable as possible! Thank you so much for making the adjustment seamless and easy, and taking time out of your busy days to ensure we stay on track. We really appreciate it!!!”*

*Thank you!!*

**Student**

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*“Dear Mrs. Yanofsky,*

*I hope all is well. I want to just thank you so much for all your hard work in ensuring that we all had a wholesome and productive year, despite the current circumstances. I have to personally say that I have gained so much this year and even more so at the end of the year, with the many after school chaburas, activities etc. Again, I can’t thank you enough for the many hours of work put in to make sure we were provided with a productive and meaningful year, and we all really did! We all appreciate it so much. The many speakers we were privileged to hear were of great inspiration to all of us. Although IYH I really hope to be in school next year, I am comforted in knowing I have a school that will not leave me with nothing to learn for the coming year!”*

*Thank you again, Have a great summer,*

**Rivka Hakimi**





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*I had an incredible year and I gained so much from all of the classes and from the environment of the school. The Hebrew subjects that I took this year have given me hadracha because every class was taught in a way that is applicable to my daily life. I can not tell you how much I appreciated being a part of MHS this year.*

*Thank you so much and I hope you have an amazing summer!"*

*All the best,  
Simi Spitzer*

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*Good Evening,*

*We wanted to thank both the administration as well as the teachers and all staff at MHS for creating a rigorous alternative learning setting in such a short time. While we are not privy to the tremendous efforts behind the scenes, the successful results are evident. Specifically with regard to the distance learning via zoom, as we shared with the teachers during the phone conferences, it has been nothing short of amazing. Both Nechama and Yehudis are consistently kept accountable as they must be dressed, completed davening and ready by 8:30. When I checked in on them briefly, they were each at their respective desks, fully engaged in a lesson and taking notes as well as participating. Moreover, it gave the girls the opportunity to feel connected with their classmates and teachers and provided stability during this challenging time.*

*We are very grateful to be part of a school in which the teachers are so invested in our girls and go above and beyond to make learning in this uncharted environment both meaningful and purposeful."*

*Wishing you a restful shabbos,  
Rochelle & Dov Mandel*

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*You are ALL doing an AMAZING job! Yasher Koach!*

*THANK YOU for your hard work and dedication to our girls! Stay healthy & well!*

*Warmly,*

*The Lamstein Family*

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*To the BEST faculty ever,*

*"My house is crazy and my mother is a stay-at-home mom. I don't know how you manage your kids and teach on ZOOM as well. Our classes are just like they are in school, even though they are online and I feel like I am really learning a lot. I would also like to say thank you for coordinating the schedules to fit with everyone's busy calendar and to accommodate everyone's needs. Additionally, we owe a big thanks to Mrs. Spilzinger for helping everyone navigate the ins and outs of ZOOM and the google apps although some of us may have not been so patient. There are probably additional people that are working tirelessly behind the scenes that I am just not aware of but they also deserve our appreciation. I have no words to express my gratitude to everyone that is making this happen, the least I can do is say thank you!"*

*A Grateful Student*

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*"Dear Mrs. Yanofsky and Mrs. Friedman-Stefansky,*

*Last night's virtual dinner was so lovely. We sat attentively enjoying the speakers, and were delighted to catch glimpses of our girls. Words spoken by all of you only reminded us how much we have missed MHS these past few months. While we could not enjoy the evening in person, we nonetheless experienced the trademark warmth of MHS. The dinner delivered was delicious and so beautifully packaged, every detail considered. You were the most wonderful hosts. The videos of the faculty and students were such a treat! Thank you for it all, for working so tirelessly for the dinner and for the whirlwind of this year. Thank you for taking us through these challenging months. And for the months ahead, facing so much uncertainty, we stand behind you as always. We are very proud parents of Manhattan High School. Wishing you a wonderful summer ahead."*

*Shevi and Shloimie Jacobowitz (and Sylvie)*



## TU B'AV YOM IYUN

The alumni of Manhattan High School for Girls enjoyed an informative and entertaining Zoom hosted by three experienced dating coaches on a special two day Tu b'Av Yom Iyun. Speakers **Mrs. Rachel Yudin**, **Mrs. Chana Juravel** and **Mrs. Aleeza Ben Shalom** discussed the Shidduch process and navigating dating. Alumni found it very informative and beneficial.



*“Even after graduating from MHS, our school continues to provide and care for all of its former students. This year, MHS organized a Tu B’Av- Yom Iyun to provide insights and guidance for all alumni who are currently dating. Three extremely experienced, engaging and sought-after presenters each gave an independent workshop sharing their advice and invaluable guidance with us. Each speaker focused on a unique perspective and aspect of dating. They also addressed some of the inherent challenges and helped deconstruct what can be confusing or difficult to navigate in this process. Their advice was practical and genuine, and they used many real examples and stories to make their salient points. Mrs. Chana Juravel gave us advice on how to ask the right questions to discover a person’s true character. Mrs. Aleeza BenShalom discussed ways to move past confusion and stay focused to find clarity on what truly matters. Mrs. Rivka Yudin guided us on best research practices and what is critical to know and how to ask. After, we were treated to a Q & A session providing us with the opportunity to hear each one respond to our specific questions. Though each presentation was exceptional, what all three shared in common was insightful advice and tremendous of experience. We felt extremely grateful to have benefited from this very informative and helpful program.”*

*Talia Schlesinger*

MHS TOGETHER  
ZOOM ALUMNI  
ACADEMY

# BEIN HAMEITZARIM CLASSES

*In preparation for Tisha Ba' av 5780*

<b>MONDAY, JULY 13TH/22 TAAMUZ</b> Mrs. E. Cohen "עונים באדות החרוב" <a href="https://zoom.us/j/8284400735">https://zoom.us/j/8284400735</a>	<b>7PM</b>	<b>WEDNESDAY, JULY 22ND/</b> Mrs. Yanofsky "ראש חודש תנח"ם או"ב" <a href="https://zoom.us/j/6629265453">https://zoom.us/j/6629265453</a>	<b>7PM</b>
<b>TUESDAY, JULY 14TH/23 TAAMUZ</b> Rabbi M. Prager "The Three Weeks- Halacha Review" <a href="https://zoom.us/j/4022088966">https://zoom.us/j/4022088966</a>	<b>7PM</b>	<b>THURSDAY, JULY 23RD/2 AV</b> Rabbi S. Taub <a href="https://zoom.us/j/5235977106">https://zoom.us/j/5235977106</a>	<b>7PM</b>
<b>WEDNESDAY, JULY 15TH/24 TAAMUZ</b> Mrs. C. Klugmann "אם אשכח ירושלים..." <a href="https://zoom.us/j/4276281562">https://zoom.us/j/4276281562</a>	<b>7PM</b>	<b>MONDAY, JULY 27TH/6 AV</b> Mrs. E. Cohen "עונים באדות החרוב" <a href="https://zoom.us/j/8284400735">https://zoom.us/j/8284400735</a>	<b>7PM</b>
<b>THURSDAY, JULY 16TH/25 TAAMUZ</b> Rabbi S. Taub <a href="https://zoom.us/j/5235977106">https://zoom.us/j/5235977106</a>	<b>7PM</b>	<b>TUESDAY, JULY 28TH/7 AV</b> Rabbi M. Prager "Tisha B'Av- Halacha Review" <a href="https://zoom.us/j/4022088966">https://zoom.us/j/4022088966</a>	<b>7PM</b>
<b>MONDAY, JULY 20TH/28 TAAMUZ</b> Mrs. E. Cohen "עונים באדות החרוב" <a href="https://zoom.us/j/8284400735">https://zoom.us/j/8284400735</a>	<b>7PM</b>		
<b>TUESDAY, JULY 21ST/29 TAAMUZ</b> Mrs. E. Friedman-Stefansky "Rebuilding a Broken Spirit" <a href="https://zoom.us/j/8222708110">https://zoom.us/j/8222708110</a>	<b>7PM</b>		
<b>TUESDAY, JULY 21ST/29 TAAMUZ</b> Rebbetzin M. Eisenberger <a href="https://zoom.us/j/6695265800">https://zoom.us/j/6695265800</a>	<b>9PM</b>		

## THANK YOU

*to our Esteemed Teachers for  
a most enjoyable series of*

## SUMMER CHABUROS



**CHUZUK CHABURAH**  
with Mrs. M. Cohen



**GENEALOGY WORKSHOP**  
with Ms. Gottlieb



**ORCHOT TZADDIKIM**  
with Mrs. E. Cohen



**SEFER HACHINUCH**  
with Mrs. Eisenberg



**PREPARING FOR THE 3 WEEKS**  
with Rebbetzin Eisenberger