



**November 16, 2018      8th of Kislev 5779**  
**Shabbat Parshat: Vayetzei**  
**Candle Lighting Friday: 4:10pm**

**Volume 20, Issue 10**

### **UPS AND DOWNS**

As Yaakov flees from his home in Be'er Sheva to escape the wrath and fury of his brother Esav, he stopped to spend the night. In his dream he sees a ladder extending heavenward and angels ascending and descending on it. As well, he heard the reassuring voice of Hashem reiterating to him the promises of protection from evil, an eternal homeland and the continuity of his progeny.

Rabbi Yaakov ben Asher, in his commentary on the Torah, Ba'al Haturim, notes that the Gematria (numerical value) of the word מַלְאָכִים/sulam (ladder), is equal to the value of the word קוֹל/kol (voice) 136

The inherent message, explains the Ba'al Haturim, is that when we raise our voices in proper prayer we create a ladder that connects us to the spirituality of the heavens. This ladder allows the angels to ascend and bring our requests before Hashem. Conversely, improper Tefillah hinders that access that we have to Hashem.

Interestingly, the two Hebrew words that represent wealth (מָמוֹן/mamon) and poverty (עוֹנֵי/oni) also have a Gematria of 136. This apparent "coincidence" serves to inform us that the path towards true enrichment in our lives, in both the temporal as well as spiritual spheres is through prayer.

As parents, we have a responsibility to set the proper example for our children in proper decorum and participation in meaningful prayer.

Shabbat Shalom,

**Rabbi Don Pacht**  
**Head of School**

### **THANK YOU**

Thank you to the PAC Hot Lunch Team for a great lunch this week: **Ruth Penarroyo, Meira Pacht, Janet Ragetli, Odeyah Hoffman, Carmela Ben Saadon, Esti Loeub, Rachel Gabay and Adela Heffes.**

### **CATERED LUNCH CHANGE**

Please make a note on your calendars that the CATERED LUNCH on **Wednesday, December 5th** will be changed to Monday, November 26th. There will be no catered lunch on December 5th.

## **BLOOD DRIVE**

Dear VHA Families,

As is often the case, the Canadian Blood Services is looking for more donors, and there is currently a Blood Drive being organized within the Jewish community. There will be a Jewish Community Blood Donor Clinic on November 21st and 22nd. If you are interested in signing up please click on the link below.

[https://docs.google.com/document/d/1VKVyHKk5v85GN4CYL3HFcJrgG\\_5kme1d7c61RAeHAWo/edit?fbclid=IwAR37aNb5w12sDpJrX6GIM7291O1seGwQO5yFqbGWk0gtvG5rP2dDaSuyoxk](https://docs.google.com/document/d/1VKVyHKk5v85GN4CYL3HFcJrgG_5kme1d7c61RAeHAWo/edit?fbclid=IwAR37aNb5w12sDpJrX6GIM7291O1seGwQO5yFqbGWk0gtvG5rP2dDaSuyoxk)

## **STUDENT PHOTO RETAKES**

Individual student photo retakes are at 9:00 a.m. on Monday, November 19th, 2018. If you would like your child to have a photo retake, please call the office at 604-266-1245 to put your child's name on the retake list. If your child had a photo taken in October, the photo proof from that session needs to be returned to the office for retake day.

## **STUDENT COUNCIL**

Our first Student Council sponsored non uniform day is on **Tuesday November 27th** in honour of the 19th of Kislev. Please bring \$1 to support the activities of Student Council!

## **MINYAN CLUB**

Thank you to the PTI "Beis Medrash Guys" for coming to VHA this past Wednesday for their monthly learning program with the Grade 6/7 Boys. The morning started off with the boys in Grades 5-7 having the opportunity to daven with a minyan. We feel that exposing our students to the nuances of a weekly morning service is an important part of their Jewish education. All are welcome to attend our next morning minyan which will be in mid December.

## **RUNNING CLUB**

What an amazing week for Running Club!  
**67 laps = 22km.** Amazing job to all the students who participated! Come join us next week, November 23rd at 8:00am!

## **REMINDER TO PARENTS**

Please be reminded that we **DO NOT** give students hot water. and It is a safety concern having students carrying the soup with boiling water or it could spill. Please consider other menu options for your child.

## **AVOT UBANIM**

Joins us at Beth Hamidrach November 17th at 6:00pm! Shabbat ends at 5:20pm

## **SECURITY**

On the advice of the Federation's Director of Community Security and in partnership with local law enforcement, VHA has been reviewing security protocols and communicating with staff on the matter. This week we conducted a lock-down drill to help the students understand how we can keep them safe in an emergency. As always, we ask for your help in staying alert when you are around the school and reporting ANY suspicious activity.

## FALL HAS ARRIVED

It was bound to happen sooner or later! **Parents, please provide an outdoor jacket each and every day. When it is raining, a rain jacket with a hood and rain boots are required for students to be on the field at recess.** Without a jacket, children may need to stay undercover during recess, which may cause them to dry out and shrivel like prunes.

If your child's jacket is missing, please check our Lost & Found.

## FAMILY FEEDBACK FORUM

Dear VHA Parents,

In an effort to maintain open lines of communication between home and school, VHA will be hosting a series of Focus Groups beginning in November. The purpose of these gatherings is to foster open dialogue, on issues of importance to our families with the goal of sharing perspective, increasing understanding and strengthening our partnership, so that we can better serve the needs of the children in our care each day.

Rabbi Nuta Yisrael Shurack has volunteered to coordinate this effort. Please expect a call from him in the coming weeks. As we learn more about what issues are of importance to you, we will be better able to create a process that will allow for productive discussion and creative solutions.

We look forward to partnering with you!

Rabbi Don Pacht  
Head of School

## NUT RESTRICTED SCHOOL

Please keep in mind when preparing snacks and lunches for your children that VHA is a Nut Restricted School. Nuts and nut products are not allowed in the building. Below is a list of nuts that are included in this restriction.

- Peanuts and Peanut Butter.
- Tree nuts (including Almonds, Walnuts, Cashews).
- **Sesame Seeds and Sesame Oil. THIS INCLUDES HUMMUS.**

Products that MAY contain nuts are permitted. As well as the above items, there are other foods that do pose an allergy risk. Therefore, please remind your children that the sharing of food is not allowed.

### November 2018

- 19 Student Photo Retakes at 9:00 am
- 20 Kindergarten Vision Screening
- 26 Catered Lunch on this day instead of December 5th
- 29 Grade 2 Chumash Celebration at 3:00 pm

### December 2018

- 2-10 Chanukah
- 4 Preschool Chanukah Party at 11:00 am
- 5 Chanukah Assembly  
led by Grade 5 at 3:15 pm
- 11 PAC Hot Lunch
- 17 Term 1 Report Cards go Home  
(Parents pick up at 4:00 pm in the gym)
- 18 Fast of Tevet
- 19-20 Parent Teacher Conferences 2:00-6:00 pm  
Dismissal at 2:00 pm both days
- 21 Last day of school before Winter Break