

Benainu: Initial Email to Parents

Dear 6th Grade Parents,

This year our 6th graders will be participating in our Beinanu בֵּינָנוּ (Between Us) Program. Beinanu is our holistic and comprehensive approach to health and wellness that provides the “whole child” with opportunities to learn about and to discuss the social, emotional, and physical changes and complexity of adolescence.

Over the next few months, the 6th graders will participate in multiple sessions including appropriate use of the internet/social media, ethical decision making, nutrition, sleep, exercise, and hygiene, biology lessons (groups divided by gender), brain science as it relates to emotions, coping skills, peer relations and Jewish perspectives on issues of adolescent development. 6th grade advisors and teachers will be reflecting and reinforcing the information and skills learned on a daily basis as well as during advisory time.

As we value the partnership between school and home in guiding the students’ overall development, we will send overviews and discussion questions home to springboard continued important conversations at home.

We are looking forward to providing our students with the knowledge, skills, and guidance to develop here at Beth Tfiloh and beyond.

Thank you.

Rabbi Yehuda Oratz
Middle School Principal

Mrs. Vicki Hervitz, LCSW-C
Middle School Guidance Counselor