



Charlotte Jewish Day School



Alumni Success Stories

Parents of current and prospective CJDS students often ask about our graduates—where they go to continue their education and how they are doing.

Since our alumni go on to many different schools, we have decided to present follow-up reports from time to time. This month we will highlight Pim van Amerongen and

Aviva Cantor.

Pim graduated from Charlotte Jewish Day School in May 2001. He is now a sixth-grader at Northwest School for the Arts. While excelling academically, Pim is delving into his many artistic interests. Recently, Pim played the part of Rooster in his school's production of "Annie." He also

sits as first chair in alto saxophone in Northwest's middle school orchestra.

This summer, Pim will move with his family to Frankfurt, Germany. His parents are confident that his CJDS foundation will carry him through any academic challenges that his new school offers.

Aviva Cantor graduated from CJDS in 1998. She spent sixth and seventh grades at a small local Jewish middle school, after which

she enrolled at Gaston Day School, where she is now a ninth grader.

As the only Jewish student in the Upper School, Aviva frequently answers questions about Jewish holidays and customs.

Soon after coming to Gaston Day, Aviva was recognized for her strong writing skills. She is now enrolled in tenth grade honors English. This year, Aviva has had several poems published in anthologies, and she was also a

winner of the Novello Festival's First Chapter Contest. Aviva is the only ninth grader to have ever been appointed as editor of Gaston Day School's annual literary review.

Charlotte Jewish Day School is proud of these two alumni. We hope that other alumni will let us know of their accomplishments, so that we can share their news with the community. ☆

"Dinosaur Days" and "The Musical Health Show" Entertain CJDS Kindergartners

Kindergarten students at Charlotte Jewish Day School recently completed a science unit on dinosaurs in which they studied about many of the carnivores and herbivores that inhabited this earth years ago. The children viewed pictures of paleontologists searching for fossils and made their own fossils from plaster of Paris. Learning songs and poems about dinosaurs and completing a variety of dinosaur art projects added to the children's interest and excitement.

To top off this unit of study, the kindergarten classes had a wonderful field trip to the Belk Theatre to see Slim Goodbody's presentation of "Dinosaur Days." This fantasy play about Tyrone the Tyrannosaurus adopting a baby Brontosaurus named Herbie was an entertaining and educating experience. The children participated throughout this program and not only learned about the dinosaur world but also received a valuable lesson on resisting peer

pressure and developing character strength.

Following "Dinosaur Days," the children watched "The Musical Health Show." This program actively involved the children as Slim Goodbody taught them about the heart, brain, lungs, bones, muscles, digestive system, and the five senses. This was an excellent addition to our February heart health lessons.

Using the American Heart Association Guide, entitled "Getting to Know Your Heart," our children learned about lifestyle habits that may help to keep their hearts healthy throughout their lifetimes. We discussed the relationship between the heart's pumping and the circulation of the blood, and we learned that each heartbeat is the heart's pumping action. The children enjoyed using stethoscopes to listen to their classmate's heartbeats and to hear and make comparisons between a resting heart and a heart that is beating faster following

exercise.

Five heart-helper rules were included in our heart health unit. We learned about the importance of exercise (playing hard), nutrition (eating good foods), maintaining a healthy weight (being trim), avoiding tobacco products (being a non-smoker), and reducing stress (living a happy life). As we compared our daily meals and snacks to the food guide pyramid, we recognized that many of us need to increase our servings of fruits and vegetables and to eat less fats, oils, and sweets.

We commend our students for making the choice to follow these preventive guidelines at a young age. We are pleased to see them putting greater effort into running laps on the track for aerobic exercise, bringing nutritious foods for their snacks and lunches, making the commitment to refrain from using tobacco when they get older, and being happy and kind to themselves and others in the classroom. ☆

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Highlights of CJDS Pesach Fun Day



CJDS fosters beautiful friendships: Marci Goldberg, PTO president, and Chris Feldman, Fair Share Coordinator.



"Roll me a matzah as thin as you can." Noah Kipnis at the matzah bakery.



The chametz goes into the bag: Eran Kretzman at the bedikat chametz workshop.



Sophie Molinari decorating her matzah cover at the Matzah Cover Funshop.



There's no need for Alex Trebek to worry — his job is not in Jeopardy! Rabbi Gordon leads the contestants in the Pesach Jeopardy Funshop.



Hmmm... this matzah sure looks like pita bread. Cheryl Slane and Chris Feldman baking matzah at the Matzah Bakery Funshop.

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