

JIE Features Mindfulness for Families

Mark your calendar for another provocative parenting symposium from Joined In Education on February 10 and 11, 2016. The focus this year is Mindfulness and Self-Regulation. Integrating mindfulness in school curriculum as a tool has been found to decrease student anxiety and stress and to increase concentration, attention span, self-regulation, compassion, and self-esteem.

Now in its fifth year, this two-day educational symposium is an event that parents and child care professionals look to as a valuable and well respected resource for quality programming. Between parents and professionals that attend this annual event, we believe that we affect 40-50,000 children and their families in the community each year.

The keynote address will be given February 10 by Dr. Kristen Race, author of *Mindful Parenting*. Her talks and themes are riveting, integrating cognitive



Dr. Kristen Race

neuroscience and positive psychology with mindfulness. She shows how the brain functions under different conditions to help children and families become more resilient to the stresses of modern life. We will be having the keynote address and reception at Providence Day School again this



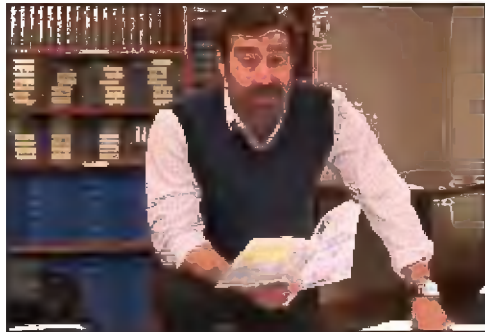
year. The following day, there will be two separate workshop tracks: morning sessions for parents anchored by Dr. Kristen Race and a second option for a full day workshop for educators and professionals led by Brad Chapin. Workshops will be held at Shalom Park. Mindfulness has been in the news quite frequently recently as reports demonstrate that understanding ones emotions and awareness of ones feelings helps learning in the classroom.

More information and tickets go to www.joinedineducation.org or on Facebook www.facebook.com/joinedineducation. Contact Gale Osborne for more information at 704-366-4558 or gosborne@cjdschool.org. ☆

Youth Visions

Scott Fried Assures CHS Students – “You Are Enough”

On November 18, the Hebrew High community will be privileged to hear from our friend Scott Fried. Scott will speak to our students and parents about his life’s journey from USY teen leader to HIV survivor. His openness about his own experiences gives students and parents the opportunity for frank dialog and new ways to bridge the generation gap.



Scott Fried

The core of Scott’s talk is that we are all “enough.” Even though it seems as though our secrets (and everybody has them) are overwhelming, we are created in God’s image and therefore we have value. We should not let the outside world dictate who we are, or should be. We are (good, smart, attractive, valuable) enough! Scott’s message, although aimed at teens, is a universal one. It is a message of tolerance, spirituality, and hope.

Recent studies of the contemporary Jewish community have shown that supplementary schooling lasting seven or more years (well into the teen years) produces measurable, lasting effects, independent of other educational experiences. The combination of supplementary education with other adolescent programs (camp

and Israel programs) enhances the chances of securing Jewish continuity. That’s what we do at Hebrew High and why your support is so important for our community.

Programs like Scott Fried’s visit are especially important to teens whose families are struggling financially. It is the deep conviction of the CHS Advisory Board and the two sponsoring temples, that no student be turned away from Hebrew High due to an inability to afford the program. To that end, the Advisory Board has created an endowed scholarship fund that will help defray the cost of our program for students in need. You can help insure Jewish continuity by contributing to our scholarship fund. Please consider earmarking the funds for

Hebrew High when making donations in honor, or memory of a friend or loved one. Donations can be made through Temple Beth El, Temple Israel, or directly to the Consolidated High School of Jewish Studies office.

When you give the gift of Jewish Education, you are investing in the future of the Jewish people. At Hebrew High, we prepare our students for the challenges they will face on college campuses and beyond. Help us make sure that no teen in Charlotte misses this opportunity. Please consider a gift to the CHS Scholarship Fund today.

Please call Roz at 704-944-6782 or email rcooper@shalom-charlotte.org for more information about donating to Hebrew High or enrolling your teen aged student. ☆



MAKE A DIFFERENCE AND CAN-TRIBUTE!

THE HUNGER GAMES: MOCKINGJAY

PART 2

Attention all 6th – 12th graders

Join the Charlotte Jewish Teen Coalition – BBYO, Consolidated Hebrew High School, Levine JCC, NFTY and Geshar as we watch the final installment of the Hunger Games Movie, *MockingJay Part 2*. Find out what happens to Katniss and Peta before the rest of Charlotte sees the movie! The prescreening will take place Thursday evening, November 19 at the Regal Cinema Stonecrest at 7 PM. Canned goods will be collected for Jewish Family Services and Loaves and Fishes. Tickets are \$10.50 and must be purchased online. For details contact egoldstein@bbyo.org and rcooper@shalomcharlotte.org. ☆

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