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Hebrew High 8th and 9th Grade Retreat

What happens when you take a group of teens to Kinetic Heights on a Saturday night in February? The Hebrew High 8th and 9th Grade Retreat!

This year's retreat had a new twist. We moved the retreat off campus to provide new experiences for students. Kinetic Heights provided so many new options. The goal was to learn how to work with, and rely on, your peers. All events of the retreat explored the idea of Kehillah (the importance of the community in Judaism). Students worked with team leaders from Kinetic Heights who emphasized that relationships are built on trust and trust is learned through relying on each other. This goal was ac-

complished through a series of obstacle courses where students worked as a team to get to the end. If a student had trouble, the other students came together to help that person reach the finish line. It didn't matter who was in 8th or 9th grade, who was athletic, who was tall or who was short. Everyone participating was an equal part of the group coming together to complete a common goal.

When students first arrived for the retreat they were quiet and split up into small groups made up of other students they knew. They didn't want to be there but their parents made them come. They were not motivated to participate. Then, little by little, they

started to gravitate towards each other, to reach out for help and to build their community. What a transformation to observe. Every student had an incredible time, learned incredible lessons, and became closer to other incredible teens.

The pictures speak volumes. We truly are a community at Hebrew High.

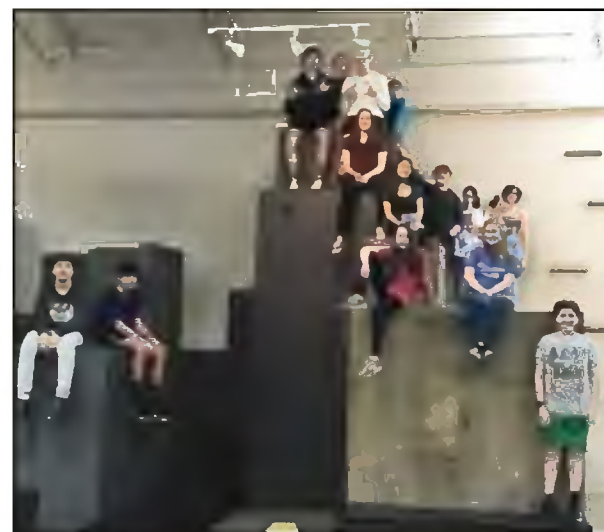
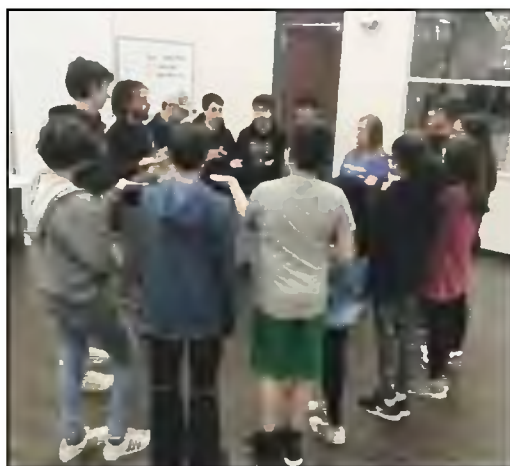
Are you interested in learning more about Hebrew High? Come learn more and experience Hebrew High at our Open House - Wednesday, April 10 from 7-9 PM. Open to all interested teens and families. To learn more, visit www.hebrewhigh.org. ☆



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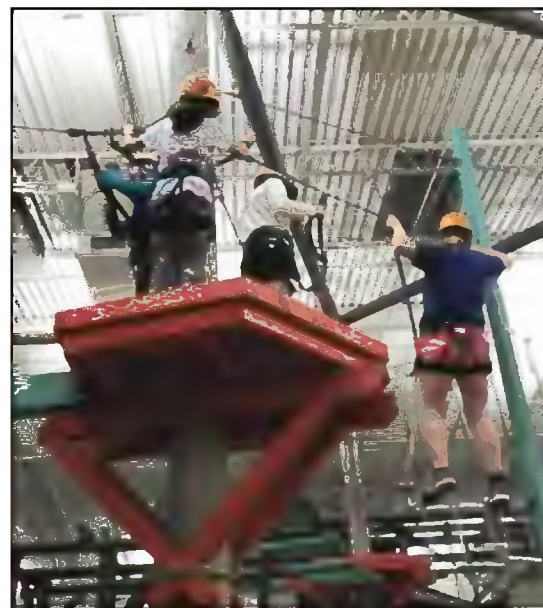
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Photo courtesy of ArtShots Photography

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“You may be free from sin, but if your body is not strong, your soul will be too weak to serve God aright. Maintain your health and preserve your strength.”

-Baal Shem Tov, The Hasidic Anthology