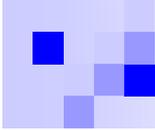




Children and Young  
People's Guide  
to the  
Brighton & Hove  
Reform Synagogue



## **Early years (0-4 years)**

### **Kuddle Up Toddler Group**

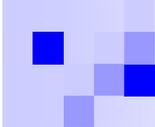
Our parent / carer and baby / toddler group meet every term time Friday morning, from 10.30 am – 12.30 pm, in the Ajax Hall. The group is open to members and non-members. It is run by Sara B. Zanardo, who is a qualified teacher, and Alison Dollow, who is EYFS qualified.

We kindly ask for a donation of £3 per child (£1.50 for additional siblings) that includes snacks, drinks and a light Kiddush.

### **Shabbat Shalom Yeladim**

Once every half-term on Shabbat morning Sara and Alison run Shabbat Shalom Yeladim, for children up to 4 years old. Starting at 11am in the Rosenblum Room with free flow play. The service includes games, Shabbat songs and extra yummy snacks to celebrate Shabbat.

Around Midday, children and parents join in the main service for the concluding songs and Kiddush.



## **Children 3- 13 years**

### **Shabbat Doroteinu**

Our monthly Family Service is aimed at 5-9 year olds (younger siblings are welcome). Starting at 10.30 am in the Rosenblum Room, Sara. Alison and the children will have a Shabbat service full of music, sing-along and chocolate snacks. Children are welcome to bring along parents, carers and grandparents.

The Doroteinu service joins the main Shabbat Service for the Torah reading and children are invited to help the wardens with the Torah Scroll. Children then return to the Rosenblum Room for story and games time. They join the main service for the concluding songs and Kiddush.

### **Cheder (3-13 years)**

Our Cheder is more than just a Sunday School. It's a community, a place for a child to make friends with other Jewish children and to experience Judaism in a positive light. What better way to ensure our children will want to pass Judaism onto theirs?

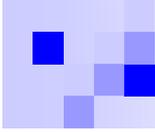
Cheder runs from 9.50am – 12.30pm during term time. Children of all abilities learn in age appropriate classes via our sociable curriculum in a nurturing environment. There are 5 classes, from Nursery (Kita Gan) to B'nei Mitzvah.

Our Cheder morning starts with Tefillah led by our younger teachers and helpers, before going to the classes for Hebrew lessons. The curriculum aims to give the children a knowledge of Hebrew as a living language, using up-to-date techniques for teaching Modern Foreign Languages, so that learning is interactive, fun and useful for the children's future. It also gently introduces the main Jewish prayers, focusing on the understanding of their meanings. After a break for snacks and play time, children have 15 minutes "Netzer time" which includes songs and games led by our Youth Worker.

The second half of the morning is dedicated to Jewish topics. These include Jewish calendar, holidays and history, Israel, Jewish home and life cycle events, stories from the Torah and Jewish values. The children learn about Judaism through arts and crafts, cooking, discussions and singing, by a variety of methods including mixing with other classes and peer support. All classes run within this framework but may have slightly different timetables in order to accommodate age appropriate activities.

We foster friendships and encourage team work through class-based award systems. We also periodically give certificates and awards that recognize effort, as well as attainment and attendance.

Furthermore, we have an active Children's Council, who have suggested initiatives such as; a tuck shop, new interactive Hebrew books, games for break time and changes in children's services during festivals.



Our core aims are to ensure children graduate from our Cheder at a minimum age of 13, having achieved:

- Knowledge of Hebrew as a living language
- Personal understanding of the most important Jewish prayers and rituals
- Personal engagement in traditional and contemporary questions on Jewish values and issues
- Knowledge of Jewish history and nowadays Israel
- The ability to lead tefillot (prayers)
- The ability to read/leyin and understand a Parasha and an Haftara

Boys are required to wear kippot during Cheder. It has become increasingly common, in Reform Synagogues, for girls to do the same.

## **Staffing**

Cheder is run by a team of teachers and each class is supported by a young Helper. We also have Teaching Assistants to work with children who need individual support or would benefit from smaller group work.

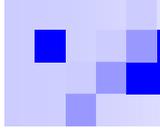
We require all staff to hold a valid DBS and attend regular training during the course of the year. They are supported by the Head Teacher, Senior Inclusion Coordinator and Rabbi.

Our 13-18 year olds are supported via the Ruach Group led by our University Students teaching staff and Youth Worker.

## **Parent Involvement**

Cheder parents and carers are a valuable part of our team. There are several ways to participate with Cheder, including; security duty service, attending family events and supporting your child's regular attendance at Cheder and Shabbat services.

There is an active Parents' Committee, monthly coffee mornings, parent meetings with Cheder staff and the Synagogue Council Representative, family events at Cheder, security training opportunities and half- term updates and newsletters.



## **B'nei Mitzvah Group**

Our B'nei Mitzvah programme is designed to develop and nurture each child's Jewish journey, into becoming a young adult.

Weekly Cheder attendance is expected for children in the B'nei Mitzvah programme. In addition, at least monthly attendance at Shabbat morning services in the first year, increasing to weekly during the year prior to their Bat/Bar Mitzvah.

A monthly Shabbaton service is run for all B'nei Mitzvah students to help support their learning and understanding of the Shabbat service.

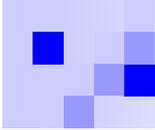
Regular attendance builds a child's familiarity and knowledge of the Shabbat service, as well as strengthen their personal relationship with the BHRS community. When parents also attend the service, B'nei Mitzvah students tend to benefit more from the experience.

During their weekly Cheder lessons, B'nei Mitzvah students will receive his or her Torah portion and other prayers they may be leading in the service. You will be invited to discuss your child's progress and set a date with the Rabbi and Cheder Team approximately 18 months before the ceremony.

There will be regular communication between the family and Rabbi and the Cheder Team during this time. The team will also discuss with you the support your child needs as he or she approaches the Bar/Bat Mitzvah.

## **Festival Events**

Throughout the Jewish year, the Cheder runs a number of festival services and activities. For example, Children and Young People's services at Rosh HaShana and Yom Kippur, Chanukah Party and Candle Lighting, Tu B'Shvat Fruit Seder, Cheder at the Seder and Lag B'Omer BBQ.



## **Young people 10 – 18 Years**

### **Helpers & Ruach Group**

Once a young person has become their Bat/Bar Mitzvah they will be invited to join our team of Helpers on Sunday mornings.

Our objective is to build on their knowledge and develop their leadership skills. We offer training and support and a range of roles within the Cheder.

The Ruach Group is part of the Helpers' continued learning and is supported by our Netzer trained Youth Workers and young teachers. This group meets for peer discussion and activities for the second half of the Cheder morning. They are also involved in planning some of the youth activities that occur throughout the year.

### **Youth Activities, Netzer & Events**

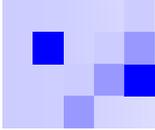
We have a dedicated, Netzer trained, part-time Youth Leader between October through May. The Youth Leader is active in promoting Netzer Southern events for ages 10-18 years, including sleepovers, camps and the Israel tour. Events are subsidised.

For example, Shabbaton Darom (Southern Shabbat) is a one night residential event that runs multiple times a year for school years 4-6. This brings together young people from different communities around the country and involves a combination of fun and educational activities.

### **Netzer Camps, young adult weekend and the Israel Tour**

BHRS now funds ALL our 13-16 years old, with a basic grant, to attend a RSY-Netzer youth activity camp or weekend and a separate grant for the Israel Tour.

For families who require further financial assistance to fund these activities, there are additional grants available from Reform Judaism (RJ) & BHRS. Terms and conditions apply. For a copy of the policy or more information on available grants, please contact the Shul Office.



## Youth Activity Days

Our Youth Leader runs a variety of youth events, mainly for children in school years 5 upwards; from daytime activities in the school holidays to Chanukah parties. These events include a taste of activities provided by RSY-Netzer camps and is a perfect time for young people to see what they could be involved in with RSY-Netzer. There will be music, drama, educational and peer-led aspects of the day.

## J-Crew

The J-Crew is for post Bar/Bat Mitzvah-aged young people. This group makes their own arrangements with the Youth Leader and they are provided a budget to subsidise their activities. In the past, this group has gone for pizza, to see a West End theatre production, played crazy golf and arranged a sleep over.

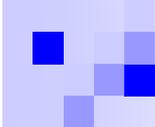
## **18 and beyond**

After age 18, Netzer programmes and Jeneration (Reform Judaism's provision for students) are available. We can put you in touch and provide details at the Shul office.

## **Role of Council**

BHRS has a dedicated Children and Young People's Council representative who supports and works closely with the Cheder Team and Youth Worker. The representative also works in partnership, locally and nationally, with other Jewish organisations.

BHRS is committed to providing and investing in a range of diverse and quality opportunities, events and activities for all our children and young people.



## **Contacts:**

Rabbi Andrea:	07810 648 666
Via Main Office:	01273 735343
Administration:	Liz Shaw/Karen Pettitt
Cheder Head Teacher:	Sara B.Zanardo
Senior Inclusion Coordinator:	Alison Dollow
Cheder Administrator:	Saonie Crown
Youth Worker:	Alice Goldsmith & Abi Itkin

## **Other Contacts:**

Parents' Committee Chair:	Katie Duncanson	<a href="mailto:parents4cheder@gmail.com">parents4cheder@gmail.com</a>
CYP Council Representative:	Philip Berman	07967 078 392

**Brighton & Hove Reform Synagogue,  
Palmeira Avenue, Hove, East Sussex BN3 3GE  
Tel: 01273 735343**

### **Email:**

**rabbi.andreaz@gmail.com or accounts@bh-rs.org**

**Website: [www.bh-rs.org](http://www.bh-rs.org)**

**<https://www.facebook.com/BrightonReform>**

**Office hours: Monday to Thursday 9.30am—3.30pm, Friday 9.30am—2pm.  
*Closed Tuesday afternoons.***

**Charity No: 1155461**