



Elsa High School Campus Newsletter

www.carmel.edu.hk

Weekly Daf

Edition 9

25 October 2019 || 26 Tishrei 5780



Parents please note that **Interim Report 1** will be sent home on **Monday 28th October**.

Student-Parent-Teacher Conference for G6-12
Tuesday 29th October at 3:15-7:30pm.
Please bring the Interim Report and appointment sheet with you and make sure your child has made appointments.

Dvar Torah Bereishit

by Joshua Jay Grade 10

This week's Parsha, Bereishit, recounts the incredible story of the Creation of the Universe. After the High Holidays and Succot, on Simchat Torah, we celebrate and mark the conclusion of the annual cycle of Torah readings, then we start again with the weekly Parsha readings. G-d created the world in six days followed by the seventh day of rest also known as Shabbat.

The first day of Creation is when G-d creates darkness and light; the second day, the heavens and skies; the third day, the creation of the seas and formation of land and plants; on the fourth day, stars and planets to help us track the time; sea animals and birds are made on the fifth day; and land animals the next day when humans were also created. The first man and woman - Adam and Eve - are given life.

Adam and Eve lived in the Garden of Eden, and G-d forbade them to eat the fruit from the Tree of Knowledge. However, as the story goes, a serpent tempted Eve to eat it. While Eve knew it was wrong, her ambition and curiosity led to both Adam and Eve eating the fruit. They were both punished for their sins and were expelled from the garden. They were forced into a life of struggle, and would eventually die at its end.

This Parsha teaches us self-discipline and how to use

our moral compass in a world full of uncertainty. The story of Adam and Eve is often seen as a disappointment, symbolising mankind's lack of self-restraint in choosing what's right and what's wrong. However, we cannot forget that G-d created us for a reason. We as humans may not be perfect, however, there are always paths to making us better people. Reflecting on the High Holidays of Rosh Hashanah and Yom Kippur, it's that time where we ask for forgiveness for our sins, and to start a fresh new year with our heads held high.

In contrast to the story of Adam and Eve, Parshat Bereishit also encourages us all not to make the same mistakes or sins committed last year, but to work on ourselves so that we may grow, mature, and make good decisions.

We can all focus on a key message from this: to become a better person we should not only focus on our self-discipline, but remember that we each have a purpose, chosen by G-d. We should all be grateful and have gratitude for being in this world, and spread Tikun Olam for the world to become a better place for all.

Shabbat shalom!

Grade 11 Poland Educational Programme

By Sarah Cohen Grade 11

On Tuesday night, the Grade 11s flew to Poland where we will stay for a week-long educational programme. I asked fellow students to share their initial thoughts and reactions.

"On our first day in Poland, we headed the Jewish Heritage Museum. The museum, originally adjacent to the great synagogue of Warsaw now holds artefacts collected from the war. The most notable artefacts contained within the museum are letters written by 60 members of the Warsaw Ghetto who wrote down their terrible experiences and buried 3 boxes of these letters. To this date, two of these boxes have been recovered, and the stories inside them were incredible. Our visit to the The Jewish Heritage Museum was a hugely enriching experience."

Mordechai Oser

"Our last activity of the day was a visit to Chachmei Lublin Yeshiva. It was one of the largest Yeshivot in the world and in 1924, 50,000 people participated in the opening ceremony of the Yeshiva building. Rabbi Meir Shapiro was the Rosh Yeshiva there. He was famous for promoting the Daf Yomi, which was daily study of the Talmud. Meanwhile, he was also one of the youngest members of the Polish Parliament and represented the Jewish community. One thing that the guide told us which I personally found interesting was that Rabbi Meir would always dress as a typical rabbi as he was proud of being a Jew. I believe that it is important to feel confident in ourselves, regardless of gender, age, religion or nationality. People should always acknowledge and be proud of their identity."

Tal Meroz



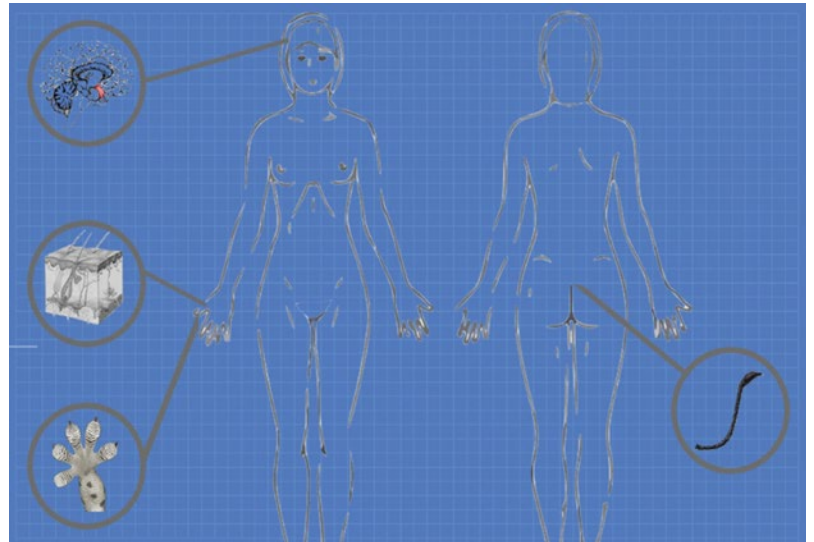
Group 4 Projects

by Janice Cheng Grade 12

For this year's DP Group 4 Project, we had to design a super Olympic athlete by coming up with different features to add on to a human model. This required the integration of scientific knowledge from the subjects of biology, chemistry and physics.

Along with my groupmates, Juhi, Louis and Rachamim, we decided to choose climbing as our sport as it is a new event in the upcoming Tokyo Summer Olympics. To help improve the grip, balance and mental readiness of our climber, we came up with 4 additions.

Interestingly, all of our additions were inspired by nature, a concept in science known as Bio-mimicry – geckos, monkeys and a patient called SM. From our process of creating design features and justifying our decisions with scientific knowledge, we became aware that we are surrounded by various intricate and miraculous processes in nature, and that nature is



often a great model for the construction of scientific knowledge. Beyond this realisation, we also noticed that in order to make good, scientifically justified decisions, we cannot be trapped in the boundaries of our Group 4 subjects and must work together in understanding the other subjects. Due to this, we were able to learn more about the scientific field and understand how different perspectives are often needed to develop new ideas.

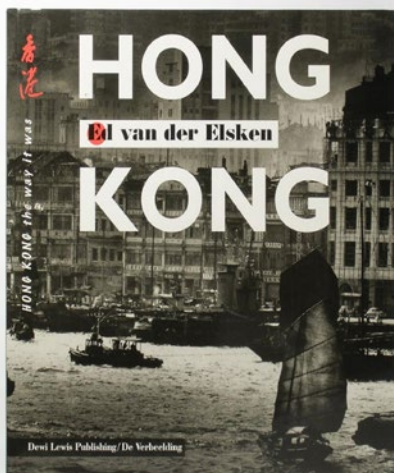
Photography Exhibition: Hong Kong, The Way It Was

by Louis Effron Grade 12

This October, head to F11 Foto Museum to witness a beautiful display of black and white photography by one of the most influential Dutch photographers of the 20th century, Ed van der Elsken. The exhibition, titled: Hong Kong The Way It Was, features over 130 photographs of Hong Kong taken between the years of 1959-1960.

Extending beyond his direct and diaristic photography style, this particular collection showcases Elsken's love and perspective of the old Hong Kong, a city which he personally described as "the prettiest of harbour cities".

While staying in Hong Kong for three weeks, Elsken captured the essence of Hong Kong's unique cityscapes, town views and people of the city at that time. In each photograph, there is a touch of familiarity for any current resident, yet there are also many intriguing "new" objects, practices and building structures that are long gone today. Through van der Elsken's own perspective on the city's old beauty, you can reminisce and discover the old ways of Hong Kong some may never even knew existed.



The exhibition is open for public viewing from 2pm to 7pm, from the 3rd of October to the 28th of February. The admission fee is 100HKD for adults and 50HKD for students and seniors aged 65 or above.

So be sure to take time out of your schedule to visit this beautiful time capsule of Hong Kong's rich and vibrant history and appreciate the unique city we all live in.

Stopping Food Waste: The First Milestone To Solving Climate Change

by Liana Tang Grade 9



Sustainability isn't just a trend. With new articles, feeds, and newsletters spelling out humanity's doom if we remain idle, it's no surprise that this global phenomenon has attracted universal attention. Even though it would be impossible to survive in the 21st century without using electricity or transportation, that doesn't mean climate change is unsolvable. There is a contributor more insidious and subtle, yet simple to tackle: **food waste.**

First, in order to understand its impact, we need to clearly define what is food waste. According to the Food and Agriculture Organization (FAO), food waste "refers to the decrease in the quantity or quality of food resulting from decisions and actions by retailers, food service providers, and consumers."

This includes

- Foods that are close to, at or beyond the "best-before date" that are discarded by retailers and consumers
- Large quantities of wholesome edible food that are unused or leftover and discarded from household kitchens and eating establishments
- Fresh produce that deviates from what is considered optimal, for example, in terms of shape, size, and color, and often removed from supply chains during sorting operations.

The problem is that most foods wasted are ones that are perfectly fine, left forgotten inside refrigerators, or thrown away due to us being stuffed. The worst part is all the world's nearly one billion hungry people could be fed on less than a quarter of the food that is wasted in the US, UK, and Europe.

While consumers in rich countries continue to waste as much food (222 million tonnes) as the entire net food production of sub-Saharan Africa (230 million tonnes), it isn't just a first-world problem.

"Often in developing countries, food decays in fields or farms before harvest or else spoils while it's being transported... Being able to keep fresh food chilled during storage and transport would make a huge difference, but many places do not yet have the technology, infrastructure or the money to set up a sophisticated 'cold chain'—the network of refrigerated trucks and storage facilities you need to bring fresh food from the farm to the market. If developing countries had the same level

of refrigeration for the transportation and storage of food as developed countries, approximately one-quarter of food loss would be avoided."—John Mandyck, chief sustainability officer at United Technologies Building & Industrial Systems and coauthor of the book *Food Foolish: The Hidden Connection Between Food Waste, Hunger and Climate Change*

However, there are people working to solve the crisis.

Examples Of Success:

- Syed Mubarak, director of sustainability for Sands group, created the Eco-Safe Digester. Within 24 hours, it becomes waste-water, which is then pumped to the city's wastewater treatment plant and recycled for use in toilets and gardens.—Macau
- A group of university students recently created an app called Makan Rescue to alert users of free leftover food nearby by uploading the information to the database of "missions."—Singapore
- In France, The law forbids destroying unsold food or throwing them away by supermarkets, forcing them to donate to charities and food banks.—France

3 Tips to cut food waste from the home:

1. **Organizing storage space:** we could order food in advance and put fresh vegetables closer to the front of the fridge so they won't freeze.

2. Packing leftovers and sharing it with family members

That includes the skin of fruits and vegetables, and edible parts of foods that we do not usually eat, such as using stale bread to make croutons, beet tops sautéed for a side dish, putting vegetable scraps into stock, etc. Not only is it cheaper, but good food can be made while reminding ourselves we did a good deed.

3. Educate Ourselves

We could learn the difference between "sell-by," "use-by," "best-by," and expiration dates so we know whether or not the food is still safe to eat. We also need to be more aware of the climate crisis and do to the best of our ability to mitigate our footprint.



OPEN DAY

Carmel School Association
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Willkommen
Welcome
Üdvözlök
Bine ati venit
ברוכים הבאים
Chào mừng
Bienvenida
Maligayang pagdating
Bienvenue
Benvenuto
Vítejte

Carmel's Elsa High School section
Wednesday, 06.11.2019
3:30 – 5:15pm

RSVP: admissions@carmel.edu.hk

Support at home is key to how young people approach reading for pleasure. Every week we will be promoting books new and old, fiction and non-fiction for readers of all ages and levels.

Our libraries are open to students and parents alike and books can be borrowed through students' accounts.

Also, in support of our Hong Kong Battle of the Books team we are including reviews of all of the books the students will be reading. If your child is one of the participants this will provide you with the chance to encourage and engage with them in their reading.

These books and more can be found here: libraryceo.com/carmel/opac/index.php, or through our online library: carmel.edu.hk/learning/library.

Anya's Ghost by Vera Brosgol

Anya could really use a friend. But her new BFF isn't kidding about the "forever" part...

Of all the things Anya expected to find at the bottom of an old well, a new friend was not one of them. Especially not a new friend who's been dead for a century.

Falling down a well is bad enough, but Anya's normal life might actually be worse. She's a Russian immigrant teen, embarrassed by her family, self-conscious about her body, and she's pretty much given up on fitting in at school. A new friend - even a ghost - is just what she needs. Or so she thinks.

Spooky, sardonic, and secretly sincere, Anya's Ghost is a wonderfully entertaining debut graphic novel from author/artist Vera Brosgol.

"Brosgol has created a smart, funny and compassionate portrait of someone who, for all her sulking and sneering, is the kind of daughter many parents would like to have. And the kind of girl many of us maybe once were." - The New York Times



Tyler Johnson Was Here

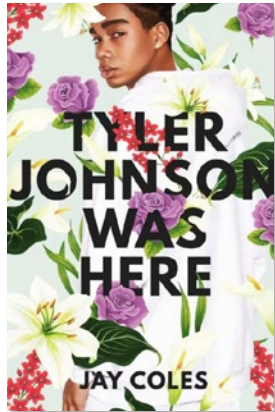
by Jay Coles

Fiction age 14+

A stunning portrait of young black lives in modern America.

Twins Marvin and Tyler couldn't be more different. Where Marvin is reserved, Tyler is charismatic. Where Marvin is consumed by grief for his absent father, Tyler is carefree. And where Marvin is careful, Tyler is daring. But despite their differences, and despite the poverty and trauma that threatens to pull them apart, the brothers are close.

Then, one fateful night, Tyler decides to go to a party, and Marvin tags along, hoping to keep an eye on his brother. But what starts out as harmless fun soon descends into a night of chaos that ends in a police raid. And the next day, Tyler is missing. As his mother falls apart and his brother becomes known only as a hashtag, Marvin will learn what justice and freedom really mean in an unfair world.



"Coles evaluates self-identity in African Americans, police brutality, stereotypes, prejudice, social justice, education, poverty and more. At times endearing, and at times, excruciating to read, it is a very important novel." - The Washington Missourian

Hong Kong Battle of the Books Review

Refugee

by Alan Gratz

Three different kids. One mission in common: ESCAPE.

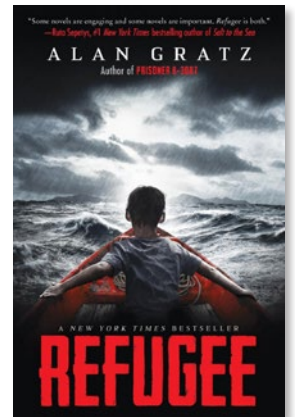
Josef is a Jewish boy in 1930s Nazi Germany. With the threat of concentration camps looming, he and his family board a ship bound for the other side of the world...

Isabel is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, hoping to find safety and freedom in America...

Mahmoud is a Syrian boy in 2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe...

All three young people will go on harrowing journeys in search of refuge. All will face unimaginable dangers - from drownings to bombings to betrayals. But for each of them, there is always the hope of tomorrow. And although Josef, Isabel, and Mahmoud are separated by continents and decades, surprising connections will tie their stories together in the end.

"This compelling novel will help young people make sense of today's refugee crisis. Meant to be read, discussed, and shared widely." - School Library Journal



Announcements

Elsa High School Newsletter

Weekly Daf

Editorial Team Issy Lyons, Louis Effron, Isabella Ricklow, Liana Tang, Sarah Cohen

Managing Editor Mr. Adam Darell


Editor in Chief Mr. Dan Bartholomew

Thanks for reading!

Happy Birthday to
Gaya Lustgarten,
Juhi Gangaramani,
and Elianna Diestel!



Follow us online!

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 Carmel School Association

Carmel Early Learning Centre

MONDAY-FRIDAY 1:00-4:00PM

CHILDREN FROM

12 - 36 MONTHS

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ENROLLING NOW FOR JANUARY 2020

www.carmel.edu.hk/ELC

Carmel Early Learning Centre 幼兒中心下午班

Monday-Friday 1:00-4:00pm 星期一至五(下午一至四時)

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CARMEL SCHOOL ASSOCIATION
ELSA HIGH SCHOOL PTA
PRESENTS

בס"ד

"UNDERSTANDING THE TEENAGE BRAIN"

With

John Shanahan

- Experienced psychologist specialising in children and adolescents
- Director of the Central Health Partners Child Development Team
- Previously employed at Elsa High School
- An Hon. Past President of the Psychotherapy Society of Hong Kong
- Psychologist on the Safety Committee of Outward Bound Hong Kong.



*The first in our
series of mental
health workshops
and seminars*

Thursday
November 7th
7:30 pm

JCC
King David Room

Future Seminars / Workshops

Holistic Approaches to Mental Health
The effects of social media on mental health
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פינת הספרייה העברית

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כ"ו בתשרי ה'תש"ף

אפשר לבקר באתר שלנו: <http://hebrewlib-elsa.weebly.com>



המלצת השבוע: "העדי של עדי" כתבה: נאוה מקמל-עתיר שם הממליץ: המורה נתנאל



תלמידי כיתה יא', שבשבת הזו נמצאים בקרקוב, נפגשו בספרייה וקיבלו המלצה לקרוא היציאה לפולין על ספר קטן ומרגש "העדי של עדי". להלן המלצתו של המורה נתנאל לספר:

סיפור קטן ונוגע ללב, על תליון שעובר במשפחה מסבתא לנכדה. סיפור מרגש עד דמעות על הדורות האחרונים של יהודים החל מלפני תקופת השואה, דרך תלאות היהודים באירופה ועד למדינת ישראל שבדרך. הסיפור מלווה במעין עדות נסתרת על השואה, ללא זוועות המוות וללא תיאורי הנוראות של התקופה. הסיפור הקצר הזה יכול לזמן דו שיח עם נערים צעירים ומתבגרים על הקורות של יהודי אירופה לאורך הדורות האחרונים ובפרט על תקופת השואה ונוראותיה.

בתוך יריעה קצרה, מעבירה מקמל-עתיר מסר חיובי, אם כי הוא אינו מושלם, על העברת מסורת מדור לדור, על סיפור החיים של יהודי אירופה, ועל ערכי משפחה מורחבת והקשר בין סבתא לנכדה. בתור הורה שמחפש את הקשר בין הוריי לילדיי, מצאתי את הסיפור הנפלא הזה קולע אל הנקודה של החיבור בתוך המשפחה, של האהבה המועברת בין סבתא לנכדה ובמיוחד לאור הזוועות שכמבוגרים אנחנו יודעים שהתרחשו באירופה של מלחמת העולם השנייה ובמיוחד בפולין וגרמניה בזמן השואה.

מקמל-עתיר כותבת לנוער, אך הספר מכוון גם אל מבוגרים שמחפשים סיפור קצר קריאה, שרק יזכיר להם כמעט את האסור לשכוח על נוראות התקופה. מאוד התרגשתי וממליץ לכולם, להורים, לסבים (בעיקר לסבתות), למורים ובמיוחד לתלמידים.

לא אסיים בתהנו, אם כי בתתרגשו...



מילת השבוע

מטבעות לשון

העברית שלנו משופעת ממאות רבות של מטבעות לשון, ואלו מתבלים את לשוננו, ומעניקים לה נופך מיוחד משלה. מובא כאן מבחר של מטבעות לשון עבריים בלשונית הסבר על משמעם ועל מקורם.

אַרְךְ רוּחַ (ולא "אַרְח רוּח")
'אורך רוח' פירושו סבלנות, מתינות והתאפקות. שם התואר 'אַרְךְ רוּחַ' נזכר כבר במגילת קהלת: "טוב אַרְךְ רוּחַ מִגְבַּה רוּחַ" (ז, ח), ומקובל לפרשו 'סבלן', 'מתון'. הצירוף 'אורך רוח' עצמו מתועד כנראה לראשונה במשלי בן סירא: "היה ממהר להאזין ובאורך רוח השב פתגם" (ה, יא).

בְּכִי תִמְרוּרִים
'בכי מר', 'בכי גדול'
מקור הצירוף באחד מפרקי הנחמה הידועים בתנ"ך – פרק לא בספר ירמיהו: "קול בְּרָמָה נִשְׁמָע נְהִי בְּכִי תִמְרוּרִים רַחֵל מְבַכָּה עַל בְּנֶיהָ... כֹּה אָמַר ה': מִנְעִי קוֹלְךָ מִבְּכִי וְעֵינֶיךָ מִדִּמְעָה כִּי יֵשׁ שֹׂכֵר לִפְעֻלָּתְךָ נָאִם ה' וְשָׁבוּ מִאֶרֶץ אוֹיֵב. וְיֵשׁ תְּקוּהָ לְאַחֲרִיתָךְ נָאִם ה' וְשָׁבוּ בָנִים לְגִבּוֹלָם" (יד-טז).

המילה תִּמְרוּרִים גזורה מן השורש מר"ר ושקולה במשקל המילים תְּנַחֲמוּמִים, תִּמְרוּקִים, תִּפְנוּקִים ועוד.

בכי התמרורים אינו קשור לתמרורים המוכרים לנו מן הדרכים.

בְּרִישׁ גָּלִי
'בפומבי', 'בגלוי'
הביטוי הארמי בְּרִישׁ גָּלִי פירושו המילולי הוא 'בראש גלוי'. הצורה גָּלִי (בשווא בגימ"ל) היא צורת הבינוני של הסביל של בניין קל בארמית, והיא מקבילה בדיוק לצורה העברית גָּלִי.

מקור הביטוי בתרגום הארמי של אונקלוס לצירוף העברי בִּיד רָמָה. כך מתורגם הצירוף בפסוק המדבר ביציאת מצרים "וּבְנֵי יִשְׂרָאֵל יֵצְאִים בִּיד רָמָה" (שמות יד, ח) וכן בפסוק "וְהִנֵּפֶשׁ אֲשֶׁר תַּעֲשֶׂה בִיד רָמָה... אֶת ה' הוּא מְגִדְךָ... כִּי דָבַר ה' בְּזֶה וְאֶת מַצְוָתוֹ הִפֵּר" (במדבר טו, ל-לא).

מעובד על פי פירסומי האקדמיה ללשון העברית