



Table Talk



Birthdays



Max	Farber
Ryan	Samuels
Anna	Bentwood
Adrian	Cohen
Natasha	Hart
Max	Rose
Emily	Davidson
Leo	English
Robert	Samuels
Leah	Tesciuba
Rose	Ben David
Olivia	Louis
Portia	Dodds
Ashley	Landes
Ashley	Margolis
Nathan	Pitt
Lydia	Seager

A Bite of Inspiration

Parashat Lech-Lecha

When you suffer, focus on how you can use this experience to help others.

"And Hashem said to Abraham, go from your land, and from your birthplace, and from the land of your father, to the land which I will show you."

Rabbi Nachum of Tzernoble devoted much time and effort to redeeming Jews imprisoned by anti-Semitic regimes. He travelled from place to place gathering funds to make the payments necessary to free those in prison. Once while he was in Zhitomer, some people fabricated lies about him and he was himself imprisoned. A righteous person who came to visit him said "Abraham was outstanding in his kind-

ness to wayfarers. He took in travelers and expended great efforts to make them comfortable. He always wanted to know what more he could do to help his guests. Hashem told him to travel away from his home, birthplace and land; only now when he personally experiences being a stranger in a strange place hand what it is like to help his guests." The "similarly with completely de-



prisoners. you an opportunity what it is like to be held captive. This will give you a deeper appreciation of the necessity of doing all you can to free others." Whenever you personally suffer any kind of pain or sorrow, remember carefully your experience. When others are in similar situations, you will know with greater depth what they are experiencing and you will be able to help them with greater sensitivity and compassion. Moreover, it will make your own suffering easier to cope with, as you'll be able to view it as a valuable opportunity to learn.

**שבת
שלום**

Side Dish

Your wife comes first

The Torah states regarding Abraham, "from there he relocated to the mountain East of Bethel, and pitched his tent there." The Hebrew for "his tent" is "oholo"; yet, the Torah writes "oholah", ending with the feminine suffix which means "her tent".

Why does the Torah change the gender and what does this teach?

The Midrash notes that this teaches us that Abraham first pitched Sarah's tent and then his own. From here we see that when a husband needs to do something for himself and his wife, he should take care of his wife's needs first.

Home Excuses

The lights in our house went out, and I had to burn it to get enough light to see the fuse box.

Another pupil fell in a lake, and I jumped in to rescue him. My homework though drowned.

I didn't do it, because I didn't want the other kids in the class to look bad.





Table Talk



Student's Salad

Student of the month.

September

Year 7

Max Perrin
Ben Caplin

Year 8

Georgia Duffy
Melissa Harris

Year 9

Poppy Taylor
Thalia Mallerman

October

Year 7

Eli Basger
Max Perrin

Year 8

Victoria Jackson
Susanna Goldstone

I personally love dancing, I love pretty much all dancing from your classical ballet to the most modern of dances, such as body popping and break dances, and what about traditional dances? Dancing is an art, not just ballet but all dancing and it is actually quite amazing, I think, on how people can tell a story or an emotion just by moving their body in different ways. Considering in a society where people express themselves by shouting and swearing, imagine what the world would be like if people, instead of screaming at someone to tell them they were angry or kissing them to tell them they loved the, danced to show how they felt. In this quite society where people kill each other

because they are annoyed or they do things that they should not be doing because they feel like it, do you not think it would be better for people to be active and dance to express themselves. Also, because of the ongoing obesity crisis would it not be better for people to do at least an hour of dancing a day to keep them fit? As well as it being quite fun and enjoyable for yourself to learn a new skill and to possibly meet new friends, then why not get fit and active by doing an art that has so many levels of emotion and expression? I'll leave you with this, dancing is an art and is one of the greatest forms of art and it has really taken over my social life. There is not one second of the day where I'm not making a routine or dancing to one, not one second where I'm not wriggling my shoulders to a silent beat or tapping my feet. Last words of this little quickie; try it and see for yourself.

Portia Dodds

If you would like to learn more you can check out <http://www.learntodance.co.uk> for more information.

What is it like being a Newly Qualified Teacher?

Miss Callan

It's tough being an NQT. Going into a new job, with new colleagues in an unfamiliar territory can be very daunting, which is why I can honestly say that I am lucky to have gained a position as a NQT here at King David High School.

Having nearly completed a term I've been completely blown away by how much enjoyment I've got from the job: how great it feels to finally settle down somewhere and be part of a school community. It's so lovely to have my own classes. Best of all, the kids' think that you're a 'proper' teacher, not a trainee. You also have more freedom in what you teach, less observations to contend

with, and no pesky 'assignments'.

Lucky for me I've got a great support network in the school which includes my head of department and loads of other teachers. It's so refreshing to see a place where newcomers are valued and respected as much as experienced teachers, but I know that sometimes my enthusiasm gets the better of me and I need to try and focus my efforts on being a solid practitioner before anything else. Compared to being a trainee, you have more involvement/input in decisions that are made within your department and a sense of belonging.

As an NQT your timetable increases by something around 50%, the number of meetings you need to attend by about 100%, and your paperwork by about 400%. Classes, along with their reports, achievement and exam results, become your own full responsibility, and if/when Ofsted come to visit you've got no-Supervising teacher to snatch back the class.

I'm lucky in that I work with a wonderful, supportive staff, but the real bonus is having my own classes and tutor group, and not being constantly observed! I cannot speak highly enough of the staff that has made my induction as an NQT so pleasant within a relaxed environment and knowing that my teaching and contribution is valued. King David High School is a pleasure to work in and I would like to thank all the staff for their help and support, Thank you.