



Table Talk



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Birthdays



Chaya	Fligg
Jemma	Holland
Jonathan	Larah
Katy	Burton
Jasmine	Johnston
Brandon	Mellish
Rebecca	Ross
Amy	Lee
Jake	Barnett
Abby	Soussan
James	Bowden
Max	Seitler
Robyn	Turner
Anouska	Bloom
Jake	Kelly
Shannon	Tobias

A Bite of Inspiration

Parashat Be'haalotcha

In this week's parsha, the Jewish people complain about the manna, the bread that fell from heaven every day in the desert. It's quite extraordinary when you realize that the manna was miraculous food. It tasted however you'd want. If you desired a thick, juicy steak, that's the taste you got. Pizza with extra olives, coming right up. Chocolate chip ice cream, on its way. And yet, the Jews in the desert complained that they preferred their slaves' rations in Egypt! It's unbelievable. If the manna tasted like anything they wanted, how could they complain about it? We do the same type of thing all the time. Complaining is almost always non-specific. We are looking for something to complain about. And we find it. If you want to complain, you will. We can stay at the best five-star hotel and complain that the concierge stopped smiling for a moment, or the tea was a touch too strong (or too weak), or the carpets were too soft. There is no such thing as perfection. So if we are looking, we will always find the flaw. Even though the person complaining

thinks precisely the opposite, complaining has nothing to do with circumstance and everything to do with attitude. If our attitude is bad enough, we will even complain about manna coming down from Heaven and tasting like anything we want. But why do we complain? The problem is with expectations. The higher our expectations, the more upset we feel when life doesn't live up to them. The less we expect, the more likely we are to see the good in whatever comes our way. I would venture to say that expectations will never contribute to our happiness. They will only ever undermine it. Expect perfection and life will always disappoint you. Expect very little and life will always surprise you. Life, and all that is within it, is a blessing that Hashem has bestowed upon us - unmerited and undeserved. Seeing it that way will fill us with gratitude and grant us immunity from complaining.

After Dinner Joke

A panic-stricken woman called reception and angrily protested that she was locked in her room. Staff were initially puzzled. It turned out that she had never previously stayed in a hotel and, seeing a "Do Not Disturb" sign hanging on the doorknob, wrongly assumed that she should not open the door that would have allowed her to leave her room.



שבת
שלום

Side Dish

Psychology

Psychology can be described as the science of mind and behaviour of all species; however this is confined to humans at A level.

It is a relatively new science and relies a great deal on collectable data. The areas studied at AS level are the various perspectives of the main five schools of thought, social psychology including studies on obedience, memory, atypical psychology including anxiety disorders such as obsessive compulsive

disorders and phobias, the methods used in research, statistics and gender studies.

The areas studied in A2 are child development, applied topics in cognition and law including eye witness testimony, mood disorders and schizophrenia.

There is a final synoptic paper which covers the whole syllabus and includes probability and statistical tests such as chi squared, wilcoxon and T tests.

Celebrating Success

Year 7 & 8 Rugby Team 20-5 winners against Plant Hill and also drew 35-35 against Abraham Moss (who have never lost a game).

Good Luck to

Sam Carson

Nathan Pitt

Joshua Samberg

For your football trails with Manchester Town Team

