



English



News & Facts

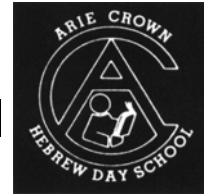
May 14, 2010 * 1 Sivan 5770; Volume 63, No. 32

The Arie Crown Motto

Where Middos & Learning
Are Linked Together



ESKY



Upcoming Events

- 5-17 Mon. Macaroni and Cheese Lunch
- 5-18 Tue. through Thursday, May 20
No School – Shavuot Break
- 5-21 Fri. School Resumes
- 5-24 Mon. Bagel w/ Tuna or Cream Cheese Lunch
- 5-24 Mon. through Friday, May 28
3rd Grade SATs
- 5-25 Tue. K Trip to Nature Museum
- 5-26 Wed. 1st Grade Chumash Play 9:15 AM
- 5-26 Wed. Pizza Lunch
- 5-27 Thu. Turkey Sub with Veggies Lunch
- 5-27 Thu. PTA Spring Tea
- 5-30 Sun. through Monday, 5-31
No school – Memorial Day Weekend
(please note change from school calendar)
- 5-30 Sun. Arie Crown Picnic at Proesel Park
(see attached flier)

Luach

- 5-14 Rosh Chodesh Sivan
- 5-14 Candle Lighting Time-7:43 PM
- 5-15 Shabbos Parshas Bamidbar
Sof Z'man Kriyas Shema-9:09 AM



Change of Date!

Please note: There will be no school on Sunday, May 30 and Monday, May 31st for Memorial Day Weekend.

School will resume on Tuesday, June 1st.

The Arie Crown picnic, scheduled for Sunday, May 30th, will be needing volunteers. Please call David Warso at (847) 673-3074 or Malka Miller at (847) 677-7205 to get in on this opportunity to receive give/get credit while your children are having fun at the picnic!

Mazel Tov!

63rd Anniversary Banquet
Guests of Honor
Steve and Malka Miretzky

Torah V'Chesed Awardees
Rabbi Leizer and Debby Robinson

Monday, June 21, 2010

Board Nominations

If you would like to submit a name to be considered for the new Board slate, please contact Brian Levinson at blevinson@platinumbc.net.

The Associated Talmud Torahs of Chicago will hold its **ANNUAL MEETING and AWARDS CEREMONY** on MONDAY EVENING, May 24, 2010; 7:15 P.M. at the ATT Building (Downstairs in Gym); 2828 W. Pratt Blvd., Chicago. During the meeting, we will be honoring educators and lay leaders from our community and presenting awards and scholarships to students from our schools. **Everyone is invited to attend.** For more information, please call the ATT office at 773-973-2828.

EARN GIVE-GET CREDIT

Help is needed on Thursday, June 3rd from 1:00 until 3:30 for our LINK INTO READING CULMINATING ACTIVITY. We need you to make this event extra special. Contact Mrs. Steiner in the library.

Calling All Uniforms!

The Uniform Exchange is looking for small-sized uniforms and shirts. If you have any that you are no longer using, please drop them off at the school office or at the home of Pnina Levinson.

Are you missing your watch?
Did you know Mrs. Lindenbaum has small "more valuable" Lost 'n Found? Please call her for more details.



On Sale Now!
Erev Shira DVDs
are available for purchase for
\$10.00 each!

If you would like a copy, please bring in
\$10 to the front office. Thank you.

YOU HAVE TO BE IN IT TO WIN IT...

BANQUET 2010

Summer's on its way and so is the heat,
but until Banquet 2010 the school year's not complete.
Help the banquet committee keep the mercury on the rise
since Arie Crown helps your children grow learned and wise.
Keep an eye on the thermometer we're using to show
just how many parents are choosing to go.
100% parent participation is our aim
for a school that carries the ACHDuS name.
While supporting our children's education is enough of an incentive,
we've also found a way to be a bit more inventive.
By now, you must have heard about our fabulous prize –
One free ACHDS tuition for a child of any size.
But you have to come and stay for dinner
if you want a chance to be the winner.
And you'll have to stay until the end
that's one rule we will not bend.
We know schedules are hectic and lives are fast-paced,
but Banquet is soon and there's no time to waste.
Call the office and make reservations soon;
before you know it we'll be well into June.
Help ensure that our school can continue to grow;
and watch the Yediot for further info.
Feel free to call if anything's unclear;
or catch us in the hall. We're always here.

Lori Friedman Chana Goldstein
Esther Mashiach Rochie Porush
Noemy Skidelsky



Hear Ye! Hear Ye!

Last call for give/get submission for final statement. If any chairperson has any give/get remaining for a parent, please email the information to Miriam at acgiveget@aol.com or place

handwritten note in give/get envelope in front office. Thank you.

Tehillim-a-thon Update: The following is a list of all the girls who participated in our recent Tehillim-a-thon for 3-7th grade girls. These girls said extra Tehillim each day for the last couple of weeks on their own time. They have also been sponsored to say these Tehillim. All girls should bring in their money next week so we can contribute to the Debby Keller, a"n, Ezer L'kallos Fund, helping our local chasanim and kallos. Tizku L'mitzvos girls! We're so proud. Thank you to the parents for all the encouragement. Much nachas from your daughters. Have a great Yom Tov!



Mrs. Levin and Mrs. Dubovick
3rd Grade: Gabrielle Bereliani, Hadass Bitton, Yael Gutstein, Malya Jacobson, Tzipporah Meyerowitz, Sara Richter, Chana Shapiro

4th Grade: Shoshana Perl, Ayelet Ashkanazy, Chana Levitan, Michal Feiler, Reva Channah Goldberg, Kaila Bayever, Tamar Dimbert, Miri Porush, Malki Frank, Ziva Kompel, Elisheva Turok, Elka Dena Spector, Adina Drapkin, Meira Gutman, Orah Simcha Brandt-Rauf, Aniel Goldberg, Roni Bell, Adina Arnet, Shana Lebovics, Masha Matten

5th Grade: Shalhevet Argamon, Meira Greenland, Chana Scher, Ashira Shabat

7th Grade: Tiferet Abowitz, Shirah Isaacs, Rivka Greenberg, Aliza Domsky, Zehava Margulis, Avital Horowitz, Liat Leon, Avigayil Simon, Chana Raizel Minkus, Meira Krauss, Devorah Goldwag, Yaffa Weinschneider, Ayelet Shabat, Aliza Friedman, Naomi Sarah Kolsky, Nechama Lis, Leah Smagley, Shaindy Lebovics

Health Corner

FOOD ALLERGY AWARENESS WEEK

Most of us know someone with a food allergy and it is no surprise to learn that food allergies are on the rise in the United States. The eight most common foods that cause allergic reactions are;

Milk	Wheat
Eggs	Tree nuts
Soy	Fish
Peanuts	Shellfish

Food allergies happen when a person's **immune system** "thinks" that the particular food is harmful to the body, similar to the way the immune system would fight an infection. Food allergies should not be confused with a **food intolerance** (ex. lactose intolerance) which does NOT involve the immune system and is rarely dangerous.

Different body systems can be affected during an allergic reaction.

***The skin:** itchy red, bumps (hives)

***Gastrointestinal** symptoms: stomach cramps, nausea, vomiting and diarrhea

***Respiratory** symptoms: runny or stuffy nose, sneezing or wheezing as well as itchy and watery eyes.

***Cardiovascular** symptoms: Lightheadedness or feeling faint.

Some reactions can be very mild and only involve one system of the body. Other reactions can be more severe. When two or more systems are involved this is very serious. This is known as an anaphylactic reaction. **Anaphylaxis** can also cause swelling in the airway, difficulty breathing, a drop in blood pressure and even a loss of consciousness.

Signs of anaphylaxis include;

- * Hoarse voice or trouble speaking
- * Tight feeling in the throat
- * Difficulty breathing, swallowing and / or wheezing
- * Rapid heartbeat or pulse

People with food allergies should wear a **medical alert bracelet** and they should have **Benadryl and an Epi-pen** with them at all times as prescribed by their doctor. An **allergy action plan** written by the doctor helps others (family, friends, teachers, babysitters, etc) to know how to help in case of an allergic reaction. Always call 911 if the Epi-pen is used because the patient will need careful observation for approximately 4 hours after receiving epinephrine.

How can you help?

* Know what your friend or relative is allergic to and read labels on ALL food packages.

* Learn about cross-contamination. If the same knife is used to cut pineapple and watermelon then a person with a pineapple allergy CANNOT eat the watermelon. It is contaminated. If a machine is used to process peanuts and cookies those cookies might be contaminated and CANNOT be eaten by someone allergic to peanuts.

* Always take it seriously. Don't share food with a friend who has a food allergy and don't tease them about it.

* Wash hands with SOAP and WATER, not hand sanitizer, before and after eating.

* Know where the person's medication is and how to use it.

Chana Goldstein RN CPNP
ATT School Nurse Consultant
Sinai Children's Hospital
att.schools.rn@gmail.com

What a zechus! Rabbi Yosef Cohen's 8th grade boys had this week! On Tuesday we had the world renowned speaker, Rabbi Gottlieb from Ohr Somayach International, talk to the boys about being leaders in the Jewish world and the tremendous responsibility they carry. On Friday, we had another Gadol in Klal Yisroel come to Arie Crown to test the boys on an entire Perek of Gemorah. Rabbi Moshe Schmelzcer, Menahel of Telshe Yeshiva came, and after testing the bachurim he was really impressed with their deep understanding of the Gemorah and Rashi. After the bechina Rabbi Schmelzcer gave the boys some inspiring Divrei Torah on Shavuos. What a great week of Torah learning!

Siman Tov, U'mazel Tov! This week in Mrs. Dubovick's 4th grade girls' class we finished Parshas Beshalach!! We are sooo close to finishing the entire Sefer Tehillim! This week we worked so hard on making our Mizrach sign for Yom Yerushalayim. It was so much fun! We will now hang them up in our homes to know in which direction to face when davening. So many girls have been getting Middos Tovos stickers! We're looking forward to doing our Shavuos project that will enhance our Yom Tov tables and connects to our Aseres Hadibros learning in Chumash. We are so proud! We are starting to learn Aseres Hadibros tunes since we finished our Az Yashir tunes! We're up to our 18th list in Ivrit. Have a good Shabbos and a good Yom Tov!

By Ayelet Ashkanazy, Reva Channah Goldberg, and Hannah Levitan

On Monday, in Mrs. Pauker's 5th grade girls' class, we learned a new W.O.W. word: Vociferous. Our class is very vociferous! On Tuesday, we went to The Grove! It was awesome! Most people dressed up and they looked adorable. We learned what it was like to dress up in the colonial/pioneer days. When we got there, we all got names from real people from that school. Then, we got to use real quills and ink to write with. A special thanks goes to our chaperones: Mrs. Arnet, who told an amazing scary story!, Mr. Draiman who gave us nice food and refreshments for our trip home. We were treated like 1800s and called by our names of course! Nechama actually brought an evergreen tree and we got to see it grow! On Friday, we had a big science test! We hope we did ok! There goes another awesome week in Mrs. Pauker's 5th grade girls' class!

By Nechama Levy-Weller and Talia Yahav



Sorry, for the 3 week wait, but, this week in Mrs. Whisler's 4th grade boys' class.... Monday, we played a math game and some even finished reading their state books. Some people are already starting their symbols and seals. On Tuesday, we played a good game of JAILBALL (a.k.a. DODGEBALL) in gym. We also started our state cards at the Computer Lab. Wednesday in Rabbi Levinson's class, we had a gigantic siyum. We would like to thank all the parents for letting your kids bring treats and snacks. Thank you, Moshe Berk for bringing in the pop. Our Rebbi is bringing in a lot of prizes for the end of the year. We would like to wish mazal tov to Simcha on the new addition to his family and to Moshe and his sister on the birth of her son, Yehuda Aryeh. Last week, Mr. Teich came down to our class for an enrichment lesson. Thank you, Mr. Teich, for teaching us about baseball statistics. Wishing you a happy Yom Yerushalayim!

Sruli Silver and Moshe Berk and the rest of Mrs. Whisler's 4B class

Last week in Mrs. Whisler's 4th grade class, we picked our states and we learned most (3) of our regions. In Rabbi Levinson's class we finished Parshas Bo and started Shoftim, and we are going to have a siyum on Wednesday. We had a substitute teacher for Mrs. Whisler and Rabbi Levinson. Have a good Shabbos!

From, Josh Kleinerman and Judah Ripstein and the rest of Mrs. Whisler's 4th grade class



Hi, this is Roni reporting live from Miss Berger and Mrs. Litwack's 4th grade girls' class. On Tuesday, we finished the book "A Little Princess". It was very good. We've been learning very easy math. We are also doing lots of poetry. We also made Indian Powerpoints and watched each others. In Hebrew, we are doing very well in Ivrit. I really hoped you enjoyed this but I have to go. Have a great Shabbos.

By Roni Bell

Early Childhood Corner

Pre-Nursery and Nursery Afternoon Stay & Play Registration for the 2010-2011 school-year has limited space available!! Your child can now enjoy afternoons at Arie Crown in our thematic, child centered program for Pre-Nursery and Nursery children!
Monday-Thursday 1:00-3:55pm
Sign your child up today!

Looking for parent volunteers to help with carpool dismissal at 12:50. If interested, please contact Ellen Rashkow at ellenrashkow@gmail.com. We appreciate your support!!!

Calendar Update

Please note on Wednesday, June 16th, the last day of school, we will have an early-Friday schedule:
Pre-Nursery and Nursery Dismissal will be at 12:00 noon; K-7th grade at 1:10 PM

The All-New Carpool Connections Corner



1. Looking for 2 families (2 boys) to join morning minyan & Sunday carpool. WRP/Touhy, Please call Judy Domsky 773-262-7721 or Pearl Gross 773-761-8676.

2. Looking for 2 families (2 boys) to join Mishmor carpool Tues/Thurs. WRP, Please call Rose Vadnai 773-465-0238 or Pearl Gross 773-761-8676

It's Fast! It's Easy!

Try placing an ad in the Yediot's Arie Crown Carpool Connections Corner.

Go to www.ariecrown.org.



Mrs. Nussbaum's 3rd grade boys' class has been so busy. We hope you enjoyed your Mother's Day gifts. Special thank you to Mrs. David Meyers for donating the jars for this project. In reading we finished The Chocolate Touch. Special thank you to Mrs. Richter, Aryeh's mom, for coming to school

and making candy with our class. We are now reading Frindle. Do you know what a frindle is?? We learned so much in our Embryology unit. We got to candle the fertile eggs, study the egg, and learn about the development of the chicks. We had an afternoon of "eggsperiments" that was fun too! In math, we studied fractions and are now studying decimals. Our Smartboard has been helpful and fun especially during math. In social studies we are studying Chicago. We are learning about historical landmarks, famous Chicagoans, and our wonderful sports teams. Everyone is looking forward to our field trip to the Wendella Boats in June that will culminate our Chicago unit. Have a great Shabbos and a wonderful Shavuot!

We have been reading Fancy Nancy stories by Jane O'Connor. On Tuesday we each got little booklets. We look up difficult words to find their meaning. Then we put the words and their meaning in our Fancy Nancy "dictionaries". For example, we learned demeanor respect, professional and familiar. It is awesome, fabulous and fantastic fun.

Mrs. Ozmina's 1st grade girl's class

ARIE CROWN

The Arie Crown Family would like to extend a Mazel Tov to:

Births

Mr. and Mrs. Jonathan Keefe on the birth of a grandson, born to Tzvi Noach (class of '00) and Sara Keefe

Mr. and Mrs. Morris Loterstein on the birth of their first grandchild, a boy, born to Mindy (class of '99) and Yaakov Samberg

Mr. and Mrs. Irving Siegal on the birth of their great-grandson, born to Esti (class of '97) and Yitzchak Cohen. Mazel Tov to the grandparents, Dr. and Mrs. Michael Siegal

Mr. and Mrs. Joe Zimmerman on the birth of a granddaughter, born to Chaim (class of '98) and Tzivia Zimmerman

The Arie Crown Family would like to extend condolences to Mr. Jonathan Young on the loss of his mother, a"n. May he be comforted among the mourners of Tzion and Yerushalayim and know of no further bereavement.

Share the fun of camp, with your whole family! All-inclusive August Family Vacation/Family Camp. August 23-29, 2010 (Half or full-week options available) at JCC Perlstein Resort and Conference Center (adjacent to JCC Camp Chi and minutes from the Wisconsin Dells). Spend quality time with your family, playing and relaxing together, with great family activities and facilities! Adults get time to themselves while kids enjoy day camp and day care (all ages, infants to teens) and evening babysitting. All your activities included (no additional fee): waterskiing, sailing, swimming, boating, arts & crafts, high ropes course, rock climbing, horseback riding, archery, yoga, zumba, and evening adult activities. Glatt Kosher (cRc), daily guest organized davening, single gender swimming, eruv. For details, visit www.gojcc.org/prcc, e-mail prcc@gojcc.org or call 847.763.3603.

House for sale in Timber Ridge area of Skokie. 4 bedroom, 2.5 bath. 3847 White Cloud Drive. Please contact Esther Kapetansky at (847) 425-3722 or (847) 778-5345 if interested.

Don't flush your money down the drain! Call Yitzy at Ez Flow Sewer And Drain Corp. Power Rodding, Sinks, Bathtubs, Mainlines, Toilets, Faucets, Pumps, repairs and installations, Licensed, Bonded, Insured. We now are accepting Credit Cards! Call Yitzy Schwartz at 773-593-9050.

Mortgage Rates are as low as 3.750%! So, take an opportunity to finance your home in the most profitable way. For free consultation call Mordechai Sofovich at 773-216-2833. Illinois Residential Mortgage Licensee, NMLS # 219345.

Would you like a botanical garden in your backyard? Would you like your outdoor space to be living space? Let's design and plant your garden now, in the spring, so that come summer, you can enjoy it! Contact Smadar Sonya Strauss, Chicago Botanical Gardens certified, at: (312) 301-7680, or email her at SSOStrauss@yahoo.com.

Chicagoland's Oneg Foods would like to wish you a Happy Shavuot, and to thank you for taking advantage of the outstanding promotions that are currently taking place at Jewel and Hungarian on ONEG 8 oz. Shreds (Mozzarella, Cheddar, and Pizza), 2# Family Sized Shreds, Slices and Chunks. Treat your family to a gourmet naturally oven-smoked cheese chunk or slices as a Shavuot treat.

ONEG'S NEW CHOLOV YISROEL CHEESE IS OUT: Don't miss out on incredible introductory promotions at Jewel, Hungarian, and Kol Tuv on "SHTARK" Cholov Yisroel cheese. Enhance your meals with 5 different shredded cheese varieties. Also available 2# Family Sized Shredded Cheese packages and Sliced cheeses.

Spring/summer SEWING CRAFT sessions, geared towards beginners, including girls in the younger grades. A wonderful opportunity to acquire basic sewing skills while creating fun and exciting projects, using a sewing machine and a variety of techniques. We offer a flexible schedule and a reasonable price which includes all supplies. Home sewing machine not required. Call soon to reserve your space! Raizy Alexander, 773-567-6465.

CAMP HEADQUARTERS at 13th AVE COLLECTION!! We are fully stocked with denim skirts long & short, ¾ sleeve camp shirts, "baby o" skirts, "june" skirts, Pencil skirts, KIKI RIKI SHELLS.....We are also carrying NAVY BLUE SKIRTS for Moshava campers! Shop early for best selection. Check out our Junee Jr. line for kid sizes 6-18 denim skirts, camp shirts, KIKI RIKI shells and more.....Sundays 10-12 p.m. and 8-10 p.m., Monday 8-10 p.m. or call Yaffa for an appointment at 312-316-1076.

Are you finding unwanted and ingrown hair? Do you suffer from irritated skin? Your ONLY permanent and SAFE solution for UNWANTED HAIR REMOVAL is ELECTROLYSIS!!! We have been serving Chicago and North Shore since 1963. Thousands of satisfied patients and multiple endorsements by physicians is the testimony of our success. We specialize in highly resistant cases, sensitive skin and endocrine problems. Call Nelly Golber at North Shore Electrolysis Clinic for your complimentary consultation and demonstration at 847-881-2633. Conveniently located at 460 Winnetka Avenue in Winnetka, Illinois. IF YOU TRIED ELECTOLYSIS IN THE PAST AND IT DID NOT WORK, TRY US. WE WILL GET TO THE ROOT OF YOUR PROBLEM!

Registration is now open for the 2010 Nathan and Shirley Rothner ATT Summer Program. Registration is also available online at att.org. Click "For Students". We are planning an awesome summer experience for your children. Classes include Learning B'Chevrusa, sports, woodcraft, computers, sewing, art, cooking, and much, much more. Additional late fees apply after May 15. Free hot lunches and snacks for all campers. For more information call Susan Feuer or Shelley Stopek 773-973-2828.

Attention All Camp Moshava Alumni: We are putting together a comprehensive alumni database of ALL Moshava campers who have ever attended Moshava Wild Rose, or even Rolling Prairie, Indiana! Please submit names of anyone you know of with their addresses to: Mike Nussbaum at mnussfam@aol.com or call him at 773-230-0336.

"Spa Day for the Soul", Sun. May 23-CTN's "Ilene C. Leon Chicago Conference for Jewish Women". Topics: woman's unique role, finding balance, text-based study, bringing blessing to your home, health for body and soul, challah baking, parenting and relationships. Speakers include Slovie (Jungeris) Wolff, Rebbetzin Feige Twerski, Kochava Yitzchak and more. CTN - Shaarei Tzedik Campus, 2832 Touhy. Info: 773/761-0400 x208/info@torahnetwork.org. Register: www.torahnetwork.org/register.htm

SPECIAL STATIONERY SALE! Plus Stationery has great end of the year teacher and graduation gifts. These items are also perfect for Bar/Bat Mitzvah gifts. Why not give embossed stationery or personalized memo notes? Let me help you choose an original and memorable gift. Please contact Leslie Goldmeier @ 773-262-0635 or plusstationery@gmail.com to go over some great gift ideas at specially discounted pricing. Sale ends soon, act quickly.

Did you know that studies have found that on average students lose approximately 2.6 months of grade level in skills over the summer (Johns Hopkins University)? Introducing Mathnasium Learning Center to Chicago land. Call or visit to learn how convenient and affordable your child's soaring self confidence can be! Now enrolling for Spring and Summer sessions. Located at 3453 W. Dempster in Skokie and can be reached by calling 847-677-MATH (6284) or on line at Mathnasium.com/Skokie. Ask about our Grand Opening special.

Is there still life in your sports equipment? CHICAGO CHESED FUND is collecting summer toys. Gather it all up and bring it in!! Rollerblades, bikes, bats, mitts, helmets, balls, kiddie pools, skateboards, scooters etc. **Ongoing Collection:** Front Porch Children's Gemach; Sundays-Thursdays, 8620 Hamlin, Skokie OR **One day citywide Collection: Chicago Chesed Fund Warehouse:** Sunday, May 23 10:00 am - 2:00 pm; 7045 Ridgeway, Lincolnwood. For more info. call (847) 679-7799 ext. 108.

Join LaBriut for the second annual "Walk for the Health of It!" inter-generational walking program. The kick-off is on Tuesday, May 25, 9:00 a.m. at 3003 W. Touhy. Join us for free walking logs, health tips, and healthy refreshments. For more info., call [Rochel @ 773-508-1013](tel:773-508-1013) or email Rochel.ray@cje.net.

Rabbi William Novick Bigdei Yisrael invites the whole community to help sort and pack the hundreds of bags of clothes collected to be sent to the poor in Israel. The week of Shavuos we will be open Sunday from 11-1. Our open hours are: Sundays from 11-1, Monday and Wednesdays from 8:45 a.m. to 12 noon and on Tuesday afternoons from 1:30- 3:30 p.m. We are almost finished with the sorting, you don't want to miss out on the opportunity to participate in this chesed! To get to our new warehouse, at 8049 N. St. Louis in Skokie: take Oakton west; make a right on St. Louis and drive to the first loading dock on the right. We really need your help! The faster we sort and pack, the faster the clothes get to those who need it. For more information or for evening hours, please call Prina Levinson at 773-743-5438 or Zehava Krauss at 773-463-6611. Thank you and Tizku L'Mitzvot.

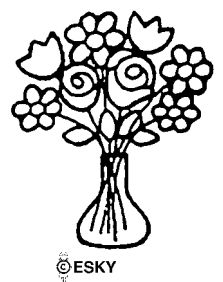
This week Snif will start at 4:00 in Skokie and Lincolnwood, and at 3:30 in WRP. The chanichim will have a chance to peak at the facebook status of Israeli teenagers, and will hear what is on their mind. We will also play games about prioritizing the development of the land of Israel. Last week we had over 70 kids in Skokie (Bli Ain Hara)! We are hoping to see more and more kids come to WRP and Lincolnwood as well! The end of the year activity for Chevraya Alef will be on Sunday May 30th and all of Chevraya Alef is invited. It's going to be an awesome activity and we really look forward to seeing you all there! Next week there will be no Snif because all of the madrichim will be attending a shabbaton in New York! On Sunday of that Shabbaton, all participants will be joining thousands of people to march in the Israel Day Parade in Manhattan. Snif will resume on May 29th. Shabbat Shalom!

Ani Ohevet L'daber B'Ivrit! Coming this summer – a fun, fantastic and educational Chug for your daughter! A conversational Hebrew Chug (group/class) is going to be offered this summer. There will be different skill/grade levels available to suit your daughter's needs. Let your daughter have the opportunity to maintain the Ivrit skills she gained in school and even jump ahead while having a "fun time"! The class will be held in the evenings at the ATT building. For more information, please call Mrs. Litwack at 773-764-3009; elf3132@aol.com Call soon to reserve your space and for more information.

Gymnastics Summer Day Camp at Niles North High School! This is a full day camp that focuses on core gymnastics instruction, but includes many great activities like swimming, arts & crafts, dance shows, teambuilding games, and more! Visit our website www.vikinggymnastics.com for more information. Recreational gymnastics classes are also available.



Arie Crown
would like to wish our
entire family
a Happy Shavuos!!





BE A PAL!

Protect A Life

From Food Allergies



No one knows exactly why, but more and more kids are becoming severely allergic to certain foods, especially peanuts, tree nuts (like walnuts, pecans, and almonds), milk, eggs, soy, wheat, fish, and shellfish. Sometimes, if they eat, touch or even breathe a tiny amount of the food they're allergic to, they can become ill. That's why kids who have food allergies need all of us to help keep them safe. You can help too and if you do a good job, you could become a PAL Hero and receive a special certificate! Here are some of the ways you can Be A PAL and **Protect A Life From Food Allergies!**

How you can be a PAL to friends who have food allergies:

1. Never take food allergies lightly.

It's hard to believe that foods most of us eat and enjoy every day can be harmful to others. But it's true! So if you learn that a friend has a food allergy, take it very seriously. That means not joking around about it, or teasing kids who have food allergies. And never try to trick someone into eating food they're allergic to! Most of all, try to understand that people with food allergies need your help to prevent serious allergic reactions.

2. Don't share your food with friends who have food allergies.

Kids love to share or trade food with each other. But for those with food allergies, that can be very dangerous. Never offer kids with food allergies anything from your lunch or snack. Why? Because it may contain an ingredient that's harmful to them. Even if you think the food is safe, it's still not worth the risk.

3. Wash hands after eating.

Washing your hands after you eat is very important. It's a good way to clean off any food that is on your hands. You'll probably get fewer colds, too!

4. Ask what your friends are allergic to and help them avoid it.

Learning what someone is allergic to is easy. (Just ask them!) Finding out if foods are safe to eat is another story. Even foods that have ingredient labels can be tricky, since food companies sometimes use scientific names instead of everyday names. (For example, did you know that casein is milk?)

So always remind friends who have food allergies to carefully check the ingredients of foods not brought in from home. If there's any question about a food, tell them not to eat it. Doing without a snack or treat is far better than a trip to the hospital!

Here are some other ways you can help:

- * Avoid eating food that contains ingredients your friend is allergic to when that friend is nearby.
- * For birthday parties and celebrations, celebrate with nonfood treats and activities, like games, stickers, songs, and prizes. They're just as fun—maybe even more so—and everyone will be safe.

5. If a friend who has food allergies becomes ill, get help immediately!

How do you know when someone is having an allergic reaction? Here are some of the symptoms:

- * Vomiting
- * Swollen face or lips
- * Difficulty breathing
- * Coughing, sneezing, and watery eyes
- * Skin that's bumpy, red, and itchy

If a friend who has food allergies is showing these signs, tell an adult immediately. Tell them it might be an allergic reaction. Your quickness can help save a life!

Remember, an allergic reaction can happen anytime, anywhere, even several minutes after eating. So always be on the alert.

Be A PAL Hero!

A PAL Hero is someone whose actions help prevent a serious allergic reaction, or even save a life. Your school may honor PAL Heroes with special recognition and award certificates. Someday, it might be you! Just looking out for our friends who have food allergies, however, makes us all heroes. Save this brochure so you won't forget how to be a PAL, and **Protect A Life From Food Allergies!** For more information about food allergies, contact:

The Food Allergy & Anaphylaxis Network

11781 Lee Jackson Hwy., Suite 160, Fairfax, VA 22033-3309

(800) 929-4040 www.faankids.org