

# **A Family Guide**

## **Sinai Temple's Educational Programs**

*V'shinantam l'vanecha*

*Teach the tradition diligently to your children  
so that they may in turn teach it diligently to  
theirs.*

*At Sinai Temple we take this charge to heart. We look forward to an association with parents and children that helps children to develop a strong sense of Jewish identity and a foundation of learning that enables them to make Judaism a part of their lives so they will indeed pass their heritage on to others.*

**Sinai Temple Religious School  
1100 Dickinson Street  
Springfield, MA 01108  
413-736-3619**

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Dear Families,

It is our pleasure to present you with the Sinai Temple Religious School's Family Guide. We hope you find the following information to be both informative and impressive. We work hard at Sinai to make our students feel safe, comfortable, and confident in their learning and academic/social experiences.

We look forward to spending time with you and further developing our Jewish education and experiences together. Please feel free to contact the office with any questions regarding our programming.

L'Shalom,

The Staff of the Religious School and

Heather Sullivan, M.Ed., Director of Education

# **Sinai Temple Mission Statement and Religious School Goals**

## **Sinai Temple Mission Statement**

Sinai Temple is a welcoming and inclusive Reform Congregation where our members pursue a continuing journey of Jewish growth. We are guided by the history and traditions of the Jewish people as we encounter the challenges of the modern world. We encourage participation in prayer, lifelong Jewish learning, and social justice within a joyful, creative, and compassionate community.

## **The Goals of Sinai Temple Religious School**

The Religious School is a place where, in addition to acquiring the skills and knowledge to be committed adult Jews, our students are offered opportunities to cultivate a sense of community. We believe their having a sense of belonging and involvement will enhance their current and future learning and commitment.

## Class Schedule

SUNDAY	GRADE K– 7	9:00. –11:30a.m.
TUESDAY	GRADE 3 – 7  7 (Feb-May) 8 and 9 10 and 11	3:15- 4:45 p.m. OR 5:30-7:00 p.m. 5:30-7:00 p.m. 5:30-7:00 p.m. (sporadic days/times)

## School Programming

### Sunday

Sunday morning is a special time at Sinai Temple Religious School for students in **Kindergarten through Grade 7**. During this time, students engage in the study of Torah, Jewish values, laws and customs, holidays, history, Hebrew language and other special topics.

In all of our classes, students engage in a whole-school curricula focusing on the topics of Israel and holidays, which are both cumulative. Each year, students build on knowledge from previous years, and review what has been taught in years past.

Students are taught, using developmentally appropriate materials and methods to support them in their endeavors to live Jewish lives. Our hope is to encourage the development of a life- long interest in Jewish learning.

We work diligently to develop a sense of community among our students and parents. To that end we encourage parents to take advantage of our parent and family programming, and continue to develop school wide programs that bring either all or an extended part of our student body together.

### Tuesday

Hebrew, or Ivrit, classes for students in **grades 3-7**, take place on Tuesday afternoons and evenings, to meet the needs of our diverse population. The Hebrew program is Mitkadem, an independent program for individual growth and progress. Students begin this program in Grade 1 and continue through the 7<sup>th</sup> grade. When students in grades 3-7 are able to navigate their way through the ramot (levels) of the Mitkadem Program independently, they are able to engage in the Mitkadem Digital component of the program. This involves working on a laptop computer to reinforce Hebrew-based learning. This usually occurs during the 2<sup>nd</sup> half of third grade or later.

We celebrate the changing needs and abilities of our **grade seven** students by changing the format for Hebrew School during the second portion of the year on Tuesday. During the first semester, through use of the Mitkadem Program, students will continue their Hebrew studies through February. During the second semester, students begin their exploration of Jewish values and community through photography utilizing the Jewish Lens curriculum. On occasion 7th graders join the 8th, 9th, and 10th graders for dinner and special activities.

## Grades 8-10

Our post B'nai Mitzvah students have a number of opportunities to spend time together both socially and in study. Several times during the year the 7th, 8th, and 9th grade students get together for programs and dinner. By having them all in the building together, it makes for a joyous and engaging atmosphere.

**8<sup>th</sup> and 9<sup>th</sup> graders** attend classes, comprised of three sessions of curriculum on Tuesday evenings. Beginning in October, students will be exploring what it means to be a Jew in our local community. They will visit various Jewish sites (i.e. mikveh, Ascher/Zimmerman, B'nai Torah) and learn about our local community. During the second session, the 8<sup>th</sup> and 9<sup>th</sup> grade students will separate for a few weeks. Students in grade 8 will engage in a curriculum based on Jewish American film. Students consider the individuals in the film, themes of the film and how the film may have contributed to what was going on in our Jewish history at certain times. Students in grade 9 will learn about Social Justice with Rabbi Kosovske with a few other grades, as they prepare for their trip to the RAC, in Washington, DC. During the last session, students interact with a group of our own Sinai Temple senior adults, utilizing the *SPARK/HeartAction* program, learning the central Jewish values related to topics, such as, aging, wisdom, acts of loving kindness and volunteering..

**This year 10<sup>th</sup> and 11<sup>th</sup> Grade** students meet with Rabbi Kosovske and Mrs. Sullivan on a sporadic basis. The idea is continue the bond these students developed during Confirmation together, learn something new (Social Justice and Jewish history) and prep for various learning adventures in Washington DC, at the RAC, and in NYC.

### Sunday Schedule

On Sunday mornings, the schedule for students in Grades 2 through 7 will be divided into three sessions. The rotation among these sessions will be adapted, depending on the season and other special occasions, in order to provide the best opportunities for all students to achieve their strongest connection with all facets of their Jewish Education. Students in Kindergarten will maintain a consistent schedule to better meet their developmental needs.

#### *Sample Schedule for Kindergarten*

9:00 - 9:20	Introductory Activities
9:20-10:00	Talmud Torah (Religious Study), Special Topics*, Ivrit (Hebrew)
10:00-10:15	Music with Cantor
10:15-11:00	Story Time and Related Activities
11:00-11:10	T'filah Buddies with Grade 7
11:10-11:30	T'filot (Prayer Service)

#### *Flexible Schedule for Grades 1 through 7*

9:00- 11:10	Weekly sessions consisting of Talmud Torah(religious studies) and/or Special Topics* Ivrit (Hebrew)
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*Music with the Cantor is regularly integrated into the schedule for all grades*

11:10-11:30	T'filot (Prayer Service)
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*Grade 7 will meet with K/Grades 1&2 for T'filah Buddies at 11:00 in the MD Room*

### **Ivrit (Hebrew) Class for Sixth Graders**

All 6<sup>th</sup> Grade students will participate in a special Hebrew class every other Sunday of the winter/spring semester with Cantor Levson, as preparation for B'nai Mitvah.

\*Special topics include: Tzedakah, Israel, Holidays and the Arts

## **Curriculum Focus**

### **Sunday Talmud Torah Grades K-7**

On Sunday mornings, classes engage in a grade level focus as well as utilizing school wide special curriculums for Holidays, Tzedakah and Israel. In grades K, 1,5,6,7 students use a variety of texts and materials. In grades 2, 3, and 4 students utilize the URJ's *CHAI: Learning for Jewish Life* Curriculum which teaches Torah, Avodah (spiritual work or prayer), and G'milut Chasadim (acts of loving kindness) utilizing various sections of the Torah to help students understand how Torah relates to them.

### **Ivrit (Hebrew) on Sunday Mornings**

Students in Kindergarten begin with an introduction to the alef-bet within the context of their classroom schedule. Students in grades 1 through 7 utilize the Mitkadem program on Sundays within their classroom setting. Students are able to use the Resource Rooms for test taking, computer- based learning and additional Hebrew support during their class Hebrew time.

#### **Kindergarten / Grade 1**

- Holidays/ Shabbat/ Holiday Symbols
- The Synagogue: the people, the places, ritual objects
- Introduction to the Alef-Bet (K students)
- God/ Torah Stories
- Jewish Calendar
- Ivrit: Mitkadem Ramah 1/Part 1 (possibly Part 2) (grade 1 students)

#### **Grade 2**

- URJ Chai Curriculum. This level utilizes the book of Shemot (Exodus) to focus on: "I am part of the Jewish people," and "The Torah teaches me how to be part of the Jewish people"
- Ivrit: Mitkadem Ramah 1/Part 2 (possibly begin Ramah 2)

#### **Grade 3**

- URJ Chai Curriculum. This level utilizes the book of Vayikra (Leviticus) to focus on the concept of holy living and the two categories of Mitzvot, those between humans and God and those between humans.
- Ivrit: Mitkadem, an independent program for individual progress

#### **Grade 4 (Grade 7 during the 5777 year)**

- URJ Chai Curriculum This level utilizes the books of Barmidbar (Numbers and D'varim(Deuteronomy) to focus on: Am Yisrael (The people of Israel), Eretz Yisrael (The land of Israel) and Brit (The covenant).
- Ivrit: Mitkadem, an independent program for individual progress

### **Grade 5 (Grades 4 and 5 during the 5777 year)**

- Life Cycle
- Mitzvot (Commandments)/Tikun Olam(Repairing the World)
- Ivrit: Mitkadem, an independent program for individual progress

### **Grade 6**

- Jewish History from biblical to modern times
- Current Events in Israel and the Jewish World
- Ivrit: Mitkadem, an independent program for individual progress

### **Grade 7 (see grade 4 for 5777)**

- Holocaust Studies
- Jewish Ethics In Our Modern World
- The History of Israel
- Ivrit: Mitkadem, an independent program for individual progress

### **Shir Fun**

Shir Fun is our student choir, open to students in 3<sup>rd</sup> grade (grade 2 if an older sibling is a member) and up, led by Cantor Levson. Rehearsals take place during the final 40 minutes of classes Sunday morning. Though students must miss a period of class time to participate, the knowledge and experience gained from participating in Shir Fun is an invaluable addition to their Jewish learning. The choir participates in synagogue and community programs. All students participating in choir are responsible for participating in Shabbat services and other events as designated by Cantor Levson.

### **Tzedakah**

The *mitzvah* of tzedakah (righteous giving) is an important part of understanding Jewish values and putting them into action. During the course of the year the school will embark on several projects. We hope that each student will bring a small amount of tzedakah each Sunday. Taken together, the school as a whole can raise a great amount of money for the sake of important projects around the world

## **School Policies and Procedures**

### **Attendance**

It is of great importance that students are present when school is in session. Although we recognize that children have busy lives and engage in many activities, we feel as though, Religious and Hebrew School should be equally as important. Because of the limited time we have to teach, a great deal of work is done in each session. When a student misses school he/she is missing the information to progress effectively and therefore may not feel competent to participate in class. Regular and consistent attendance on both Sundays and Tuesdays is expected. Participation at required and/or congregational events, where the school community is included, is also expected. (This would include but is not limited to the Shabbat Service Requirement). Failure to adhere to these expectations could result in a review from the Religious School Committee, Director of Education, Rabbi, Cantor, or any combination of, to discuss the concern and also a plan for going forward, possibly with consequential actions. We endeavor to make a student's time spent in Religious and Hebrew School worthwhile. The best chance for your child to be successful is to view his/her time here as a serious commitment. Your support in encouraging this attitude is greatly appreciated.

### **Early Dismissal**

If a student will be picked up from class early, please send in a note advising as such. The classroom teacher will send a student down to the main office (if not in the regular classroom) \ to wait for an adult for pick up. At no time will a child be allowed to wait outside for his/her parents.

### **Homework**

We realize that students have demanding schedules. While teachers limit the amount of homework students receive, assignments may be necessary. This is particularly true for the acquisition of Hebrew. Students will be sent home with reading practice. Hebrew School students are requested to spend 15 minutes at least three times per week practicing their reading. Each ramah (level) has a corresponding prayer. To support your child's learning, Cantor Levson has recorded the chanting of each prayer for which chanting is required. These recordings are available on the religious school web pages.

[http://www.sinai-temple.org/Religious\\_School/startpage.php](http://www.sinai-temple.org/Religious_School/startpage.php)

Each child (in grades 3-7) knows how to log into the Mitkadem Digital program online. Working from home on Hebrew is an excellent way to help progress through our Hebrew program.

Parent interest goes a long way to encourage student participation.

### **Snacks and Food**

Students will be permitted to eat a small, healthy snack during the school day. There will not be any snack sharing amongst students. Teachers will not provide snack (unless prior permission for a special occasion is given from the Director of Ed and parents). Food used for any purpose in Sinai Temple Religious School must be considerate of the needs of all students in our school. Please let The Director of Ed and your child's teacher know if your child has food allergy which may impact participation in Religious/Hebrew School activities. **Please do not send in any snacks that contain peanuts or tree nuts.** Students in Grade 7-9 will be given a small snack during evening class on Tuesday.

### **Behavior**

We, at Sinai, understand that all children want to be accepted and valued. We also acknowledge that students need to behave in a manner acceptable to those around them. To encourage appropriate behavior, the professional staff models and positively acknowledges acceptable behavior.

The standards that have been established for appropriate student behavior include the expectations that:

- Students behave in a respectful manner to those with whom they interact, including teachers, madrichim, other students, Temple members, and visitors to the building; ("Respectful" is defined as, listening to others when they are speaking, responding to others in an acceptable tone and with an acceptable attitude, and carefully considering the viewpoints, thoughts and feelings of others before responding)
- Students demonstrate respect for the rights and property of others by not damaging any property belonging to the Temple, teachers, or other students and by returning all items to their proper location when finished



using them.

- Students attend class regularly. Please see the attendance policy for information regarding absences.
- Students come to class prepared to participate in all classroom activities and having completed assignments as requested, if applicable.

### **Discipline**

We work to make classes engaging, interesting and developmentally appropriate for the students attending Sinai Temple's educational programs, thereby reducing the need for disciplinary intervention. Most incidents involving inappropriate behavior can be rectified with minimum intervention by redirecting the student's energy to the established task at hand. Occasionally, greater intervention may be necessary and the teacher will, in addition to redirecting his/her behavior, speak to the child regarding the inappropriateness of the behavior. On occasion administrative intervention may become necessary. Should this happen, the Director of Education will speak to the child in an effort to resolve the issues causing the behavior. If these efforts are unsuccessful, and a student's behavior interferes with the learning of others or in some way jeopardizes the learning environment or safety of the classroom, parents will be called. This may result in having to pick their child up early. Upon return, the student must demonstrate that his/her behavior will no longer interfere with the learning or safety of others. Parents will be kept informed of any behavioral concerns the staff may have, and teaching staff and administration will work cooperatively to resolve any concerns.

### **Madrachim**

On both Sunday and Tuesday, student teachers or madrichim (plural) will be in all classrooms. These teaching assistances are either previously or currently enrolled Sinai students. Consideration to become a madrich (male aide) or madrichah (female aide) will be given to interested students upon entering grade 8 with priority given to those students who have remained enrolled in grades 8-10. See The Director of Education for further information.

### **Building Security**

The safety of our students, while at Sinai, is of utmost importance. While policies may seem like an inconvenience initially, we appreciate your understanding and patience, while we adapt to these changes. Please look further follow-up information, early in the school year, regarding specific security procedural changes.

### **Communication and Evaluation**

It is our hope that communication between teachers and parents will be on-going. We encourage our teachers to be in touch with you, both about the class and about your child, through email and personal interaction. If you need to speak with a teacher over the phone, please call the Religious School office and instruction will be given on how best to proceed.

The Director of Education (DOE) is not in the office on Saturdays. If you need to communicate with the DOE (including on Saturday) you may email at any time:

[hsullivan@sinai-temple.org](mailto:hsullivan@sinai-temple.org) Written report cards will be given out in the winter and the

spring. If there is an important occurrence in your child's life (family illness, birth of a child, etc.), it would be helpful to us and to your child if we are notified. These types of occurrences may affect your child's functioning in school and we want to be of assistance if we can. Should you have concern about your child's progress, please speak with the teacher or the Director of Education. The earlier we can identify and discuss any problems, the more likely we are to be able to find a constructive and successful solution. In other words, even if your concern is over something small, call! Better to deal with the concern when it is still small. Of course, it is also wonderful to hear from parents who have positive feedback to offer.

### **Special Needs Students**

We want all students to have a positive Jewish education and to part of the classroom and synagogue community to the greatest extent possible. To that end, please notify your child's teacher and the DOE, at the beginning of the year, about any learning disabilities or other special needs to which we should be sensitive. For students with special needs, it is most helpful for parents (and the student as applicable) to talk about specific needs. Any written evaluations are also helpful. We recognize that this can sometimes be difficult. Please be assured that all information is kept strictly confidential. To the extent that we are able, we try to provide students with additional materials and personnel to assist them in the classroom.

### **Guideline for Off-Site Trips**

- 1) Before the beginning of each trip, the parents will receive the names and phone numbers of all chaperones, the name and phone numbers for any accommodations, and an itinerary of all scheduled events/destinations.
- 2) If it is an overnight event where Sinai students are the only students present, at least 2 chaperones are required. If male and female students are participating, 1 chaperone of each gender is required unless all parents of students attending waive that right. A 1:8 ratio of adults to students should not be exceeded.
- 3) Where appropriate, all student attendees will be given the cell phone numbers of each chaperone before leaving for the trip. Additionally, a group text could be sent to each student with each other's cell phone numbers so they have additional people to call during the trip if necessary.
- 4) At the time the trip is booked, the adult making the reservation will ask for all booked rooms to be next to one another.
- 5) No student should ride on any public transportation without a chaperone present. The maximum passenger load of any vehicle should not be exceeded.
- 6) During daylight hours students may walk without a chaperone present as long as the buddy system is utilized. When it is dark, a chaperone must be present on all walking excursions.
- 7) If there is a major change in written itinerary, accommodations, or venue, the parents should be informed in writing if the change occurs before the trip begins. If the trip is underway, parents should be notified by phone call or text of any changes.

### **Education Requirements for Becoming A Bar/Bat Mitzvah**

- Any student planning to become a Bar/Bat Mitzvah must be enrolled in and attending Sinai Temple Religious/Hebrew School or an equivalent school which is organized and run under Jewish auspices. (There is a three year minimum requirement of attendance at Sinai Temple Religious School (Sunday and Tuesday) in order to become a Bar/ Bat Mitzvah at Sinai Temple. This is a minimum requirement, as well, for any student who begins attending Sinai Temple Religious School after grade 3.)
- Any student who previously attended a Jewish day School, but is not presently attending one, will be required to attend Sinai Temple's Sunday program and possibly Hebrew school. He/she will be evaluated by the Director of Education, the Rabbi or the Cantor to determine his/her competency in Hebrew. Any child attending a Jewish Day School at the time of Bar/Bat Mitzvah but not during the previous few years will be evaluated to determine their competency in Hebrew. If the child's competency is deemed satisfactory, he/she will be considered to have met the equivalent of the Hebrew program at Sinai. If the child's competency is unsatisfactory, attendance at Hebrew classes and/or individualized assignments according to need of the student (which is not limited to but may include tutoring) will be developed by the Director of Education and/or the Rabbi or Cantor.
- If a student becomes Bar/Bat Mitzvah in seventh grade, he or she must be enrolled in, attend, and complete the seventh grade Sunday and weekday Judaic programs. If the child becomes Bar/Bat Mitzvah in eighth grade, he or she must be enrolled in, attend and complete the eighth grade program offered by Sinai Temple.
- Students will attend required Shabbat services (see service requirement information) and appropriate holiday festivals.
- Students will attend special programming, which may require off-site trips.
  - a. Off-site (possible overnight) retreats
  - b. Local field trips (i.e. Springfield JCC, Islamic Center, Mikvah)
  - c. Trips for older grades, such as the Religious Action Center in Washington, D.C.
- Students will be given a Bar/Bat Mitzvah date in early spring of fifth grade, after they have been assessed (if new to the school) and have attended 4 of the required 5 Shabbat Services for grade 5 students.
- In the event that a student has been enrolled in Sinai Temple Religious School and is under-performing and/or has excessive absenteeism, the decision to evaluate that child may be made. At that time it be decided to change his/her Bar/Bat Mitzvah date or take another course of action to fully prepare a child to lead a Shabbat service as a Bar/Bat Mitzvah.
- Sinai Temple Religious School will make every reasonable effort to meet the needs of special needs learners. Parents of children with special needs may, in addition, elect to provide individual Hebrew tutoring for their children. If this is the case, the Director of Education can recommend Hebrew teachers who would be willing to work as a tutor.

***It is also our understanding that becoming a Bar/Bat Mitzvah is part of the larger educational program of life-long Jewish learning at Sinai. All students are encouraged and expected to continue learning through to the end of Tenth Grade Confirmation, as well as become active members of our Sinai community.***

*Exceptions to the Bar/Bat Mitzvah requirement policies will be considered if submitted in writing to the Religious School Committee. The Committee will respond in writing within seven days following its next regularly scheduled meeting. If the family is not satisfied, they may seek*

*review of their request by the Sinai Temple Board of Trustees. (All decisions of The Board of Trustees are final)*

## **“Dressing up” for Temple... Just a Reminder**

The Board of Trustees passed the following resolution at its meeting on December 16, 2004. The resolution originated with the Ritual Committee as a result of some concern about the way in which some congregants have been dressed during Shabbat Services. Although a Jew can pray anywhere or any time on his or her own, there is something special about praying in a community setting. Although services at Sinai Temple are not overly formal, there is something holy about what we do in the sanctuary. That is why the Ritual Committee and the Board of Trustees believe that dressing appropriately for services is important.

In particular, we believe that anyone who participates in a service by coming up to the bimah should be aware of the following:

1. Chewing gum on the bimah is inappropriate.
2. Wearing skirts that are more than several inches above the knee is also inappropriate.
3. Exposing the midriff is also not appropriate for the bimah. Bare shoulders are also not appropriate.
4. Boys will want to remember that when they are on the bimah, their shirts should be tucked in.

In general, Sinai Temple recommends that children who participate in services or come up onto the bimah should dress the way they would dress for a public school concert. Modesty and respect are appropriate.

## **Additional Information** **School Closing**

Should it be necessary to cancel school due to inclement weather, we will notify television stations **WGGB 40 , WWLP 22 , & WSHM 3**. Channel WWLP 22 only lists Religious/Hebrew School closings on their web site: [www.wwlp.com](http://www.wwlp.com). Please remember you can always call Sinai Temple (413)736-3619 for information. Regardless of whether or not there is school, please do not place yourself or your child (ren) in jeopardy by trying to navigate unplowed or un-sanded roads.

## **Service Requirements for Students**

### **Let's Pray; Let's Welcome Shabbat: Sinai Opens Doors for Families of all Ages**

*Sharing the warmth and beauty of Judaism  
Families feeling part of the Sinai community  
Helping students apply their Hebrew lessons in the "real" world of the Temple*

#### **Tot Shabbat- For families with children from Birth to Five**

- At 6 p.m. on eight scheduled Friday nights during the year
- Twenty minutes of Shabbat songs & stories making a very "joyful noise". This service is the perfect introduction to Jewish prayer and Shabbat.

#### **Kidz Kabbalat- For families with children in Kindergarten, First, and Second Grade**

- At 6 p.m. on 2-3 scheduled Friday nights during the year
- We take a step up with Kidz Kabbalat. Music and stories continue as we introduce an age appropriate prayerbook. We apply what our youngest students are learning in Religious School to the "real" Jewish world of Shabbat. Snacks will precede each 40 minute service.

#### **Congregational Shabbat-**

##### **A requirement for families with children in Grades 3 through 7**

- Congregational Shabbat services occur every Friday evening of the year. Services are at 6 p.m. on the first Friday of each month; at 7:30 p.m. on all other Fridays. (Services in January are all at 6 p.m.)
- Bring yourselves and your older children to services and get the feeling of Sinai's community in worship. Services are generally a bit over an hour long.

#### **Attendance requirements for families with children in Grades 3 through 7**

Grade 3 students\* ... 3 services per year  
Grade 4 students\* ... 4 services per year  
Grade 5 students\* ... 5 services per year  
Grade 6 students\* ... 6 services per year  
Grade 7 students ... 7 services per year

\* Children must be accompanied by an adult

Bar/Bat Mitzvah dates will be given during the spring of Fifth Grade, providing a child has attended the Sinai Shabbat Services specified above for Fifth Grade. Private lessons with the Cantor will begin 5-6 months prior to Bar/ Bat Mitzvah providing a child has attended the Sinai Shabbat Services specified above for Sixth Grade.

**All services must be completed during the appropriate grade time-frame. If services are not completed, they will be added onto the following year's requirement.**

Lessons with the Cantor in Seventh Grade will take place as long as a child is fulfilling the Seventh Grade service attendance requirement.

**The Mitzvah Habit**  
**Help us feed the hungry**

You can't miss it! Every time you enter the Temple, you see the basket for the Open Pantry on the floor outside the Temple office. Sometimes the basket is full; sometimes it's fairly empty. But every week the Open Pantry truck comes by to scoop up whatever the basket contains and bring it back to the Open Pantry.

You can help keep the basket full. Here's how. Whenever you go shopping, buy an extra non-perishable food item. Then whenever you come to the Temple, bring along your food item and drop it in the basket. If you're coming to a meeting or services, if you've got business in the office, if your child is coming to Religious School, start a new mitzvah habit. Bring some food along and place it in the basket for the Open Pantry.

