



# The Jewish Education Center Of Cleveland's Óã-- a newsletter for educators

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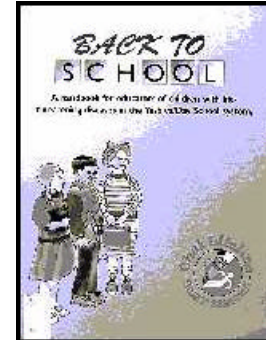
January 29, 2001

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## Health

**Back to School: A handbook for educators of children with life-threatening diseases in the Yeshiva/Day School system (NY:Chai Lifeline/Camp Simcha, No Date Given).**

Back to School is “must-have” guide for all Jewish educators who are confronted by students with life-threatening diseases. Using Jewish traditions such as *ãî ì ù(ãààòø* (*r’fuah shl’mah*; get well), this handbook offers suggestions for discussion topics and classroom activities. Subjects covered include child’s school reentry, infection control, and dealing with death of a child. Back to School also offers a bibliography, additional resources for teachers, a glossary of medical terms and a sample letter to parents.



**Fat Chance, by Leslea Newman (NY: Putnam’s Sons, 1994).**

Eighth grader, Judi Beth Liebowitz is desperate to lose weight. If she were thinner, she believes she would stop feeling like a fat lonely outcast. Confiding to her diary, she reveals her anxieties and eventually, the obsessions that lead her to binge and purge cycle of bulimia. Judi’s diary, full of sharp wit and sharp pain, tells the story of a thirteen-year old Jewish girl for whom weight becomes a matter of life and death. Recommended for middle school readers.

*-Reviewed by Linda Silver, JECC Librarian*

**Teaching students about health and safety can be enhanced with the following websites:**

**Cranium Canyon** – [www.bikehelmet.org/index2.html](http://www.bikehelmet.org/index2.html) -This resource site offers classroom activities and useful information on wearing a helmet.

**Healthy Teeth** – [www.healthyteeth.org/](http://www.healthyteeth.org/) -For students in grades three to six this interactive site provides a vast amount of information on teeth, cavities, braces, and preventive remedies. There are science experiments and activities that can be performed at home.

**Ask A Scientist** – [www.hhmi.org/askascientist](http://www.hhmi.org/askascientist) -This is a resource site your 6<sup>th</sup> to 12<sup>th</sup> grade students can use without your help. Students submit health and science questions to the “A Team” from the Howard Hughes Medical Institute and have a response within two to three weeks.

**MEDIA SHARP: Analyzing tobacco & alcohol messages** – This is a tool developed by the American Academy of Pediatrics, the Center for Substance Abuse Prevention, the Office on Smoking and Health, and the Centers for Disease Control and Prevention. It helps students make healthy, life-affirming choices about tobacco and alcohol. For grades seven to twelve.

**SMOKE SCREENERS** –This program invites 6<sup>th</sup> to 12<sup>th</sup> grade students to become critical movie/TV viewers, increasing awareness of tobacco use in popular entertainment.

**MTV TALKS TOBACCO** – The Center for Disease Control and Prevention created this video to stimulate discussion on teen smoking. The topics covered are the addictiveness of tobacco, the effects of smoking on health and physical performance, cigarette advertising targeted at teens, access to tobacco, and the social consequences of smoking.

*-Prepared by Eugenia Johnson-Whitt, Health and Science Resource Specialist*

**Issues and Values: Medical Ethics and Issues and Values: Our Bodies, by Project Curriculum Renewal (Cleveland, OH: Jewish Education Center of Cleveland, 1997, 1998).**

These two units were created as part of the PCR Issues and Values Curriculum. Medical Ethics, intended for high school students, is an exploration of such topics as abortion, euthanasia, and organ transplants as they are understood through Jewish law and texts. Our Bodies focuses on the concept of *בְּצֵלֶם* (*b'tzelem Elokim*; being created in G-d's image) as it relates to the respect of self (alcohol and drug abuse, eating disorders, etc.), respect for others (learning differences, physical differences, etc.) and health and healing. Our Bodies is aimed at students in grades 7-9 and may be subdivided into mini-units, or used as an entire year's focus of study.


**Life Choices: An Instant Lesson on Abortion, by Ira J. Wise (CA: Torah Aura Productions, 1992).**

In this instant lesson, students read three emotional cases as an avenue to explore what civil law and Jewish texts say about abortion. The material opens the discussion of such important questions as: When does life begin? What does "health of the mother" mean? Who has the right to determine the future of the fetus and mother? What will the quality of life be like for the child? Aimed at students in grades six and up, it discusses abortion from a liberal Jewish perspective.

**Living Jewish Values: Our Response to AIDS, by The Jewish Community Coalition on AIDS (Cincinnati, OH: 1995).**

Based on the Jewish values of *בִּיקּוּר חוֹלִים* (*bikur cholim*; visiting the sick), *פִּקּוּחַ נֶפֶשׁ* (*pikuah nefesh*; preservation of life), and *תִּקּוּן עוֹלָם* (*tikkun olam*; repairing the world), this curriculum provides a caring, compassionate response to HIV/AIDS. This curriculum was created as a complement to other curricula already being used; AIDS/HIV study is connected to holidays, life-cycle *כלל ישראל* (*klal Yisrael*; peoplehood of Israel), *תפילות* (*t'fillot*; prayers), rituals and anti-Semitism, with associated Jewish values woven throughout. Living Jewish Values is for kindergarten to 12<sup>th</sup> grade in all Jewish schools.

-Reviewed by Melissa Bailin Berenstein, Curriculum Associate



Use this *רפואה שלמה* (*r'fuah shl'mah*; get well) bulletin board to take attendance and to teach values. Students create paper dolls of themselves that are kept in a container near the bulletin board. As they come into the classroom each day, students move their doll to the board. The dolls that are left (representing absentees), are placed on the top of the board wishing these classmates a *רפואה שלמה* (*r'fuah shl'mah*; get well). Go a step further by creating a rotating job that asks students to call their classmates and wish them a full recovery.

-For further information please contact Marci Rogozen or Ronna Fox, Teacher Center Co-Directors