



HEBREW HIGH

Class Descriptions

First TRIMESTER

Traditional Jewish Baking

Melanie Mason

Come and learn how to make traditional Jewish recipes that have been passed on L'Dor V' Dor (from generation to generation) throughout the centuries from our Jewish ancestors. We will learn the basics of keeping kosher, while learning how to make traditional Ashkenazi Jewish foods such as Noodle Kugel, mandel bread, Rugelach, bagels and more! We will explore the history behind each food we make. This class is sure to be a tummy pleaser!

*This course is open to 8th graders

Fight Like a Rabbi

Rabbi Michael Wolk

In a time of intense polarization and disagreement between different groups of Americans, it's easy to wonder if things were always this way. In this text-study class, we will learn about how the rabbis of old disagreed with each other on important issues, how they acted towards people with whom they argued, and how they did or did not resolve their arguments and make peace with each other.

*This course is open to 8th and 9th graders

The Many Faces of Israel

Jennifer Sawyer

This class will take a hands-on approach to exploring the many subcultures that are woven into the fabric of the Jewish people. Through hands-on activities such as traditional crafts and Henna tattoos, we will examine the many people who live in the land of Israel. Discover where these waves of immigrants came from, the cultures and languages they brought with them, and the daring efforts made to help them find their way home.

*This course is open to 8th and 9th Grade Students

Antisemitism, Racism, Genderism, Oh My!

Donna Tarney

Have you ever wondered why people discriminate against other people? Have you experienced discrimination in your life or the lives of your friends and family? Do you want to know what you can do to challenge this type of behavior? If you answered "yes" to any of these questions, join us! This class explores the history of antisemitism, racism, and genderism in the U.S. and provides tools to challenge these "isms" when they appear in your spaces. We will also challenge ourselves as we



uncover personal biases and prejudices. Includes time to practice conversation techniques aimed at creating real dialogue about difficult topics.

*This course is open to 8th, 9th and 10th grade students

Theology 101: I Don't Believe in THAT God

Rabbi Beth Nichols

Beyond the shared belief that there is only one God, Jewish ideas about God are incredibly diverse. One person might picture a God with emotions and opinions who is actively engaged in our daily lives, while another might imagine a God that propels the forces of the universe but does not interact with humanity. Both ideas are compatible with (and even a part of) Jewish tradition. In this class we will consider the major questions we have about God's existence, explore traditional Jewish answers and wrestle with our own opinions. All beliefs are welcome and skepticism is expected!

*This course is open to 9th and 10th graders and is required of all Temple Beth El Confirmation Students.

Comparative Religion

Rabbi Dusty Klass

Religion helps us understand the world around us, gives structure to our lives and connects us with a community. By studying other religious traditions in Charlotte, we will come to better understand our neighbors as well as have insights into how Judaism shapes our lives. Through discussions with leaders of other faith traditions and each other we will be able to articulate similarities and differences, preparing us to engage more fully with our community.

*This course is open to 11th and 12th graders.



Second TRIMESTER

Halakhic (Jewish Law) Arguments and Traditions

Alan Johnathan

Have you ever wondered why some Jews celebrate two days of Rosh Hashana while others celebrate one day? Why does keeping kosher mean something different to different families? Why we wrap *tefillin* so many different ways or don't wrap it at all? Why do Sephardic Jews eat rice during *Passover*? Why don't synagogues in the same city end Shabbat at the same time? Using a mix of rabbinic rulings, videos, and Jewish texts, we will explore what makes us all unique in our Judaism.

*This course is open to 8th and 9th graders

Traditional Jewish Baking

Melanie Mason

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Prayer Playlist

Cantor Mary Rebecca Thomas

The prayers in our prayer books have developed over time. Our prayers contain detailed and beautiful images of God, the world, and Jewish ideas and values. In this course, we will explore the prayers that we have inherited through the generations and look for ideas and themes that matter to us as individuals. We will each build our own personal playlist of Jewish and non-Jewish music that can help us connect to our prayers in new ways.

*This course is open to 8th, 9th and 10th graders

Nourishing Your Soul

Rabbi Helene Kornsgold

This class will explore the relevance of Judaism in your life and how being Jewish informs your understanding of yourself, your family, your community, the choices you make and what is holy. It will place an emphasis on students' experience of their Judaism, rather than an obligation or expectation of others (Why is being Jewish important to me? What connects me as a Jew?). The class will help empower students to understand that their future Jewish choices will be theirs to make. And finally, it will explore what it means to be part of a People (Why do we support and celebrate each other? Why are my Jewish milestones significant to the larger Jewish world?).

*This course is open to 8th, 9th and 10th graders



The Good, the Bad and the Ugly

Rob Sission

Do you like all things Jewish? Do you like trivia? How about we do both? We will explore Jewish history, culture, sports, entertainment, and all things Israel through trivia. A good discussion always begins with a question. We will use the trivia questions to launch our conversations. Together we will explore the good, bad, and ugly of our Jewish identities in the hopes of understanding where we came from and where we are headed.

*This course is open to 8th, 9th and 10th graders

Israel: In our Hearts and On Our Campuses

Rabbi Asher Knight

There is one image of Israel that is sunny, joyful and full of pioneers working hard. There is another image that is dark, violent and mired in endless conflict. The reality of Israel is a complex puzzle of truths and experiences layered with centuries of history and meaning. In this course we will solidify our understandings of Zionism, Israel's founding and its relationship with its neighbors and with the American Jewish community. We will also examine how Israel is portrayed in the media and in relationship to other social justice movements. Students will have a chance to safely explore their own opinions and consider how they might participate in discussions about Israel on future college campuses.

*This course is open to 11th and 12th graders.



Third TRIMESTER

The Art of Jewish Accessorizing

Rabbi Beth Nichols

In this course we will explore two areas of “Jewish Accessories”: items that people wear to symbolize or represent their Jewishness, and items that people wear while “doing” Jewish. First, we will dive into Jewish symbols, exploring the meaning behind the Jewish star, *hamsa* and other symbols a Jewish person might wear. Then, we will explore ritual garments such as *kippot*, *tallitot* and *tefillin*. What makes these items Jewish and why might we choose to wear them?

*This course is open to 8th and 9th graders

Inside the Mossad

Jennifer Sawyer

For a tiny country, Israel has one of the most daring and well-respected spy agencies in the world. Mossad's mission is not only to bolster national security and counter terrorism within its own borders, but also to track down and bring to justice Nazi war criminals, and to aid Jews around the globe who are in danger and help them immigrate safely to Israel. Learn about the history of Mossad, some of its most famous missions and operatives, as well as discuss and debate its proper role in modern day Israel. This class will incorporate multimedia as well as hands-on activities to explore spycraft, such as encoding/decoding secret messages, lie detection techniques, and an overview of Krav Maga.

*This course is open to 8th and 9th graders

Jewish Views on Embracing the “Other”

Alan Johnathan

Throughout most of our history, we have been strangers in foreign lands. From our time in Egypt to our lives today in Charlotte, we have a collective memory of our past. In this class, we will be discussing immigration, refugees, and racial justice by closely examining our history, values, and teachings.

*This course is open to 8th, 9th and 10th graders

Pass the Mussar- I Need A Break!

Betsy Olinger

Mussar is a Jewish spiritual tradition that offers insight and guidance for living. Students will practice tools that will give them greater control over their own responses while interacting with others, and embolden their confidence when expressing personal values, ethics and aspirations aligned with Jewish tradition. Our class will help teens gain balance through the knowledge of *middot* (soul traits), engagement in *Mussar* practices, development of skills to become more resilient in the face of stressors, and encouragement to act intentionally and ethically. Based on The Mussar Institute's (TMI) Challenges and Choices curriculum, this class will balance introspective thought with active practice.

*This course is open to 8th, 9th and 10th graders



Confirmation Service Preparation

Temple Beth El Clergy

Tenth graders participating in Temple Beth El's Confirmation Program will meet weekly with Temple Beth El Clergy to plan and practice leading a Shabbat Service in celebration of their Confirmation. During these classes confirmands will also work to articulate in writing what they are personally confirming about their own Jewish identities. Following the end of Hebrew High, the confirmation class will meet for an additional rehearsal before leading Shabbat services on Friday, May 13.

*This course is required of all Temple Beth El Confirmation Students.

Jewish Rock

Cantor Shira Lissek

Do you love listening to music or writing music? Jewish Rock Stars: What are they writing about and why? Discover your Jewish Journey Soundtrack.

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Traditional Jewish Baking

Janice Zacks

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