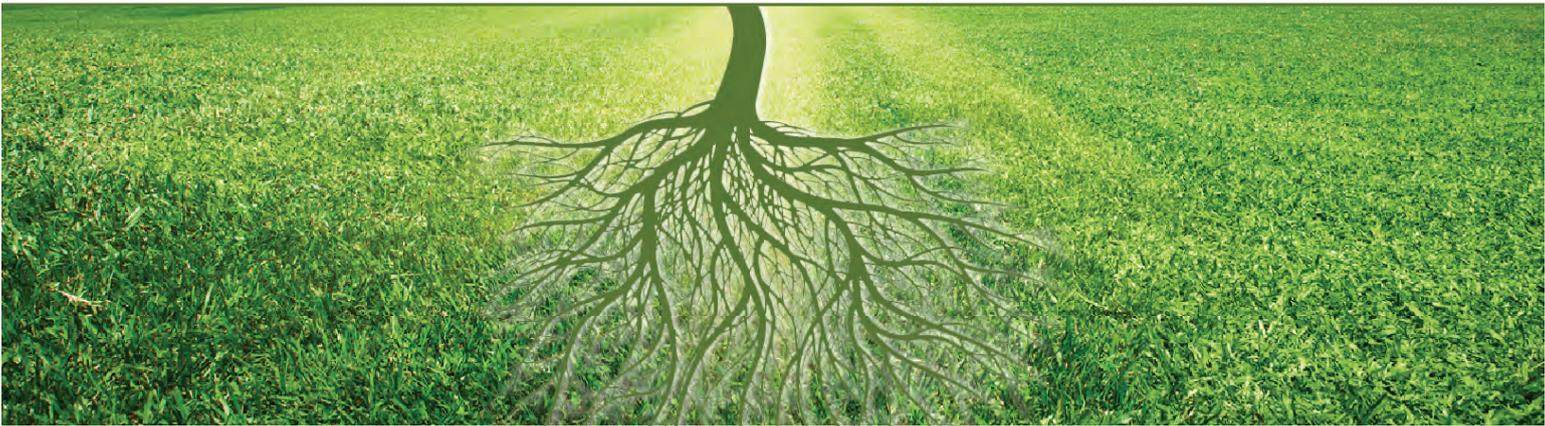




F O U N D A T I O N S



Foundations was developed to bring students to desire investment in a vibrant Yiddishkeit.

The goal of Foundations is to guide students toward the awareness that spiritual investment will enrich their lives and deepen their sense of self-worth. Through developing a personal identity rooted in Torah and Shmiras Hamitzvos, each of our children can come to recognize their own inherent value and the unique role that they have been given by the Ribono Shel Olam. Our hope is that this will begin to address the lack of connection that many of our young people feel toward spiritual growth and Yiddishkeit.

FOUNDATIONS HELPS OUR STUDENTS:

- cultivate a strong sense of integrity and personal honesty when approaching spiritual development
- foster greater personal development based on Torah values
- increase their potential for Kiddush Hashem with the awareness of being ambassadors for Judaism
- develop into adults who will be responsible and involved members of their communities

Foundations is implemented in the classroom through an in-depth study of core concepts and is taught over one school year to students in 10th or 11th grade. The 8 Units are organized as a sequential progression of essential Torah concepts enabling students to achieve a broader understanding of the value of mitzvos and fostering a life-view based on Torah.

STUDENTS ENGAGE IN A DISCOVERY PROCESS THROUGH:

- applying their learning to real-life contexts so that Torah ideals become relevant and meaningful
- participating in interactive learning activities to clarify concepts and personalize the learning experience
- studying a wide array of sources intended to build a rich hashkafic base
- joining stimulating discussions that promote critical thinking and increase clarity

Foundations is currently being taught in several Orthodox girls' high schools around the country. Highly qualified, dynamic teachers have participated in over thirty hours of intensive training. This involves clarifying concepts, and modeling educational strategies and discussion-prompts to be integrated in the classroom. In addition to receiving course materials which include lesson plans, powerpoints, handouts, videos, and detailed activities, teachers are also offered ongoing one-on-one coaching throughout the duration of the program.

Ultimately, we want to guide students toward the awareness that their lives will be enriched, and their sense of self-worth will be deepened through increasing their commitment to Torah and connecting to the Ribono Shel Olam. The message communicated through Foundations is the potential for true satisfaction and joy that result from embracing a life guided by Torah.

FOUNDATIONS IS CURRENTLY PART OF THE CURRICULUM IN THE FOLLOWING HIGH SCHOOLS:

BAIS YAAKOV, LOS ANGELES, CA

BNOS ESTHER, LOS ANGELES, CA

BAIS YAAKOV, BALTIMORE, MD

TORAH ACADEMY FOR GIRLS, FAR ROCKAWAY, NY

BAIS YAAKOV D'KHAL ADAS YEREIM, BROOKLYN, NY

BAIS YAAKOV HIGH SCHOOL, BROOKLYN, NY

PROSPECT PARK BNOS LEAH, BROOKLYN, NY

ATARA GIRLS HIGH SCHOOL, CINCINNATI, OH

TEMIMAH GIRLS HIGH SCHOOL, ATLANTA, GA

YAVNE GIRLS HIGH SCHOOL, CLEVELAND, OH

BAIS YAAKOV HIGH SCHOOL, CHICAGO, IL

HANNA SACKS BAIS YAAKOV, CHICAGO, IL





BAIS YAAKOV OF BALTIMORE

TEACHERS SPEAK ABOUT FOUNDATIONS

“Teaching Foundations has been one of the most rewarding experiences of my teaching career. The unique and exciting activities and teaching strategies help involve all students in this beautifully crafted *Hashkafah* program. Over the course of the year, this program stimulated real thought, which led to increased maturity resulting in heightened self-awareness and ultimately growth. Mrs. Ganz and Mrs. Gelbfish were always available to guide me and answer any of my questions and concerns, helping to ensure the success of the program.”

Mrs. Zehava Lefkowitz, Bais Yaakov of Baltimore

“Students look forward to the class, and express disappointment when it is over. Quite a number of students have sought opportunities for continued discussion even after the end of the school year. The biggest complaint of students is that we waited until twelfth grade to teach it.”

Mrs. Shifra Rabenstein, Bais Yaakov of Baltimore

“In a culture saturated with materialism, consumerism, and focus on conformity, Foundations - taught by the right teacher- challenges the Jewish student to understand her uniqueness amongst the Nations of the world and to embrace her individuality while channeling it to achieve her greatest potential.”

Mrs. Gitti Horowitz, Bais Yaakov Baltimore



BAIS YAAKOV D'KHAL ADAS YEREIM, VIEN

TEACHERS SPEAK ABOUT FOUNDATIONS

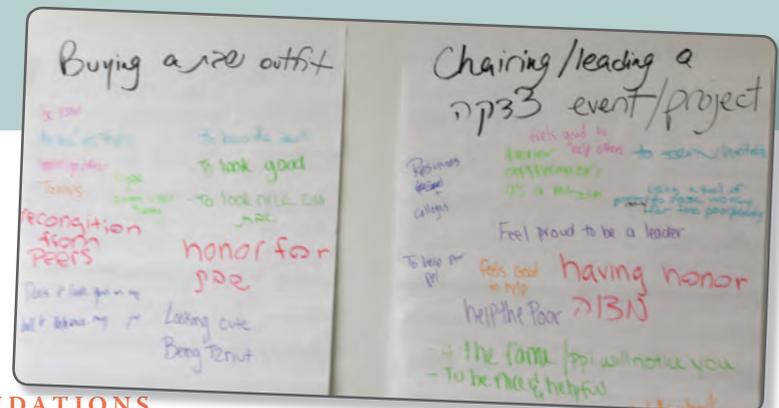
...The information they gain may not be new concepts, but the progression and depth of how it is all presented give the girls a new, deeper, more meaningful and relevant connection to the material. What I found most astounding is the sensitivity, subtleness and gentleness of this learning process....

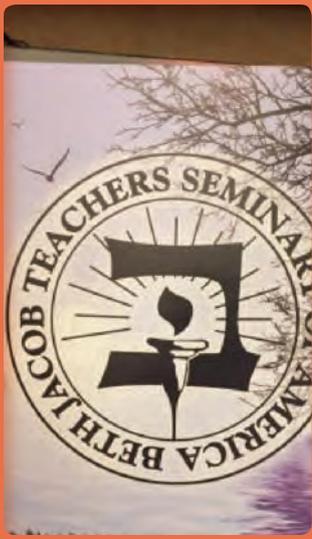
...Often their most inspiring moments are not when I'm doing the teaching but rather when they come to an understanding from a visual image, a hands-on activity or a *meforash* they just worked through on their own. I am enjoying this experience as much as the girls!...

Mrs. Roizy Gobioff, Bais Yaakov D'khal Adas Yereim, Vien

...It is student friendly, exciting, and hands-on, yet requires the students to work through their *Avodas Hashem* with openness and *Emes*. ...It was designed with *yiras Shamayim* and that comes through in each and every lesson. I feel it is a *zchus* to teach this program.

Mrs. Chavy Perlman, Bais Yaakov D'khal Adas Yereim, Vien





BAIS YAAKOV OF BORO PARK

TEACHERS SPEAK ABOUT FOUNDATIONS

I find that the lessons seamlessly flow from one to the next and I watch the girls internalize the messages as they develop and mature throughout the year. Over time, their understanding is enriched through teamwork or personal reflection.

Mrs. Liba Kahn, Bais Yaakov of Boro Park

STUDENTS SHARE THEIR THOUGHTS

"The lesson I loved the most was when we talked about living from the inside-out instead of from the outside-in."

"Since everyone is born with the tools they need, I realized that there is no need to be jealous of the things I don't have, as they are not the ones Hashem needs me to have. This is a challenging lesson for me, and I am still working on it."

"I learned about using my tools to be *megaleh shaim shamayim*. Before this lesson I did not realize that, truthfully, the only thing that matters at the end of the day (life) is if I made Hashem happy through how I chose to use my tools. As a teenager, I am always looking to make my friends happy with me. This is a new thought that I am now trying to incorporate into my life."

THE STUDENTS OF TAG WEIGH IN

"I learned that assessing the *penimius* of the situation is done through "listening" to my *Neshama* and figuring out what is right...working on how I can stop rationalizing made a tremendous impact on me. . ."

"...everything we have – our tools, talents, etc., are from Hashem and therefore we bear responsibility for how we use them and we should not be jealous of someone else."

"...I also really enjoyed our class discussions especially the scenarios that we read out loud and came up with solutions together. It was so nice to see how when we used our minds and opinions to work together, we were able to come up with the best possible solution to the problem!"

"...I found the exercise we did on the last day eye-opening and helpful. It was very specific and helped me pinpoint exactly what I need to work on and the ideas you gave on how to overcome challenges were amazing..."

"...two times a week for forty-five minutes where all we do is talk about Torah in the way that matters, not for a test. I really learned so much in this class. Thank you so much!"





TORAH ACADEMY FOR GIRLS

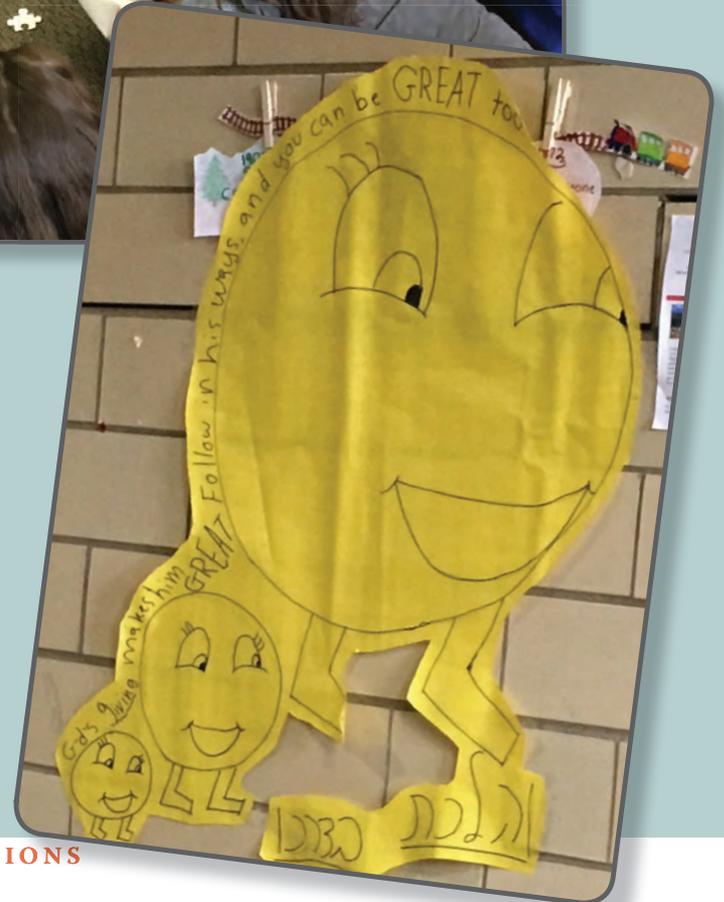
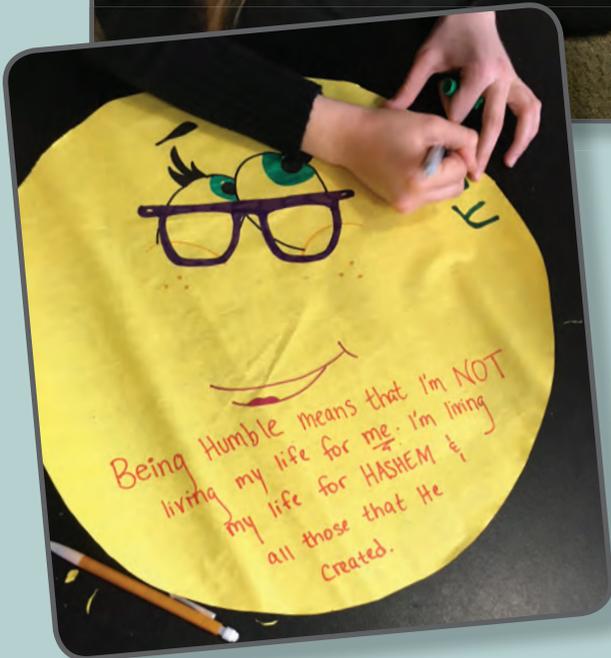
TEACHERS SPEAK ABOUT FOUNDATIONS

The program's uniqueness lies in how readily students can apply each lesson to their current lives. Rarely have I seen such genuine introspection in the classroom on a consistent basis. Each lesson offers "something for everyone," appealing to students at all points along the intellectual continuum. The activities are creative, engaging, and practical; the girls thoroughly enjoy each one. . . Foundations gives students a way to view familiar Torah truths about the human condition with fresh eyes...a deeper appreciation of their own selves, their life circumstances, the people and challenges around them, and the endless opportunities they have for genuine fulfillment and joy.

Mrs. Chana Tanenbaum, Torah Academy for Girls

The feedback from the girls is incredible, as they have the real satisfaction and *Geshmak* of *Yogati U'motzati! Yehi Ratzon* that all our girls (and boys!) should have the opportunity to go on this journey of self-growth leading to real change and acquiring the tools to face life's challenges.

Mrs. Yaffa Jungreis, Torah Academy for Girls





ATARA GIRLS HIGH SCHOOL

TEACHERS SPEAK ABOUT FOUNDATIONS

“When reflecting on the year [together] with the students and discussing how much they have grown, one tenth grader said, “I think that all the growth we have had is because of the Foundations class. That material so changed my life. It applies to the way we think and I actually think about it all the time.” There was a chorus of agreement and emphatic nodding from the other students. I was really wowed.”

Mrs. Penina Teitelbaum, Principal, Atara Girls High School Cincinnati

“The topics discussed throughout the year are fundamental topics in Judaism that have been taught for centuries. What is so valuable to my students is that they are being taught these concepts in a way that is user-friendly and helps develop an approach to spiritual growth that they can tap into on a constant, daily basis. The outlook is refreshing and allows students to glimpse their own potential for greatness while internalizing core values. They see that their visions are attainable.”

Mrs. Penina Siegal, Atara Girls High School Cincinnati

“The discussions generated from the material are frank and honest as the girls feel so comfortable sharing their struggles in a world that confuses us all.”

Mrs. Penina Siegal, Atara Girls High School Cincinnati



BAIS YAAKOV HIGH SCHOOL OF LOS ANGELES

TEACHERS SPEAK ABOUT FOUNDATIONS

The girls appreciate the fact that the curriculum allows them to think about ideas they never thought about before. I appreciate the fact that the girls are thinking about themselves and their roles in this world in the context of Torah and as a unit. They work through the concepts as a group. The girls have a much clearer understanding of the tools that HKB"Y has given them and a greater ability to discuss and be open to fundamentals of *Yiddishkeit*. Bais Yaakov of LA has created a special program called FIT (Finding Inner Truth) to enhance the Foundations the girls are being taught.

Mrs. Sora Tendler, Bais Yaakov of Los Angeles

Excerpts from an FIT Newsletter:



Ultimately, a person becomes the sum total of their choices and decisions. Making the right choice is so critical to one's success in both *ruchniyus* and *gashmiyus*. F. I. T., a student-based extracurricular program, takes the concepts from Foundations and incorporates them in an exciting and enjoyable framework. This helps students work through their everyday challenges. Throughout the year, the girls will be applying our theme, "Make the Be**FIT**ting Choice", to various activities and learning sessions.

ברקית אבות ג, יח:
 חביבין ישראל שנקראו בניים למקום. חבה יתרה נודעת להם שנקראו בניים למקום
 שנאמר "בניים אתם לד, אלקיכם: חביבין ישראל שנתן להם כלי חמודת.
 חבה יתרה נודעת להם שנתן להם כלי חמודה שבו נברא העולם
 שנאמר "כי לקח טוב נתתי לכם תורתני אל תעובו".

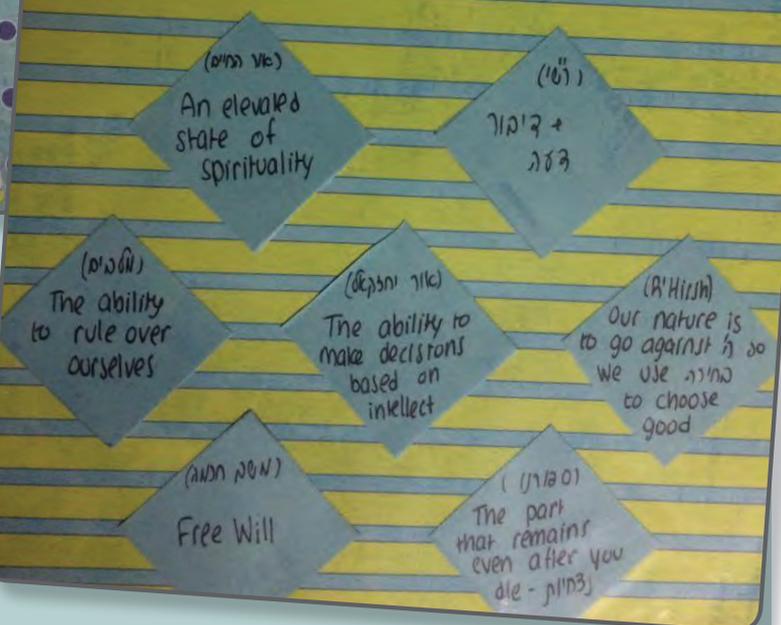
Hashem informed us that we are His Chosen Ones as an expression of His love for us. In addition,
 this knowledge empowers us to accomplish our mission. Hashem also gave us the tools through
 which we can accomplish this mission; the תורה.

Since we are G-d's chosen nation and are told that we are, we are obligated to look in the תורה for the proper way to act. Besides for actual Halachic issues, we have to act befitting for the chosen nation who received the תורה.

בראשית א: כו ויאמר אלקים יעשה אדם בצלמנו כדמותנו...
 כז ויקרא אלקים | את האדם בצלמו בצלם אלקים ברא אתו...
 And G-d said: Let us make Man in Our image as Our likeness... and G-d created Man in His image, in the image of G-d He created him...

בראשית ב: ז וילצר ד' אלקים את האדם עפר מן האדמה ויפח באפיו נשמת חיים ויהי האדם לנפש חיה:
 And Hashem G-d formed the man of soil from the earth, and blew into his nostrils the soul of life; and man became a living soul.

What is the טבטק?



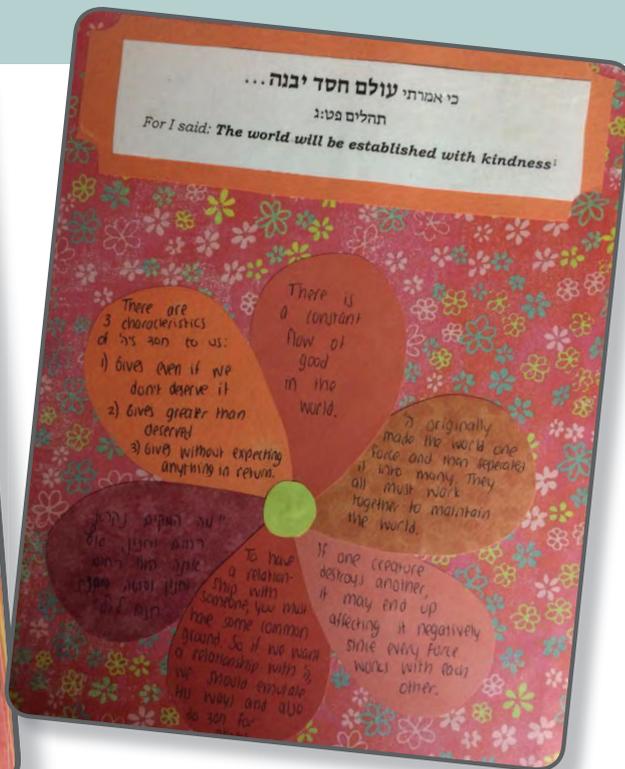
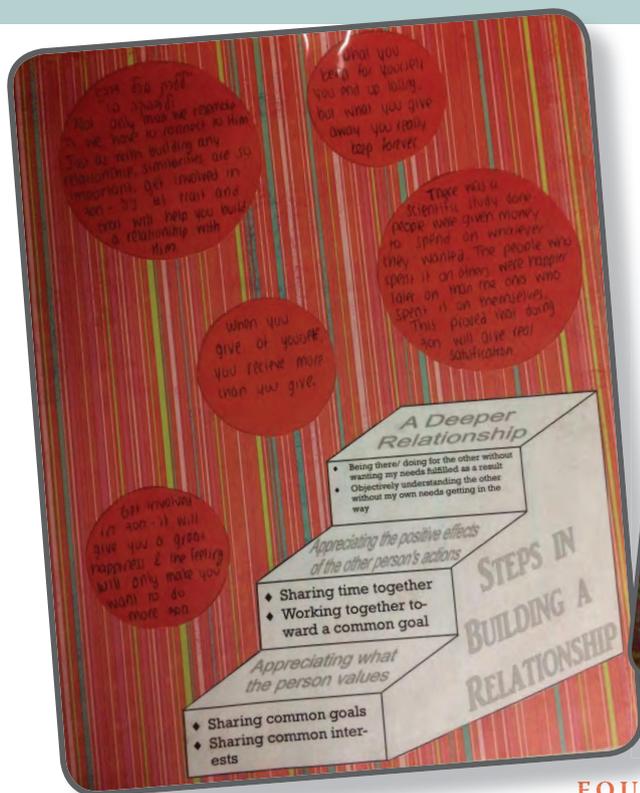
BNOS ESTHER OF LOS ANGELES

BNOS ESTHER OF LOS ANGELES

TEACHERS SPEAK ABOUT FOUNDATIONS

“...My favorite experience has been teaching the 12th grade and finding that the Foundations lessons taught in 10th grade made a real impact and have transformed the way the girls view concepts in *Yiddishkeit*.”

Mrs. Elisheva Samuels, Bnos Esther of Los Angeles





“The outlook is refreshing and allows students to glimpse their own potential for greatness while internalizing core values. They see that their visions are attainable.”

Mrs. Penina Siegal, Atara Girls High School Cincinnati

FOUNDATIONS

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