

Shabbat Yeladim

Yeladim means “children” in Hebrew. Every Friday, a different child in each class is the Shabbat Yeled (boy) or Yelda (girl). When your child is the Shabbat Yeled or Yelda, parents and your extended family are invited to come to share in the Shabbat celebration in the classroom. As part of this celebration, the parents of Shabbat Yeladim provide lunch for the children and teachers in their child’s class.

Here is how we do it:

- **11:00 am:** Arrive in the classroom with lunch, plates, cutlery, napkins and cups and anything else that you feel would make lunchtime special for your child (flowers for the table, your child’s special Kiddush cup, your family’s hallah cover, etc.).
 - Your child has the honor of setting the table with you while the other children finish an activity and clean up.
 - When the table is set, join the children on the carpet for circle time and Tzedakah collection.
- **11:30 am:** Blessings and lunch
- **11:50 am:** Everyone goes to the Sanctuary. Your family has a special place to sit all together in their own row. Your family is also called to the Ark during the service.

Other stuff to know:

- **Lunch ideas:** See the Safe School Lunches below.
- **Dessert:** In keeping with our healthy food policy, we suggest fruit, popsicles, ice cream cups, small cookies, etc... Please keep it light.
- **Changing Dates:** Your Room Liaison will assign you 2-3 Shabbat dates each year. If you cannot do it on that date, you must find your own replacement and let your Room Liaison and the teachers know.
- **Sick Policy:** If your child gets sick at the last minute and you cannot find a replacement, as a last resort you can send pizzas to school to ensure that the children are fed.

Shabbat Basket: When your child is Shabbat Yeled or Yelda, we send home a Shabbat basket that contains candles and candlesticks, a Kiddush cup and small bottle of grape juice, a hallah cover, a page of blessings, a Shabbat bear, and a journal to record how your family celebrates Shabbat. Please write about your experience and include photographs for your child to share on Monday.

Severe Allergies and Safe School Lunches

The ECC is a nut-free and sesame-free school. Lunches must also be dairy or vegetarian. When packing lunches for your children, providing a snack for birthdays, or bringing Shabbat lunch for the class, please be sure to avoid:

- peanuts or nuts of any kind (including nut oils, foods labeled “contains traces of nuts”)
- sesame seeds (often sprinkled on bread, bagels and crackers, or included on sushi rolls)
- tahini (in hummus) or other sesame ingredients (i.e. sesame oil)

The following are some suggestions for sample lunch foods:

sandwiches - tuna, cheese, egg salad; cream cheese and bagel, sunflower butter and jelly; fish sticks; pasta; mac and cheese; pizza; veggie sushi; veggie nuggets; vegetable soup in thermos; cottage cheese and fruit; raw or steamed vegetables and dip; cheese and apples; assorted fruits, fresh and dried; cheese and crackers; hard boiled eggs; fruit salad; quesadillas; mixed salad; beans and rice; yogurt.