



HEBREW HIGH

Class Descriptions

First TRIMESTER

Traditional Jewish Cooking and Baking

Melanie Mason

Join our Traditional Jewish Cooking and Baking Class! In this course, you'll explore the rich culinary heritage of Jewish cuisine, learn to prepare, and bake classic dishes that have been passed down through generations. Discover the significance of various ingredients, techniques, and the cultural importance of food in Jewish traditions. Get ready to embark on a delicious journey that celebrates the flavors and stories behind these iconic dishes. Join us to connect with history and savor the authentic tastes of Jewish cooking!

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

Beyond Koufax: Jews and Sports

Rabbi Lexi Erdheim

Sports have an innate ability to connect people from across the world around a single team, game, or athlete. For many, being a part of a sports fanbase is almost like belonging to a religion. So, what happens when Judaism interacts with the world of athletics? Why is it that Jews have historically been seen as unathletic? What can sports teach us about Jewish values and priorities? In this class we will study how Jewish perspectives on sports have transformed over time as well as examine how sports can help us strengthen our understanding of and relationship to Jewish values, history, and tradition.

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

Photography Through a Jewish Lens

Alan Johnathan

Learn some of the basics of photography as we explore different Jewish values through photos. Each week we will explore different photo techniques, Jewish values, and our Judaism. Students will need a cell phone with a working camera or a digital camera for the course.

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

Jews and Judaism Onscreen

Rabbi Michael Wolk

For decades Jews and Jewish practice have appeared in TV and movies. Together we will explore what we can learn from some classic pieces of Jewish film like Fiddler on the Roof, try to understand antisemitism through the comedy of Amy Schumer, and look at contemporary shows like Jewish Matchmaking. You can learn directly from the rabbinic star of "Are You There God, It's Me Margaret!"

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

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**

Gemilut Chasadim – Acts of Loving Kindness: Service Projects for the Community

Rabbi Helene Kornsgold

Are you passionate about helping others? Are there service projects you have always been wanting to do, but couldn't figure out when and where to do them? Do you like event planning?

If you answered yes to either of these questions, then this class is for you! We will work together to plan a Hebrew High evening of service on Wednesday, November 15th. You will have the opportunity to discuss which Jewish values we want to focus on and plan out the entire evening from start to finish, including what we are eating for dinner.

The values and teachings of Judaism strengthen the idea we are a community and should always help to make the world a better place for us, our community, and the world. As a Jewish teenager you have studied these values in the classroom and at home, now it is your chance to turn these values into action. All projects will be performed on site. If you are ready to make a difference, this class is for you!!!

***This course is open to 10th, 11th and 12th graders**

TMI (The Mussar Institute)- Challenges and Choices for High School and Beyond

Betsy Olinger

Join other older teens to define and refine your character traits to be your best YOU, with your individual strengths, challenges, talents, and values .This interactive, dynamic, and fun class based on Mussar, the 1,100-year-old Jewish practice is more applicable now than ever.

In partnership with TMI- The Mussar Institute, you will be given the tools and practices to use in your daily life. Be sure to join this class if you want to: learn about yourself; explore your natural character traits (*middot*); discover what makes you "tick"; feel relaxed, recharged, and ready to live your best life.

***This course is open to 10th, 11th and 12th graders**

Second TRIMESTER

For the Sake of Argument

Alan Johnathan

As Jews, we have a long and beautiful history of arguing. From Hillel and Shammai, to our views on modern Judaism, the arguments have made us stronger as a people. In this class, we will learn how to argue respectfully, take on different divisive scenarios ranging from simple disagreements, levels of observance, Israel and the diaspora, and learn more about ourselves.

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

Southern Fried Judaism

Alex Olinger

In this course we will be doing a deep dive on the history of Judaism in the south. We will talk about many different topics from southern Jewish cuisine to Jews in the civil rights movement. Join us as we learn about being Jewish in the South. Some topics include but not limited to: famous Southern Jewish settlers, Jews in civil rights movement, Southern Jewish Culture, Jewish Southern foods and the history of Charlotte Jews.

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

Chai Intimacy: Unleashing Jewish Wisdom on Sex and Relationships

Rabbi Asher Knight & Rachel Glazer

Being a teen in 2023 poses many challenges, some of which are unique to this moment in time, while others are as old as the Jewish tradition itself! Join us as we explore the ways in which our Jewish values can inform our decision-making around sex, relationships, and intimacy in the modern era.

***This course is open to 9th and 10th graders. We will confirm parental approval before the trimester begins.**

Traditional Jewish Cooking and Baking

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

Spotify Israel

Rabbi Lexi Erdheim

Music is often a reflection of the sensibilities and values of a society. Join Rabbi Erdheim in this course as we explore modern Israeli music to examine the history of the Jewish homeland. We will listen to a wide variety of music, analyze its cultural and political influences, and utilize the diversity of songs as a means to better understand the Israeli people.

***This course is open to 10th, 11th, and 12th graders**

Trivia Mania

Rob Sisson

Do you love trivia and to show off your knowledge? If that is the case, this class is for you! We will be doing different categories of Jewish trivia every week along with some other trivia mixed in there. From these categories, we will ask questions that will spur discussions. The winning teams will receive candy prizes. Be sure to choose trivia, take a break from the grind, and have some fun with your friends!

***This course is open to 10th, 11th, and 12th graders**

Third TRIMESTER

Ready... Set... Grow!

Betsy Olinger

Would a “toolbox” of skills be useful for when life is challenging and choices are hard? Do you want to learn more about yourself? Do you want to be more confident, motivated & balanced? Have you wished that you could better regulate your emotions? Are you seeking more purpose and meaning in your life?

The Challenges & Choices Program through The Mussar Institute is perfect for you! This special teen program, based on the 1,100-year-old Jewish practice of Mussar, gives you the chance to uncover and identify the character traits that make you unique. Though it sounds serious, our class will be fun, interactive, useful, and chill.

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

Broadway's Jewish Composers Journeys

Cantor Shira Lissek

Step into the magical world of Broadway and musical theater as we explore the influence of Jewish composers! In this class, we'll dive deep into the vibrant tapestry of musical theater and discover the remarkable contributions made by Jewish composers. From the timeless classics to the latest showstoppers, their music has captured the hearts and minds of audiences for generations. Get ready to groove to the rhythm of legendary tunes like "Somewhere Over the Rainbow," "Don't Rain on My Parade," and "Defying Gravity." Uncover the secrets behind the captivating melodies that have the power to transport us to other worlds and evoke a whirlwind of emotions. Through lively discussions, interactive activities, and even some impromptu singing, we'll delve into the fascinating stories behind these talented composers. Together, we'll celebrate the rich cultural heritage and remarkable influence of Jewish composers, and revel in the joy of the Broadway stage!

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

Moving Toward Wholeness

Rachel Glazer

Get out of your head and into your body! Rooted in Embodied Jewish Learning, this experiential course will help you connect your mind, body, and soul through moving meditation, ecstatic dance, grounding practices, singing, deep breathing, and more.

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

Hot Topics

Alan Johnathan

Have you ever gone on social media and seen something, but aren't sure if it's antisemitic? Has something happened in the world, and are unsure how to react? Have you ever had questions about Judaism that you want to ask but never got the chance to? Welcome to our class on hot topics, where we will discuss different questions and topics you have along with current events hot off the press.

***This course is open to 8th and 9th 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 12.

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

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***Preference goes to the 11th and 12th graders first and then to anyone who has not had the chance to take cooking yet.**