



# ROOTS AND WINGS

## BAT MITZVAH PROGRAM

# MAZAL TOV! YOUR DAUGHTER IS GROWING UP, AND SHE'LL BE CELEBRATING THE BIGGEST EVENT OF HER ADOLESCENT LIFE: HER BAT MITZVAH.



Bat Mitzvah marks a very important milestone, a fundamental shift in life: The transition from a young girl to responsible young adult. So, a Bat Mitzvah shouldn't just be a party; it's too important. A Bat Mitzvah needs a soul. The young celebrant should certainly feel a sense of relevance and connectedness to this auspicious threshold in her life.

ROOTS AND WINGS is a unique Bat-Mitzvah program, which prepares today's teenage girl for life as an Australian Jewish woman in the 21st century. Contemporary topics and challenges facing the modern teenager are explored in an engaging, fun and interactive manner.



THE PROGRAM AIMS TO MAKE EACH GIRL FEEL PROUD ABOUT HER JEWISH IDENTITY, EMPOWER HER TO MAKE WISE CHOICES AND UNDERSTAND HER RESPONSIBILITY BOTH AS AN INDIVIDUAL AND AS A MEMBER OF THE AUSTRALIAN JEWISH COMMUNITY. MEETING GIRLS FROM DIFFERENT SCHOOLS AND BACKGROUND CREATES AN OPPORTUNITY FOR LIFE-LONG MEMORIES AND FRIENDSHIPS TO FORM, IN A WARM AND FRIENDLY ENVIRONMENT.

## CURRICULUM

Our innovative program, ROOTS AND WINGS explores the mysteries of our Jewish heritage and how it guides the modern teenager through the many challenges facing her in today's world. Some of the topics covered are:

- My secret core
- Who am I really?
- Me, myself and my body
- Bullying and peer pressure
- Choices and priorities
- The Mitzvot of a Jewish woman
- A Jewish home
- Giving back to the community
- Being Jewish in Australia

The girls will also enjoy the various exciting and inspirational excursions and incursions offered in our program. These include:

- Kosher scavenger hunt at the local supermarket
- Mother and daughter Mikvah tour
- Police talk
- Shabbaton challah bake
- Cooking and delivering food to the needy
- Visiting the elderly
- Visit from **Remember Me Australia** (an educational program focusing on the legacies of Holocaust child victims)



## KINAESTHETIC LEARNING APPROACH

Our program uses many different interactive mediums to fully engage the Bat Mitzvah girls. The weekly arts and crafts, cooking, songs, drama and multimedia presentations, along with the informal setting ensures that the lessons are truly brought to life.

## SHABBATON

The highlight of our program is the Shabbaton experience. The Bat Mitzvah girl will spend a complete Shabbat with her friends, taking part in meaningful discussions, games and activities, guaranteeing life-long memories. Friday night features a beautiful Shabbat dinner, together with all the Bat Mitzvah families.

## CEREMONY

The program culminates in a graduating ceremony and Bat Mitzvah celebration. Family and friends are invited to partake in this special day of the Bat Mitzvah girl's life.

A delicious Kiddush and musical entertainment will follow the formal presentation.





## DETAILS

ROOTS AND WINGS is a 6-month program, running weekly after school for 1.5 hours at Central Shule Chabad. The program is open to girls from any shule, school or background.

## OPTIONAL

Family and friends are invited to join a Shabbat service to celebrate the individual Bat Mitzvah girl's birthday. The Bat Mitzvah girl may deliver a D'var Torah after the service, which will be followed by a Kiddush sponsored by the family in honour of the Bat Mitzvah.

Private lessons are available to assist the Bat Mitzvah girl with writing her speech.

## ENROL NOW

For more information call

Shternie  
0416499107

or email  
[youth@centralshule.com.au](mailto:youth@centralshule.com.au)

[centralshule.com.au/batmitzvah](http://centralshule.com.au/batmitzvah)



“ Central Shule's Bat Mitzvah program has been incredibly meaningful and inspirational for Kira. She can't wait for Mondays where she has so much fun spending time with Shternie and her friends learning about her Jewish identity. ”

— Rene Spungin, mother



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Central Shule Chabad  
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