



Shabbat, Havdallah and Kashrut

The Shabbat Host

There has been a long tradition in the nursery of celebrating Shabbat together with the children, parents, grandparents, nannies, family members and friends. Every week we have a different Shabbat Host who welcomes us and leads us in our Kabbalat Shabbat service. We cook, tidy the Nursery and one of the children or a member of staff will host us for our Shabbat celebrations. A Shabbat Host Rota is distributed at the beginning of each term and the children all look forward to being the Shabbat Host with great excitement.

Our host brings the following things to share:

- Grape Juice
- Flowers for the Shabbat table
- Something special to show and tell the other children about e.g. a story, a favourite toy, a song or poem, personal photographs etc. Occasionally a child will bring in home made cookies or birthday cake. These will be wrapped up and given out when the children leave, at the end of the morning and we ask that all food that is brought in conforms to the nursery kashrut guidelines (see below).

The children bring Tzedakah on Friday mornings for distribution to charities that the children choose at regular times during the year. At the start of the day, the Tzedakah teddy is left on the signing-in table in the entrance and our Shabbat host will then hold it as the children file past him/her into the nursery for the start of our celebrations.

At Shabbat time, the host's parent(s) come and join their child as s/he shares what s/he has brought in to show to the other children. Please limit the number of 'treasures' to three items. The Shabbat host then invites the children to sit down at the table, the nursery guests arrive and s/he leads us in the Kabbalat Shabbat practice.

We review our busy morning, sing songs and together, the host and parent will light the Shabbat candles and lead us in the blessing. After the teachers have given a cup of grape juice to everyone, the host and parent will lead us in the Kiddush. The host will wash their hands and then uncover the Hallah and lead us in the blessing and then sprinkle the pieces of Hallah with salt before helping to hand them out to all the visitors. We all sing 'Shabbat Shalom' and other Shabbat songs.

After the Shabbat ceremony, our Shabbat host takes the Shabbat book home for the weekend to write and draw in. The Shabbat Host also takes home the nursery Shabbat Box with candles and Kiddush cup to use with their own family for that week.



All parents/carers are invited to practice Kabbalat Shabbat with us each Friday. Grandparents and friends are also welcome. Welcoming Shabbat is a lovely opportunity for the children and teachers to share what we have been doing with our parents and carers. In order to maintain an atmosphere of calm and Shabbat joy, we kindly request that our visitors refrain from chatting until the Shabbat ceremony is completed.

Havdallah Host

On Mondays we celebrate the separation of Shabbat and the working week. The Shabbat host of the previous Friday is now our Havdallah host helping us to perform the rituals of Havdallah. At break time, s/he pours the wine into a beaker until it overflows so that we can retain a taste of Shabbat during the working week until we welcome Shabbat again on Friday with a new Shabbat host. S/he passes around the besamim, spices so we shall have a scent of Shabbat, and lights the 6-wicked plaited candle so we can welcome the week by creating light that will warm us and help us to see. We sing the blessings and finally we hear the spluttering of the candle as our host snuffs it out in the spilt grape juice. We start work immediately with an opposites game, talking about the differences between light and dark, Shabbat and the working week etc and we sing Shavua Tov, 'have a good week' to each other as we drink our grape juice and eat our fruit.

Kashrut in the Nursery

Apples and Honey Nightingale is a Kosher Nursery. No food can be brought into the Nursery. However, we have made arrangements to make sure that all food served follows the Kosher dietary laws.

Completed:4/9/17

To be reviewed: 4/9/18