



Shabbat, Havdallah and Kashrut

The Shabbat Hosts

There has been a tradition at Apples and Honey Nightingale of celebrating Shabbat together with the residents of Nightingale House.

Every week we have different Shabbat Hosts (one NH resident and one child from the Nursery) who welcome us and lead us in our Kabbalat Shabbat service, which is held up at Nightingale House.

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. 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.

Shabbat Celebration

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 by the collection tin.

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.

We sing songs and together, the hosts will light the Shabbat candles and lead us in the blessing. After the staff have given a cup of grape juice to everyone, the hosts will lead us in the Kiddush. The hosts 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 suitcase and contents home for the weekend and has the opportunity to write and draw in the books, returning all these to the Nursery on their first day of attendance the following week.

Havdallah Host

On Mondays we celebrate the separation of Shabbat and the working week. The Shabbat host of the previous Friday (if in the setting on Monday) is now our Havdallah host helping us to perform the rituals

of Havdallah. Once again, we travel up to Nightingale House to join the residents. The hosts pour the wine/grape juice 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 new Shabbat hosts.

The hosts pass 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 hosts snuff it out in the spilt grape juice. We often start work on Monday, 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.

This policy was adopted at a meeting of	Date:	Apples and Honey Nightingale CIC
Held on	<hr/>	19 th December 2017
Date to be reviewed	<hr/>	19 th December 2018
	<hr/>	19 th December 2019
Name of signatory	<hr/>	Judith Ish'Horowicz
Role of signatory (e.g. chair/owner)	<hr/>	Director and Founder
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