

High Holidays And Tikkun HaYam

Repair the Sea in Your Backyard

July 2026 Tanya Wisoker

Objectives for this session:

1. Learn why students will respond
2. Briefly review Jewish teaching
3. Introduction to Repair the Sea
4. Try some games
5. Get sciency about water

**Why do a shoreline cleanup in the
middle of the High Holy Days?**

**The start of awareness for my students
came after we viewed two short videos
that went viral
back in 2015.**





2015

2018 Skip a Straw Initiative





Repair the Sea
תיקון הים

Bal Tashchit: What Judaism says

When in your war against a city you have to besiege it a long time in order to capture it, you must not destroy its trees, wielding the ax against them.

You may eat of them, but you must not cut them down. Are trees of the field human to withdraw before you into the besieged city?

Deuteronomy 20:19

What does it mean?

Judaism recognizes fresh, clean water as a basic human right,
and Jewish Law sees a clear obligation to conserve and protect water
as a vital resource.

The Mitzvah of Bal Tashchit is the prohibition against needless waste
and destruction.

וְלֹא אַתָּה בֶּן חוֹרִין לְהִבָּטֵל מִמְּנָה, לֹא עָלֶיךָ הַמְּלָאכָה לְגַמּוֹר

*It is not your duty to complete the work,
but neither are you free to neglect it.*

Pirkei Avot 2:16

<https://www.repairthesea.org/2026-reverse-tashlich>

Make it social

Make it a game

Make it competitive

Make it meditative

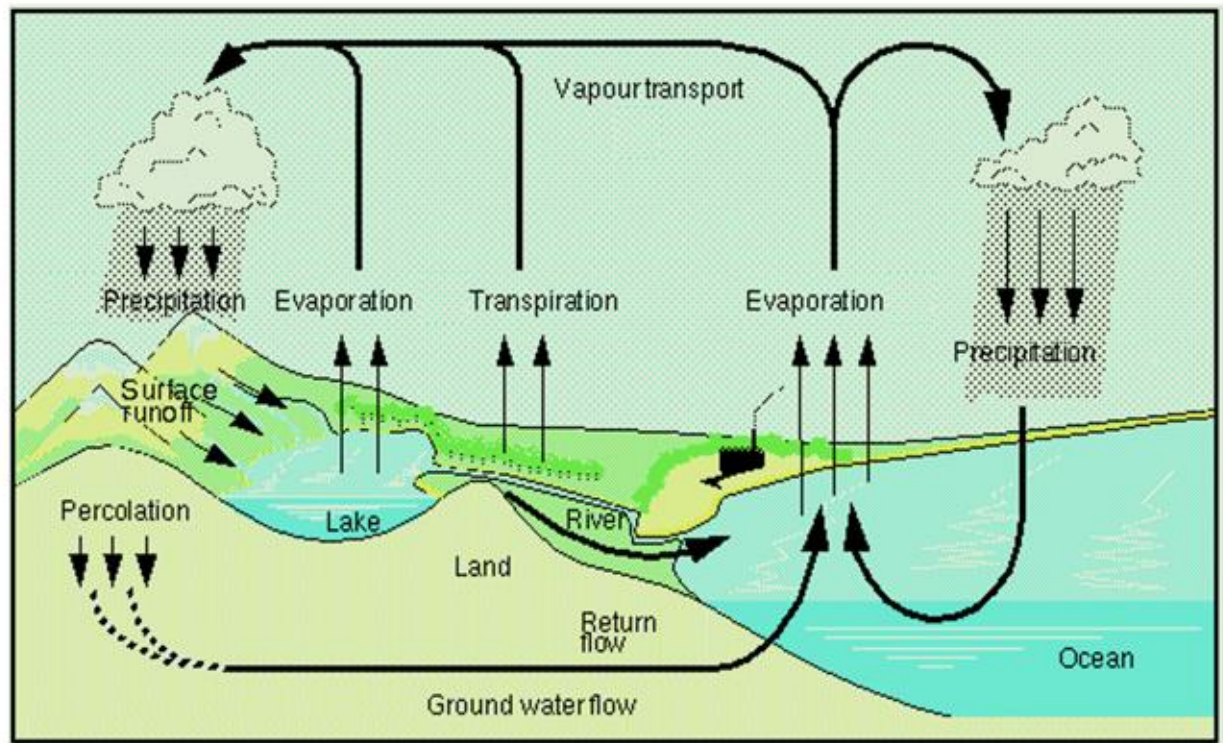
Make it thoughtful and intentional

Just make sure you make it happen!

HOW IS THE OCEAN KEEPING US ALIVE?

everything you
need to know.





**Evaporation,
Condensation,
Precipitation on my head,
Accumulation,
Water cycle,
Then it starts all over again.**

**Water vapor,
Clouds above us,
Rain and sleet and snow and hail,
Fills the oceans
And the puddles,
Water cycle,
Now you know!**

Watersheds

A watershed is an area of land that drains into a lake or river. As rainwater and melting snow run downhill, they carry sediment and other materials into our streams, lakes, wetlands* and ground water*.



Every place on the planet is in a watershed.

<https://mywaterway.epa.gov/community/regis%20college,%20weston,%20MA/overview>

The Ten Water Suggestions

Rabbi Ed Rosenthal

Recognizing that the Ten Commandments were written (from a traditional perspective) by God, it would be a bit chutzpadik to think that I could offer anything comparable. So, instead, I humbly offer Ten Water Suggestions:

1. **Water is Life. Treat it as such. Never take it for granted.**

2. Do not make a graven image of anything in the water, but still show all life in the sea honor and respect because a balanced aquatic ecosystem is the best assurance of a healthy planet.
2. Do not mindlessly waste water. Turn off the faucet. Don't let water run while you're washing your hands or brushing your teeth. Only 1% of all the water on Earth is freshwater.

4. Remember that the water you drink is as old as the planet itself
5. Do not drink water from a plastic bottle. Plastic is made from oil. Oil and Water don't mix.
6. Secure your rubbish and pick up trash to ensure it doesn't make it into the water.
7. Don't kill for sport.
8. Don't steal from the Ocean.

9. The human body is approximately 70% water. Treat your neighbor as yourself because you are both made of the same water.

9. Get involved in protecting the water where you live and beyond. It is more precious than oil, more valuable than gold. Without it, we die.

**Three things are equally important:
earth, humanity, and rain.**

הן ארץ ואדם ומטר

**Rabbi Levi bar Chiya said: These three terms teach that
without the earth there is no dew, without the dew there
is no earth, and without them both there is no humanity.
[Translation by AJWS]**

Genesis Rabbah 13:3

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*It is not your duty to complete the work,
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Shabbat Shalom everyone!

At Hebrew Academy of Tidewater, our students are
Shomrei Adamah,



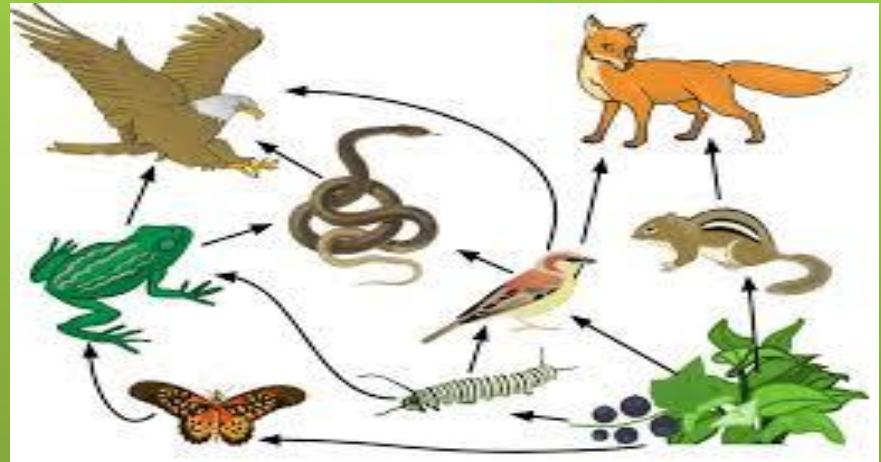
שׁוֹמְרֵי אֲדָמָה

Guardians of the Earth.

We read about God telling the Jewish people to be
שׁוֹמְרֵי אֲדָמָה in Beresheet.



In school, we learn about the importance of clean water and air, trees and growing things, and how all living things are connected.



This week's Torah parshah is
Acharey Mot-K'doshim.

In K'doshim, we can read a long
list of mitzvot.

God has some instructions for
what it means to be Guardians of
the Earth.



For example, there is a mitzvah about when you can eat the fruit of your young apple tree.

There is a mitzvah telling the farmer or gardener not to totally clear the field, but to always leave the edges unpicked so that people who don't have enough food can pick it.



HAT students work to help people know more about how to take care of our Earth.

One project the Fourth Grade at HAT is working on is reducing the use of single use plastic. We can make a difference here in America, just like children are doing all over the world!

The HAT Fourth Graders have worked in teams to bring you what they feel is an important message.

Please listen as they teach you
how you can be

שומרי אדמה

What Will Happen if We Keep Using Plastic Cups and Lids?

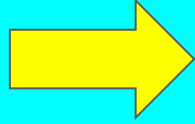




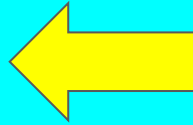
This is what will happen if we keep throwing away this much plastic.



This is a seal that got
a plastic ring around
his neck.



This is a turtle that got a 6 pack
ring stuck on its shell.



This video will show
you how much plastic
is on the Earth.

A portrait of actor Jeff Bridges. He has long, wavy grey hair and a full grey beard. He is wearing a dark blue button-down shirt. The background is dark and textured. The lighting is soft, coming from the front and slightly to the side.

JEFF BRIDGES
ACTOR

A portrait of actor Jeff Bridges. He has long, wavy grey hair and a full grey beard. He is wearing a dark blue button-down shirt. The background is dark and textured. The lighting is soft, coming from the front and slightly to the side.

JEFF BRIDGES
ACTOR

Say no to plastic!



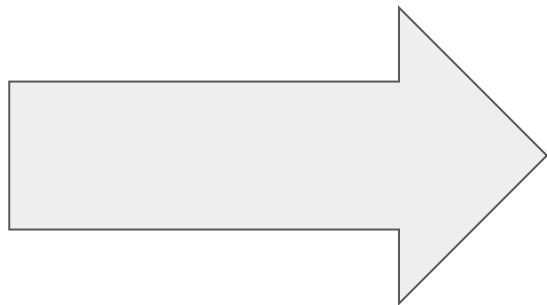
We want you to
conserve
plastic.



Plastic Utensils Problems

We have a problem.
Our school is using too
much plastic. Did you
know that we use 67
spoons, forks, and
knives a week at
school? That could kill
about 3,484 animals a
year.





Use metal not plastic utensils!!!



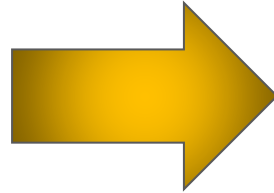
This is a beach in Virginia.



People that use plastic utensils kill animals.



Please use less plastic!

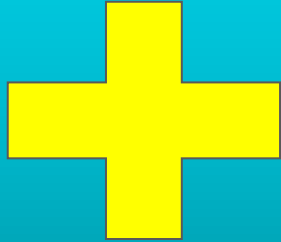


Skip a straw and save a life!

This is What Will Happen if We Keep Using Straws



Stop doing this to the environment!

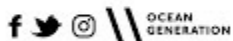


Seagulls die because of plastic straws

'TIS THE SEASON TO BE STRAWLESS

SAY NO TO PLASTIC STRAWS

Join the collective oceangeneration.org



@UNOPS

Thank you for hearing our message

Researched and created by
the Hebrew Academy of Tidewater Fourth Grade:

Asher Avi Eden Elijah Shayna Mo Simmy
and Ms. Wisoker Conley

You, too, can be שומרי אדמה

Say NO to plastic cups, straws, and utensils!