



JANUSZ KORCZAK ASSOCIATION OF THE USA

Upstate New York
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Hello Everybody,

We all get a lot of emails and sometimes, there is no time to read all of them. On one snowy night, I was cleaning my emails and realized that I never opened the one from Israeli Korczak Institute. I took some time and started reading. Their [October 2024 issue](#) deals with the war traumas, how people (young and old) cope and how they are of service to each other. The newsletter has beautiful poems, pictures, articles and reflections on Korczak. I highly recommend that you take the time and read it. There are many places where I stopped and said to myself: yes, that is a great idea, I will use it in my work. My country is not in a state of physical war but we are in a war with each other. So many strong opinions, so many untruths, such powerful statements without concerns for the wellbeing of the other. We can all use help in dealing with everyday difficult realities.

So here are a few articles with page references that I found helpful and some powerful quotes:

Coping during wartime A conversation with Haim Feingold, clinical psychologist, page 15

“The war brings up all the demons and all the spirits, all the evil. You have to think outside the box. In the end, why did Janusz Korczak go with his apprentices? Because in the end you can't give up your values. You can't do something all your life and on the last day say - oh, it doesn't suit me. It doesn't work that way.”

The Salutogenic Approach, from a booklet from Israeli Ministry of Elementary Education, page 13

Developed by Professor Aharon Antonovsky, Salutogenics focuses on promoting health by identifying internal and external forces that allow a person to deal with challenging situations. “In war situations, the application of the Salutogenic approach focuses on strengthening mental resilience and inner strength to deal with pressures and trauma. The approach helps people, especially children and teenagers, to see the complex reality as understandable, manageable and meaningful. Instead of focusing on trauma and fears, it aims to strengthen healthy forces, increase a sense of control, and find meaning in difficult situations. In this way, the negative effects of the war can be reduced and help preserve mental health”.

In preparation for the opening of the exhibition at the art workshop in Yavne, page 16 and **Art and continuity in the Upper Galilee**, page 23

Both articles describe firsthand reflections of two artists, sculpturer Orna Ben Ami and ceramicist Yaara Rabinovich about their dealing with the challenges of creating art during the time of war.

Bets – confronting oneself, In: Janusz Korczak, *The Tortured Jew*, by Yerachmiel Weingarten, page 24

Beautiful reminder of difficulties in dealing with one's weaknesses and the help Pan Doctor offered his children.

And no one talked to me, Dr. Shabtai Dover's personal story, page 9 describes how difficult it is for children in a hospital setting and how important it is for them to be able to participate in the decision process that affects them.

And I will end with:

Memories of the previous war, by Janusz Korczak, from *the Religion of the Child*, page 28

Thank you, Israeli Korczak Institute for your special issue. I plan to share this letter with the Korczak USA members and maybe other Board members will be willing to do the same.

May the New 2025 Year bring peace to all and may we be able to help children and adults everywhere to overcome their traumas.

For the Korczak USA,
Mariola Strahlberg

<http://korczakusa.com/>