



Pleasantviewer

A PUBLICATION OF *Pleasant View School* VOLUME 5 ISSUE 3

JANUARY–FEBRUARY 2008/DHUL-HIJJAH–MAHARAM 1429

From the Principal's Desk

Dear Parents/Guardians:

As-Salaamu Alaikum,

To reinforce Islamic values and morals and to create a learning community of caring adults and children, a modest though effective Character Education Program has been initiated this semester at PVS. Its main objective is to instill values such as respect, fairness and honesty in our children and to provide them with ample opportunities to practice these values through different activities school-wide. This program will be evident in all classes including the Child Care Center, insha'Allah. For that purpose, I have formed a committee of teachers to oversee the implementation of the program and to evaluate its outcomes over a reasonable period of time. The committee members are Razia Khan, Gyasi Mckinzie, Nargis Laily Uddin, Faten Hassouneh, Nura Elmagbari, and Wasima Hossain.

As with any educational program, parental support is crucial to its success and to attain desired results. Thus, I hope that you play a supportive role in reinforcing the values introduced. You will be receiving a brief update on the program every three weeks, insha'Allah, which will include the theme for that period and some of the major activities that will be incorporated in our programs and events.

For the coming three weeks, we will be talking about all aspects of "respect" and discussing it from an Islamic perspective. If you have any questions or need further information, please do not hesitate to contact me or any of the committee members.

Warmest Regards,

Wesam Salem



The Meaning of Respect

By: Mariam Salem

Every single one of us has heard the word *respect*, but do we really know what it means? *Respect* is something many people want, yet they are not sure how to gain or earn it. Every little bit of respect given, is appreciated. Unfortunately, many people do not truly understand the concept of respect. Ask any student "what is respect?" and they will reply "when you listen to your elders". But is that what it is? The dictionary defines *respect* as "esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability". In other words, they are saying respect is a quality someone has. So what does that mean? Is

respect learned or is it something we are born with? Even though the dictionary gives us a definition, it does not really explain it in terms we can understand. Therefore, I decided to investigate the term *respect* a little further. I found that it is a word that encompasses many meanings all of which center around a behavior which one exhibits that is pleasing to oneself and others and it is a behavior which does not cause harm to oneself or others. To better understand the word *respect*, one needs to break down the definition. For instance, one of the keywords in the meaning of *respect* is "others", meaning, treating people nicely, being helpful, listening to them, etc. Whether it is smiling at them and saying salaam

as they walk by or helping an elderly man carry his groceries, these are all examples of respect. Another keyword regarding respect is "property". By respecting one's property, you are respecting every single thing he/she owns. This can be something as simple as a book or as extravagant as an antique vase. The point is, regardless of the property value, we should treat it all as if it is priceless. Although there are thousands of key words when it comes to respect, there is one more keyword that must be discussed. It is "yourself". By respecting yourself, you automatically will be able to give and receive respect. How does one treat himself or herself with respect? This question is easy to

Special points of interest:

- Learn more about your teachers and students at PVS on page 2 through "Profiles of PVS"
- Help encourage PVS students by supporting their efforts to improve our school. See how you can help on page 3
- Check out who won this years PVS Spelling Bee on page 3
- Test your knowledge! Check out the fun and games contests on page 4
- Need advice? Check of what Dear Muslimah has to say on page 4.

Inside this issue:

What is Respect?	1
PVS Profiles: Teacher and Student Interviews	2
Kitchen Corner	3
SGA News and Events	3
Simply Sarah	3
Dear Muslimah	4
Colander of Events	4

Sleep? Who Needs It?

By: Selma Dedovic



"Come on, time to go to sleep." That's probably a phrase you hear from your mother or father almost every night. You sigh and continue doing what your doing, responding back to her, "Five more minutes." Have you ever really wondered why in the world they insist you get to sleep? Why do they keep telling you, sleep is essential? Well, let us admit it, they are actually right. Sleep is essential to every human being out there, especially us kids. No matter how much you disagree, huff and puff, we all need our sleep. Do you ever wake up in the morning,

hitting your snooze button on that annoying ringing clock? Getting up, rubbing your eyes, dragging yourself to the bathroom, and brushing your teeth with your eyes half open. You know, if you went to sleep on time, that wouldn't happen. You would find it a lot easier to get up in the morning, to concentrate in school, and get all your work done a lot faster. Did you know that 75% of us, don't get the



Profiles of PVS:

By: Merisa Dedovic

Meet Mrs. Faten Hassouneh

The SGA decided that we really wanted to learn more about our Arabic teacher Mrs. Faten and through talking to her, got a glimpse of how busy the life of a dedicated teacher can be. To learn more about PVS's inspiring Arabic teacher, read on.

Mrs. Faten was born and raised in Amman Jordan. She pursued her education in Amman and completed her associate's degree in Business Administration in addition to completing two years of Tajwid (correct pronunciation of the Qur'an) courses from the Awqaf ministry in Jordan.



Currently, Mrs. Faten is working towards her BA degree in Arabic and Islamic Studies from the American Open University with the support of her beautiful family, her husband, Mr. Adel Hassouneh, her son Albara and her daughter Tasneem. Mrs. Faten has over 12 years of teaching experience in both the private and classroom setting and has been with PVS for the last three years. In her free time, although she admits she does not have much, Mrs. Faten enjoys searching for new ways of improving her teaching, researching different ways students learn, reading, writing short stories, and of course, spending time with her family. Mrs. Faten has also always been interested in understanding Fatwas, especially with regards to women and has long been an ambassador for women's rights and duties in Islam. Mrs. Faten loves teaching because, she feels, that a good teacher can shape and mold students for a better future and to face unknown problems in life. Through education, Mrs. Faten hopes to touch the hearts and the minds of the students. With regards to PVS, Mrs. Faten would love to see a stronger Islamic character within the student body, and more dedication and cooperation among teachers, administration and parents.

In the future, Mrs. Faten hopes to see a bigger school, up through the twelfth grade school, a more advanced science lab, and participation of the school in national contests.

Meet Anisa Dedovic

Anisa is currently in the 6th grade and is defiantly a person who loves life, her friends and family. We asked Anisa some questions to get to know her a little better and this is what she had to say.

1. Who is the biggest influence in your life thus far? Why?

Ans: My parents because they have taught me a lot and thanks to them I am who I am today.

2. So far what has been your favorite year in PVS? Why?

Ans: This year has been favorite because I've had a lot of fun and I've still been able to learn a lot.

3. What is your favorite hobby to do in your free time? Why?

Ans: I'm really into volleyball because it gets me energized.

4. How have you seen yourself change since last year?

Ans: I've seen myself excel a lot. I'm more involved with school this year thanks to all the new activities and new challenges this year has brought.

5. What's your favorite subject and why?

Ans: Math, because its challenging most of the time, and when I learn something new I feel proud of myself because I've accomplished something.

6. What do you want to be when you grow up?

Ans: I want to be a dentist because I enjoy helping others.



Respect: Continued from Pg. 1

answer but not always easy to apply. Respecting oneself, physically, mentally and spiritually, means that one must take care of his/her body by eating healthy and following a healthy lifestyle, one must take care of his/her mind by reading and seeking knowledge his/her entire life and spiritually by being constantly connected to Allah (SWT) through prayer, dua, and tasbeeh. Anyone who follows the words of Allah (SWT) and the teachings of Prophet Mohammed (PBUH) will have the perfect blueprint for how to respect oneself and others. The Prophet Mohammed

(PBUH) taught us all how to behave and treat others. If we follow his teachings we will never go wrong. Always stay confident in yourself and don't try to be a person that you aren't. Stand for what you believe in, but at the same time respect other's opinions. Respecting yourself is the most important, because if you don't respect yourself then you won't have the "quality" of respect in the first place.

Although this is an extremely brief and limited view regarding respect, it should get you thinking about it and how you can improve yourself and

others through the teachings of Islam. Practice respect in every way possible. At home, school, work, towards all of Allah's creations and most importantly, with yourself. Start with a simple "thank you" "please" "ma'am" "sir" and then take it to the next level. Help your mother, your father, the elderly, your teachers, and peers. Respect is only one word but its meaning is extremely rich and wide. If it is truly understood by all, this word would be a powerful tool to create a united community, insha'Allah.

Sleeping: Continued from Pg. 1

right amount of sleep we need everyday? Out of the eight hours we must get, most of us only get about 4-6 hours of sleep. Not enough sleep can also harm our health, as well as our bodies. Problems such as weight gain, high blood pressure, and a decrease in the immune system's power can occur, reports the **Harvard Women's Health Watch**. You probably wouldn't like that very much, would you? It's very safe to say, that sleep is way too important to shortchange. Here are the top six reasons why you should get enough sleep, according to the **Harvard Woman's Health Watch**.

1. Learning and memory: Sleep helps the brain commit new information to memory through a process called "memory consolidation". In studies, people who'd slept after learning a task did better on tests later.

2. Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.

3. Safety: Sleep debt contributes to a greater tendency to fall asleep during daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.

4. Mood: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.

5. Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress

hormone levels, and irregular heartbeat.

6. Disease: Sleep deprivation alters the function of immune system, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

There are many more reasons why we should get enough sleep, but these are the top six. So make sure the next time you huff and puff when your mother or father tells you to put on your pj's, think about what might happen if you don't get enough sleep. I guarantee you that you would change your mind. If you have any questions, just email the **Pleasantviewer**, and I will be happy to answer them. Thank you for taking time out to read this, and remember rest is the best.



Kitchen Corner

By: Maryam Owens



Cinnamon

More Than Just A Spice

Cinnamon is a very common spice to everyone, that originated from Sri Lanka, true cinnamon dates back in Chinese writings to 2800 b.c. While many of our common spices are derived from the seeds, leaves, and flowers of plants, cinnamon is derived from the bark of the cinnamon tree. Once dried, the bark curls into the stiff, tubular sticks we're familiar with, called quills. While it's easy to find cinnamon sticks in stores, it's also very common to find ground cinnamon, which has all the same properties as cinnamon sticks, but won't last for quite as long in your pantry.

Did you know that cinnamon also has medicinal purposes as well, the most famous of which is that it decreases blood glucose levels by increasing glucose metabolism in fat cells. This is good news for diabetics who are on restricted diets and cannot find much flavor in their foods. In addition, cinnamon is a common ingredient in folk remedies for colds, nausea and vomiting. It has also been shown to be carminative (releasing gas in the stomach and intestines), and so is useful for settling an upset stomach and for alleviating diarrhea. Cinnamon contains several essential nutrients, including manganese, iron, and calcium. Cinnamon also contains dietary fiber, which helps maintain gastrointestinal health and control cholesterol. One thing that should be noted is that the variety of cinnamon available for home use is actually derived from cassia bark. It is a related species to true cinnamon and is said to produce similar effects. There are thousands of ways that cinnamon can be used in the home but of course the best way is in our food. Try this great recipe for spice cake. This is delicious with a tall glass of milk or warm cup of tea. Enjoy!

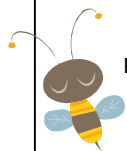
- 2 1/3 cups sifted cake flour
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon baking soda
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground cloves
 - 1/2 teaspoon salt
 - 12 tablespoons butter
 - 2/3 cup clover honey
 - 1/2 cup sugar
 - 3 egg yolks
 - 3/4 cup plus 2 tablespoons sour cream
 - 4 egg whites
 - Honey Whipped Cream, recipe follows
 - Mint, and Powdered sugar, for garnish
- Preheat oven to 350 degrees F.

Grease and sugar one 9-inch tube pan. Shake pan to remove excess sugar. Sift dry ingredients together twice. In a large bowl beat butter until creamy. Gradually add honey and 1/4 cup sugar and beat on high speed until well mixed, for 2 to 4 minutes. Beat egg yolks in 1 at a time. Reduce speed to low and add the flour mixture in 3 parts, alternating with the sour cream in 2 parts. Beat until smooth, scraping down sides of bowl as necessary. In another large bowl beat egg whites until soft peaks form. Gradually add remaining 1/4 cup sugar, beating on high speed, until stiff. Gently fold egg whites into batter. Pour into pan and bake until tester comes out clean, about 40 to 45 minutes. Let cool in the pan on a rack for 10 minutes and then invert onto the rack and allow to cool completely. Serve topped with whipped cream and garnished with mint and powdered sugar.

Honey Whipped Cream:

- 2 cups heavy cream and 2 tablespoons tupelo honey

Whip ingredients with hand-held or stand mixer until thick and spread onto cake. Yum Yum Yum



Congratulations!!! Mariam Salem

Pleasant View School's 2007-2008 Spelling Bee Winner. Mariam Salem will be representing PVS at the Memphis city competition.

Good Luck Mariam

SGA Events and News

Come showcase your merchandise at the PVS Bazaar February 25th in the PVS Gym. Space is limited and booths will be rented on a first-come first-serve basis. For more information please contact the Student Government Association at SGA@pleasantviewschool.com or visit our link at www.pleasantviewschool.com

Advertise in the PVS Yearbook and get your company name out to hundreds of homes. For more information contact the PVS office at (901) 380-0122

Pre-order your Yearbook today and receive a special discounted price!!!!

Simply Sarah

by: Jameelah Wright © 2008





DEAR MUSLIMAH.....

I want to spend the night at my friend's house and my mom says yes but my dad says no. What should I do to make my dad say yes?

Sleepless in Memphis

Dear Sleepless,

We all have been there. One parent says yes and the other says no, what to do? Although this is a difficult situation it is of utmost importance that you understand that it is not about how to make your dad say yes, it is about understanding why your dad said no. Your dad is just being protective. You are his daughter and he wants to protect you in any way possible. Your parents always want what is best for you and even if your mother said yes, if your father says no, both you and your mother should respect his decision. That should not stop you from asking him why he does not want you to go. He should be able to give you a reason, but ultimately, he is looking out for you.

Remember, just because you know your friend and her/his family does not mean that your parents do. For all they know, your friend could have an ex-con cousin living in the house that nobody was aware of. Unfortunately, many things can happen at a sleepover that may hurt a child and the only person that can be blamed in the end are the parents. You are your parents responsibility and your mother may not see what your father sees.

Another thing is that many times parents disagree about things, especially when it comes to rearing young. My best advice for you would be to talk to both of your parents together (rather than separately which may pit them against each other) and if you want your dad to allow you to go, I think that you should talk it over with him, see his point of view and tell him how you feel. Perhaps he may agree to meet the family or get to know them a little before he allows you to go. You might not like what he tells you, but your parents only want what's best for you which is why I think you should respect your parents decision and even though you may not understand why he did not let you go, I am sure one day you will. May Allah help you understand and keep you safe from harm.

Until next time,

-Muslimah

Dear Muslimah tries to give Islamic and real-world advice to young people looking for guidance. All names are kept strictly confidential. If you need advice please send your questions to:

dearmuslimah@pleasantviewschool.com

J	U	M	P	I	N	G	J	A	C	K	S	K	G	P
I	S	M	A	E	E	L	H	D	S	J	L	I	S	I
F	R	D	A	T	V	S	Y	K	Y	L	E	N	W	L
A	S	M	D	F	G	T	H	J	T	L	E	D	J	G
Z	S	X	C	V	B	N	C	M	E	H	P	N	K	R
I	Q	A	M	A	G	H	J	E	I	K	Y	E	F	I
S	L	Z	Y	Y	T	I	R	U	P	X	C	S	T	M
H	B	E	C	I	F	I	R	C	A	S	V	S	Z	A
A	Y	E	L	L	O	W	R	E	D	N	E	P	X	G
G	R	E	E	N	B	L	U	E	P	P	I	R	N	E
R	G	H	A	J	J	I	H	L	U	H	D	S	R	W
A	E	H	S	O	F	A	J	R	R	Z	A	O	L	Q
I	N	B	U	B	G	K	Y	N	I	V	L	I	T	W
N	E	O	Z	H	X	Y	S	X	T	R	A	U	G	M
B	R	R	M	N	A	S	H	N	Y	N	D	Y	F	I
O	O	A	O	O	E	R	U	M	M	A	H	F	F	H
A	S	M	A	N	N	E	R	S	M	V	A	T	E	A
C	I	A	I	O	P	M	U	K	O	J	R	M	A	R
C	T	D	R	B	N	A	Q	M	D	I	Q	W	T	B
E	Y	A	H	J	K	S	K	A	S	Z	F	X	H	I
M	H	N	U	I	I	A	Q	W	I	R	T	T	A	L
M	A	G	H	R	I	B	J	E	W	Q	A	X	N	M

Manners	Ibrahim	Pilgrimage
Athan	Iqama	Purity
Wisdom	Isha	Ram
Generosity	Ismaeel	Ramadan
Dhul-Hijjah	Kindness	Respect
Eid Al Adha	Maghrib	Sacrifice
Fajr	Mecca	Shuruq
	Piety	



Calendar of Events

January 9-11

PVS Annual Science Fair

February 5

TCAP Writing Assessment
Grades 5-8th

February 15

End of 4th Reporting
Period

February 20

Report Cards Issued

February 25

Abbreviated Classes &
Parent-Teacher Confer-
ences.

PVS Art Fair and Bazaar

The
Pleasantviewer

Address comments to:
SGA@pleasantviewschool.com

PVS Contests: Answer the following questions per your age group and win a prize! Please submit all answers via e-mail to: SGA@pleasantviewschool.com by Feb. 1.

Winners will be chosen at random from the entries with the correct answers.

Grade PreK-2: How many prayers are we required to pray each day and in which direction do we pray?

Grade 3-5: During what month was the Qur'an revealed to the Prophet Mohammed (PBUH)

Grade 6-8: Which Prophet died between the heavens and the earth while riding on the back of an angel. (He has two possible names)

Adult Group: Parents, Community Members and Teachers: (3 questions)

1. Which of the Prophets wives was married to the Prophet by Allah (SWT)?
2. Who was the first companion of the Prophet to raise his sword for Islam?
3. What is the name of the woman who complained to the Prophet Mohammed about her husband, and Allah (SWT) heard her complaint after which he sent down surah Al-Mujadilah.

Last Issue's Winners: PreK-2: Awad Mohammad (2nd Grade). Gr. 3-5: Abed Nahhas (4th Grade). Gr.6-8: Enaas Rashdan (6th Grade), Adult Group: Mr. Adel Hassouneh (Community Member)

For previous questions and answers please visit the SGA page at www.pleasantviewschool.com