



Pleasantviewer

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August - September 2008/Shah'ban - Ramadan 1429

From the Principal's Desk

Dear Parent/Guardian:
As-Salaamu Alaikum,

This year is off to a great start, Alhamdulillah!! We have achieved several milestones towards our goal of excellence in education with Islam. Our dedicated faculty and motivated students have accepted the challenges of advancing the curriculum across grade levels. Additionally, the state of the art upgrades in our science and computer labs will provide students with better clinical learning opportunities, insha'Allah. Your steadfast support and commitment continues to make these projects possible-Jazakum Allahu Khairan.



Despite our limited financial and human resources, PVS students continue to distinguish themselves in math and science among TN schools. Please refer to the TCAP scores posted on the bulletin board in the main hallway.

Lastly, as you know, I will take family leave immediately after the Eid break and will return, insha'Allah, on January 5, 2009. Therefore, Ms. Razia Khan, the Assistant Principal will be acting in my stead. Keep me in your prayers and I look forward to seeing you again at the beginning of the second semester, insha'Allah.

Warmest regards,
Wesam Salem

The Holy Month of Ramadan!!! By Anisa Dedovic and Rand Alqirem

The time has come for us to fast in this very special month. Although it can be difficult, especially in the Memphis heat, fasting is meant to teach us Muslims patience and humility. The more we struggle, the more a'jur (blessings) we receive from Allah (SWT). Ramadan is the time for us to fast for the sake of Allah (SWT) and offer even more prayers than usual. The Month of Ramadan is the blessed month when the Holy Qur'an "was revealed to the

Prophet Mohammed (pbuh). It was sent down from heaven as a guidance for humanity, a declaration of direction and a means of salvation". In Ramadan Muslims ask forgiveness for past sins, pray for guidance in the future, ask for help to refrain from everyday evils and try to purify themselves through self-restraint and good deeds. We should all try to fast for Ramadan, try to be kind to others and give charity as much as possible.

Following the month of Ramadan we celebrate the Eid holiday. We as Muslims only have two holidays so it is vital that we make a big deal out of this special day, especially for our children. During Eid there is a special prayer. Eid is the perfect day to spend with loved ones. May Allah bless you and your family during this holy month.

Special points of interest:

- Find out more about Ramadan and Eid activities at PVS
- Do you know what shots your kids should have by now? Read medical corner to find out if your kids are up to date on their shots.
- Learn more about your PVS teachers and students on page 2 through "Profiles of PVS"
- Learn More about the spice Chili in Kitchen Corner on page 3
- Need advice? Check of what Dear Muslimah has to say on page 4.

PVS Board and Student Governments Elections are held By: Sarah Aldosh

This year's elections for PVS board members and PVS Student Government took place during the same week of school. The candidates from both sides worked hard to campaign and share their ideas about how to make the school a better place for all of us. This year there were three 3-year positions and two 1-year parent positions available. Board members had a chance to speak at *Meet the Candidates Night* at PVS. All of the candidates who attended

were very impressive. Board elections were held on Friday September 5 and Saturday September 6, 2008 at PVS. Many parents and community members showed up to cast their votes in another successful election year. Both familiar faces and new additions will be included in this year's board. Insha'Allah the newly elected board member will have a positive impact on the school, as we know they will Insha'Allah.

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Medical Corner: Are Your Kids Up To Date With Their Shots?

By Ghalib Mannan, MD

The vaccination of kids nowadays has become very complicated. There are so many vaccines given to infants and children it is hard to keep up with them. It also results in a greater chance of missing some important vaccines that can protect your child from serious and sometimes life threatening infections. Although it can be traumatic, both for infant and mother, to have to go through multiple needle sticks, it is very important to make sure your doctor is giving the recommended vac-

cines for your child. Older children in particular can easily get lost with follow-ups and may miss the vaccines recommended for their age. For health care professionals who want more details on each vaccine they may go to www.immunize.org. For parents, see page three for a summary of all the important vaccines that are currently recommended and given to infants and children. If you have any questions with regards to shots for school purposes, contact the PVS office at any time. Continued on Pg. 3

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Profiles of PVS:

By: Shaquil Muhammad

Meet Ms. Tasha Muhaimin

Ms. Tasha is the 2nd grade teacher at PVS. She is happily married and has three beautiful children - Khalid, Zaynah and Bilal, who all attend the school. Ms. Tasha is a Memphis native who graduated from the University of Memphis in 2000. She loves to sew, cross-stitch, cook and do crossword puzzles. I sat down with Ms. Tasha and could clearly see why this hard working teacher loves what she does.



What is your biggest challenge as a teacher? Making sure that every single student comprehends what I want them to learn. Having such a large class size makes this difficult at times but I have a great group of kids and they make my job less stressful.

What is your favorite subject to teach and why? I have two, math and science. These have been my favorite subjects to learn and teach because both of these subjects are part of their everyday lives and seeing the kids make connections between learning and real life is very awe-inspiring to me.

How long have you been here at PVS and what did you teach? I have been at PVS for over 4 years. I began teaching in Kindergarten during the 2006-2007 school year and took over second grade last year.

Why is it important to you to be teaching in the lower grades? I firmly believe that the foundation of a good academic career begins in the early stages of school. Without a good understanding of basic skills, that must be mastered early in order to move on in one's education, student's will struggle once they hit the higher grades. I am willing to do whatever it takes to make sure that my kids get the necessary skills they need to be successful in school.

Meet Shifa Muhammad

Shifa is a candy loving, sport fanatic in the first grade. He has lots of energy and is very enthusiastic about school. I sat down with Shifa, who by the way is the youngest member of the Student Government Association, and asked him several questions about himself and I learned things about Shifa that I never knew. Read on to find out about this pint sized dynamo.



What is your favorite color? Red

Do you like school and what is your favorite subject? Yes I really like school, especially math, PE and recess.

What do you do in your free time? I love to play outside with my sister Surah.

What is your favorite food? I love corn and candy of course

What is your favorite TV show? Power Rangers

What is your favorite animal? I like rabbits because they are playful, soft and fast.

Are you part of any sports team? Yes, I play soccer.

What do you hope to do in the SGA this year? I want to help make the school better and when I grow up I want to be a doctor.



Medical Corner: Shots Continued From Page 1, Summary of Vaccines

Vaccine Name	Schedule-age (months /years)	Catch up vaccine if missed	Do <u>not</u> give if :
Chicken pox (varicella) vaccine	1 st dose 12-15m 2 nd dose 4-6yrs	Any age –give dose 1 & 2 at least 3 months apart	1)previous allergy to it 2) during pregnancy 3) HIV, cancer or on high dose steroids
Measles, Mumps, Rubella (MMR)	1 st dose 12-15m 2 nd dose 4-6yrs	Give doses at least 4 weeks apart	1)previous allergy 2) pregnancy 3)HIV, cancer, on steroids
Influenza	All persons age 6 months or older		Allergy to eggs
Rota virus - (virus causes severe diarrhea in infants)	3 doses – at 2m, 4m, 6m	Don't initiate for infants older than 12 weeks	Previous allergy to vaccine
Diphtheria, tetanus, pertussis (whooping cough)	2m, 4m, 6m, 15-18m, 4-6yrs. 1 dose 11-12yrs.	If never given, 3 doses	Previous allergy to vaccine
Polio (disease causes paralysis)	2m, 4m, 6-18m,4-6yrs		Previous allergy
Human papilloma virus (HPV) –vaccine prevents cervical cancer	Girls 11-12yrs – 3 doses given		Allergy to vaccine
Hepatitis B vaccine	All kids 0-18 yrs	Any age	Past allergy
Hib (Haemophilus influenzae) – causes meningitis / pneumonia	2m, 4m, 6m, 12-15m (booster)	1 dose below 5 yrs	Past allergy
Pneumonia vaccine	2m, 4m, 6m, 12-15m	Give make up doses	Past allergy
Hepatitis A	2 doses 12-23m		Past allergy
Meningococcal (causes meningitis)	1 dose 11- 18yrs		Past allergy

Writers Workshop

Written Works by PVS Students

The Pink Flowered Tree

By: Lujain Ahmad Albitawi (7th Grade)

When I look outside my window - There is a pink flowered tree
 When the wind blows through the field - The flowers go along and be free
 When it is very sunny and hot - The tree shades me
 As I walk around the field - There's something that stands out
 It's that pink flowered tree - Standing there about
 So unique , standing tall - branches grown so stout
 Every branch and twig - with its own specific route
 That pink flowered tree - is the only one there
 It is gorgeous and it is pink, but in that field it stays rare
 For all the other trees have white flowers but yet are so bare
 And so there it stays in the sun and in the water's care
 The pink flowered tree has always been in my heart
 and its gorgeous unique blooming pink flowers
 are a special work of art..... to love and never part...



Ramadan is Coming: By Nemet Selman (5th Grade)

Ramadan Ramadan, where were you? We missed you!
 We are ready to fast when the days go fast.
 I hope my family reminds me to wake up for suhur so I won't break my fast.
 Ramadan Ramadan, we don't want you to leave but I cannot wait until Eid.

Ramadan: By Tehseen Khan (5th Grade)

The holy month of Ramadan for all Muslims has finally begun.
 We praise Allah, everyday from morning to evening we fast and pray.
 In the evening we break our fast, finally
 We go to the Masjid and pray Taraweeh
 By the end of Ramadan fasting is done
 It's time for Eid and we'll have lots of fun.



Kitchen Corner: By Maryam Owens

Chili: Hot and spicy flavors for the kitchen

Since its earliest discovery, chili powder has become a basic ingredient in Indian cooking. Not only does chili powder add flavor to food, but like many other spices, has many beneficial properties, making it an important part of medicine. It has been found to fight many diseases, destroy harmful toxins and stimulate gastric juices that help in digesting food. It also helps in clearing nasal congestion, relieves throat infection, and acts as a painkiller in muscle spasms. There are two main types of chili, Indian and Mexican, which are completely different from each other. Mexican chili powders are mixtures of spices such as dried ground chili, cumin, garlic, and oregano. This spice is included in many different forms of Mexican cuisine. Indian chili powder used in South Asian countries, such as India, is made by drying and grinding the red chili to give a highly pungent red powder. The pungency in the chili powder varies according to the chili used. Generally, in India, small amounts of oil are added to the chili powder. This will help the chili powder to retain its red color which will not fade away with time. The differences between the two types of chili are interesting but not surprising considering the differences between the two cultures. There is a lot more great information on the internet about chili which you should check out. Here is a great recipe you can try using chili.

Vegetable and Bean Chili

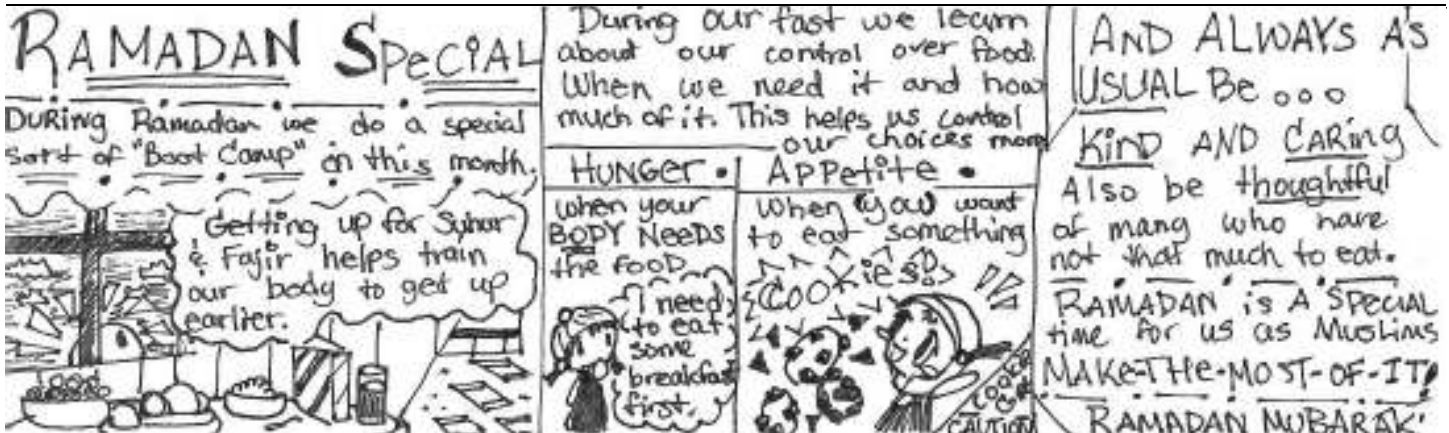
- 2 large onions (1 pound), coarsely chopped
- 1 green bell pepper, cut into 1/2-inch pieces
- 3 large garlic cloves, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1 (28 ounce) can whole tomatoes, coarsely chopped, with juice
- 2 zucchini, cut into 1/2-inch cubes
- 2 (15-ounce) cans navy beans, rinsed
- 3 tablespoons chopped fresh cilantro



Sauté onions, bell pepper, garlic, and jalapeno in oil in a 4-quart heavy pot over moderately high heat, stirring, until softened, about 5 minutes. Add chili powder, cumin, and salt and cook, stirring, 1 minute. Add tomatoes with juice and zucchini and simmer, partially covered, stirring occasionally, 15 minutes. Stir in beans and simmer, stirring occasionally, 5 minutes. Stir in cilantro.

Simply Sarah

by: Jameelah Wright © 2008





Although I received this letter last year and replied directly to the author, I thought it would be relevant to share my response with you given that we are currently in Ramadan.



DEAR MUSLIMAH.....

I am having trouble this Ramadan with fasting and school. My mom is making me fast but I cannot do it. I want to fast and I am trying but it is really hard especially with PE. What should I do?

Hungry, Memphis TN

Dear Hungry,

First and foremost I want to commend you for wanting and trying to fast while you are at school. Although you do not mention your age, it is important to understand that depending on your age, fasting may not be compulsory for you. If you are under the age in which you are not required to fast, and you are trying to fast that is wonderful but, if for example, you are in the first grade you should not push yourself too soon. I am sure that your mother is trying to prepare you for when you are required to fast so when it is compulsory, you will not have trouble with it Insha'Allah. If you are required to fast (you have already hit puberty) then of course you must fast and if you do miss a day or more, for whatever reason, you must make it up at a later time. Considering that fasting is one of the five pillars of Islam, it is a very important part of our religion. Your mother obviously wants what is best for you but make sure and talk to her to let her know how you feel.

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

Elections Continued from Pg. 1

SGA elections were held on Friday September 5 for class representatives, and Monday September 8 for SGA Officers. The officer candidates took part in question/answer forums as well as gave speeches about why each should represent the student body of PVS. The candidates hung posters and campaigned really hard. The results were announced on Tuesday September 9 and all of the students who were running were scared, nervous and ready to find out who won. This years election results were very close showing that everyone's hard work during the campaigning period paid off. So who won you ask? To find out, look below. Jazakum Allah Khair to everyone who participated.

Board Members

- Asif Ahmed (3 year term)
- Alim Khandekar (3 year term)
- Muhammad Iqbal Shafi (3 year term)
- Imad Abdullah (1 year term)
- Asif Raza (1 year term)

Class Representatives:

- Shifa Muhammad - 1st Grade
- Khalid Muhaimin - 2nd Grade
- Hira Asim - 3rd Grade
- Aseel Alqirem - 4th Grade
- Tehseen Khan - 5th Grade

SGA Officers

- Anisa Dedovic - President
- Rand Alqirem - Vice President
- Maryam Owens - Secretary
- Shaqul Muhammad - Treasurer



ISLAM, MOHAMMAD, RASUL, ALLAH, KHALIFA, HEAVEN, PEACE, MECCA, MEDINA, HAJJ, RAMADAN, FORGIVENESS, SALAT, TARAWEEH, DUA, EID ALADHA, EID ALFATAR, REPENTANCE, MERCY, LOVE

Calendar of Events

September 17

Report Cards Issued

Sep 30 - Oct 2

Eid-El-Fitr Holiday

September 21

PVS Fundraiser Dinner

October 10

PVS Eid Carnival

The

Pleasantviewer

ADDRESS COMMENTS TO:

SGA@pleasantviewschool.com



Sports Beat: By Fathima Darboe

The PVS Panthers are back and heated up for another year of fantastic sports competition. Both the soccer and volleyball teams have already begun playing games. On Saturday September 6 the U8 soccer team played their first soccer game and won 7 to 1. The soccer teams also played a tournament on Saturday and won all of their games but one. In addition to the soccer team, the girls Volleyball also played a tournament at St. Georges school in Collierville. The competition was tough and the girls played their hearts out winning 2 rounds and losing 3. All of the games were really close.

During all of the practices PVS athletes work hard and push themselves to become champions, even during Ramadan! Special thanks goes to Br. Ibrahim Bell for coaching our team players, organizing the teams and for his undying efforts for the kids in this school. You can show your support by buying the sports fundraiser lunches. If you would like more information about the PVS sports program contact the main office. Lets hope for another successful year Insha'Allah.

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 October 1st, 2008. Winners will be chosen at random from the entries with the correct answers.

Pre-K-2: In what month was the Quran revealed to the prophet Mohammad (PBUH)

3rd-5th Grade: Who are the ten companions of the Prophet Mohammed who were promised heaven?

6-8th Grade: Which of the Prophet's wives was Coptic?

Adult Group: 1. Who killed the Prophet's uncle Hamza? 2. Which wife of the Prophet gave birth to his son Ibrahim, 3. During what day of Ramadan was the battle of Badr fought?

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