



# Pleasantviewer

Pleasant View School 1888 N. Bartlett Rd Memphis, TN 38134

## From the Principal's Desk

*Wesam Salem*



Dear Parents:  
As-Salaamu Alaikum,

We are almost half way through the second semester of this academic year. As the next few weeks unfold, we look forward to your participation in the upcoming events and your continued support as we celebrate our achievements.

- Pleasant View School will host a viewing of the must see documentary, "**Race to Nowhere**", **Sunday January 22 at 3:30pm at the University Center Theater 499 University Room 145, Memphis, Tennessee 38152**. The film will be followed by a panel discussion by educational leaders from local private and public schools as well as parents. Don't miss out on this opportunity and get your tickets today!
- Our Annual Science Fair will take place January 25-27, insha'Allah. We are looking forward to see our young scientists compete with their inquisitive projects.
- Our Panthers Basketball teams kicked off the season December 3, 2011. They will play against other school teams in the city. We wish them the best of luck. Go Panthers!
- Our students completed the second session of the Discovery Education Assessment on December 18, 2011. The assessment results will be utilized to direct class instruction and monitor intervention plans. The assessment results are posted on our website for your review. If you would like to obtain more detailed information on your child's performance, please contact his/her teacher.

Lastly, I would like to extend a warm welcome to our new Kindergarten Teacher, Ms. Raniyah Rahman who joined Pleasant View School On December 12, 2011. Welcome to PVS!

## Medical Corner: Are You Getting Enough Sleep?

*Ghalib Mannan, M.D.*

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The amount of sleep a person needs depends on many factors, including age. For example, in general, infants require about 16 hours a day, teenagers need about 9 hours on average and most adults need 7 to 8 hours a night for the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each day. Women in the first 3 months of pregnancy often need several more hours of sleep than usual. However, experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep.

### Sleep deprivation debits -

The amount of sleep a person needs also increases if he or she has been deprived of sleep in previous days. Getting too little sleep creates a "sleep debt," which is much like being overdrawn at a bank. Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need, while we may get used to a sleep-depriving schedule, our judgment, reaction time, and other functions are still impaired.

### Consequences of too little

sleep - Too little sleep may cause memory problems, depression, a weakening of your immune system, increasing your chance of becoming sick, and an increase in perception of pain

Dangers of sleep deprivation - Many studies make it clear that sleep deprivation is dangerous. Driver fatigue is responsible for an estimated 56,000 motor vehicle accidents and 1,500 deaths each year, according to the National Highway Traffic Safety Administration. Since drowsiness is the brain's last

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## PVS Close Up

*Ms. Raniyah Rahman*



Ms. Raniyah Rahman  
Kindergarten Teacher

I am delighted to be working at Pleasant View School as the new kindergarten reading and social studies teacher. I look forward to establishing a positive rapport with the teachers and staff. Firstly, I graduated from Hutchinson High School, class of 99. From there I went on to the University of Tennessee where I received my Bachelors degree in Political Science. I joined Christian Brothers and received my Master of Arts in Elementary Education. I taught in the Memphis City School system and I enjoyed my experi-

ence as a kindergarten teacher. I believe every child is entitled to an optimal learning environment that challenges and promotes his or her needs. In hopes of providing a holistic, hands on approach, where the child utilizes, applies and makes connections, we can see the children growing to become independent learners and thinkers. I feel education should make us life-long learners who continue to learn when we leave the classroom. It is our duty, as educators, to raise the capabilities of the student. Everyone

grasp information differently and it does make one less or greater than someone else. To gain confidence and feel successful in one's learning a teacher must initiate a world of learning adventures and insight. I enjoy teaching and imparting knowledge. It makes me happy to see our children confident. Children have taught me patience, determination and will power. To see children never give up brings me hope and humility.

## Inspirations Unexpected

Morning assembly at Pleasant View School is an informative part of the day. It is a perfect time to remind the students of things that are important in life and the things that are not so important. We've learned that it is just as important to be silent than it is to talk. One day, all the students experienced being silent for one whole minute! It is a time where we get a physical awakening by a special message that may come from the assembly. In the month of

October we observed and practiced respect which was the theme of the month. We learned we should respect the greeting words of peace by returning the greetings when someone gives them to us and even return a better one.

We also learned that we should respect our teachers and that the teachers should respect the students, too. The morning assembly is full of wonderful surprises. We have

heard the Morning Song performed by the MCC Board of Directors as well as by the teachers. It was fun and it gave the children a chance to see those in authority singing with them the morning song.

It is worth being on time for the morning assembly because we can easily miss the tiny drops of valuable information that may water our souls.



## The Spirit of Hajj

The Eid Al Adha celebration this year was a inspiring and educational experience. We got into the spirit during Islamic Spirit Week by organizing activities associated with Hajj. These activities concluded with a Hajj Fair. A collaborative effort of teachers, parents, and board members delivered an outstanding Hajj fair we all enjoyed.

Age appropriate classroom assignments were set up to help the students memorize the prayers recited during Hajj. In the days leading up to this glorious event, the students watched a movie

about Hajj which was followed by dialogue with the students. The pilgrimage route was cleverly recreated by using the sports complex behind the school. Chairs were placed beside the soccer field for the students to receive a brief introduction before they started on the path.

There was a station for each ritual with a representative to tell the story about that site. To make sure that all the students were able to experience the journey, they had several cycles before ending activities for the

day. As we reflect back on the Fair, we too are preparing to make that pilgrimage to Mecca.

That pilgrimage that we must take once in our lifetime is a symbol of the journey where our mind, soul, spirit, our being and our essence are gathered seeking Allah's pleasure



## Sumdog Math Contest

Pleasant View School participated in the Sumdog's Tennessee Statewide Contest. This competition was over a period of ten days. Each daily winner gets a yenko 3D Shapes site license, worth \$330.00, and a certificate of merit. PVS ranked first for one day and ranked 3<sup>rd</sup> place in the competition. Zaid Al Yousef, sixth grade, ranked among the top ten. Congratulations to Zaid and all of the students who represented PVS. Sumdog is a math game website designed to help children practice mathematics in an enjoyable way. The games are free to use at home or at school. Each one covers 100 numeracy topics across 10 levels. Most games are multiple-players allowing children to play with other students around the state of TN. For more information on Sumdog and to view the full leader board please visit: [http://jupiter.sumdog.com/contests/tn\\_statewide/results](http://jupiter.sumdog.com/contests/tn_statewide/results).

## Important Dates

January 22-25 Tuesday-Friday  
Annual Science Fair  
February 20 Friday  
Parent-Teacher Conferences  
March 12-17 Monday-Friday  
Spring Break  
March 23 Friday  
End of the 3<sup>rd</sup> Reporting period  
March 27-30 Tuesday-Friday  
Annual Reading Fair

## Cleanliness

By: Deenat Yusuf, 3<sup>rd</sup> Grade

Clean here  
Clean here  
Cleanliness is very important in Islam  
So cleanliness starts with you  
Start cleaning your heart so you feel healthy and happy  
Clean your body and soul from head to toe  
Don't forge to clean your language , too  
Clean here  
Clean there

Clean your room  
Clean your bathroom  
Clean your house  
Clean your kitchen well  
So you can stay safe from germs  
Clean your front yard and backyard  
Keep the school and your community clean  
Keep the earth clean  
Please remember always to do your part  
Cleanliness could not be done alone

Cleanliness is not an option so start cleaning  
Make it shiny and new  
But most of all  
Allah likes people who are clean  
Don't think that your are not seen  
Cleanliness is great  
You should be clean when you eat  
And never leave your seat

## Medical Corner

Continued from page 1

step before falling asleep, driving while drowsy can lead to disaster. Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation.

The National Sleep Foundation says that if you have trouble keeping your eyes focused, can't stop yawning, can't remember driving the last few miles, you are probably too drowsy to drive safely.

**Insomnia** - Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with insomnia have one or more of the following symptoms: Difficulty falling asleep, waking up often during the night and having trouble going back to sleep, waking up too early in the morning, feeling tired upon

waking.

**Causes of acute insomnia** (lasts for 1 night to few weeks) include : significant life stresses (job loss , death of a loved one, divorce), illness, emotional or physical discomfort ,environmental factors like noise, light, or extreme temperatures (hot or cold) ,some medications ,interferences in normal sleep schedule (jet lag or switching from a day to night shift).

**Causes of chronic insomnia** (lasts more than a month) include: Depression and/or anxiety, chronic stress, pain or discomfort at night.

**Treatment for insomnia-** Acute insomnia may not require treatment. Mild insomnia often can be prevented or cured by practicing good sleep habits (see below). If your insomnia

makes it hard for you to function during the day because you are sleepy and tired, your health care provider may prescribe sleeping pills for a **limited time**. Treatment for chronic insomnia includes first treating any underlying conditions or health problems that are causing the insomnia. If insomnia continues, your health care provider may suggest behavioral therapy. Behavioral approaches help you to change behaviors that may worsen insomnia and to learn new behaviors to promote sleep. Techniques such as relaxation exercises, sleep restriction therapy, and reconditioning may be useful.

**Good sleep habits for beating insomnia (sleep hygiene)-**1) sleep at the **same time** each night and get up at the **same time** each morning. No naps during the day because naps may make you less sleepy at night. 2) Avoid caffeine

and nicotine late in the day. Caffeine and nicotine are stimulants and can keep you from falling asleep. 3) Get regular exercise, but not close to bedtime. 4) Don't eat a heavy meal late in the day. A light snack before bedtime, however, may help you sleep.5) Follow a routine to help you relax before sleep. Read a book or take a bath. 6) If you can't fall asleep and don't feel drowsy, get up and read or do something that is not overly stimulating until you feel sleepy. 7) If you find yourself lying awake worrying about things, try making a to-do list before you go to bed. This may help you to not focus on those worries overnight.

## Cleanliness (Tahara)

By: The Tarbiyah Committee

The Tarbiyah monthly value theme for January 2012 is Cleanliness (Tahara).

In Islam, cleanliness and purification are essential part of the faith. It is an important duty of a Muslim to learn to be pure morally, spiritually and physically by following the Qur'an and Sunnah. Allah (SWT) the Most High says in the Quran "For Allah (SWT) loves those who turn to Him constantly and He loves those who keep themselves pure and clean." (Al Baqarah : Verse 222). In addition, narrated by Abu Malik al-Ash'ari the Messenger of Allah (peace and blessings be upon him) said: cleanliness is half of faith and fill up what is between the heavens and the earth, and prayer is a light, and charity is proof (of one's faith) and endurance is a brightness and the Qur'an is a proof on your behalf or against you. (Sahih Muslim Book 2, No. 0432).

The Arabic term for cleanliness or purity is tahara. In Islam there are three kinds of cleanliness:

1. Purification from impurity (i.e. to attain purity or cleanliness, by taking a bath (ghusl) or performing ablution (wudoo) in states in which a bath or ablution is necessary or desirable according to Islamic Law).
2. To cleanse one's body, dress or place from an impurity of filth. There are three conditions that must be met in order for the salah (prayer) to be accepted. First, the body must be purified. In the Qur'an, Allah (SWT) the Most High says "O believers, when you establish salah wash your hands and faces (mouth and nose are inclusive) and your hands to the elbows, wipe your heads (ears are inclusive), and wash your feet to the ankles," (Al-Ma'idah: 6). The Prophet (peace and blessing be upon him) said, "when you stand for salah perfect your ablution," (Bukhari and Abu Dawud) . Second, the clothes cannot be contaminated with impurities. In Surah Al-Muddaththir (verse 4), it is stated " Purify your garments." One has to wear clean clothes to pray. Finally, the third condition that must be met for correct salah is that the place of prayer must be clean. It is prohibited to offer salah in graveyards, slaughterhouses, and public restrooms for example.
3. To remove the dirt or grime that collects in various parts of the body (such as cleaning the teeth and nostrils, the trimming of nails and the removing of armpit and pubic hair).

*It is important for parents to teach their children about cleanliness (as early as possible. Practicing proper hygiene such as hand washing and using water in the bathroom not only keeps a child healthy and clean but helps the child to prepare them spiritually.*

*We believe when parents teach their children how to take responsibility and the school reinforces the importance of cleanliness, the message will be more effective*

## Parent-Teacher Conferences

**FEBRUARY 20 from 5-8 pm**

The Parent-Teacher Conferences for this semester are scheduled on **February 20 from 5-8 pm.**

To avoid wait time and ensure productive meetings, kindly, contact your child's teacher/teachers to schedule the time that suits your schedule.

If you are unable to attend the Parent Teacher Conferences on February 20, we highly encourage you to schedule another date to meet with your child's teacher **after school** at your earliest convenience.

If you have any questions or need further information, please contact the school office.

### The Pleasantviewer



Address comments to:

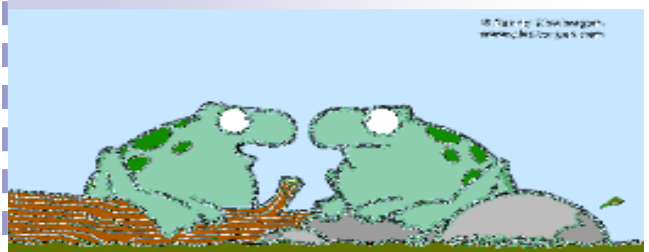
[tomiko@pleasantviewschool.com](mailto:tomiko@pleasantviewschool.com)

Read the Pleasantviewer online at  
[www.pleasantviewschool.com/newsletter.php](http://www.pleasantviewschool.com/newsletter.php)

## Honor Roll Breakfast

In recognition of the students who worked hard the 2nd reporting period, Pleasant View held its first Honor Roll Breakfast On Jan 19 for grades 3-7. Students partook of the delicious food and enjoyed the company of their fellow honorees. Dr. Ghalib Mannon was the guest speaker of the event He offered words of praise and encouraged the students to continue to study hard and to make good conduct marks. Having a high grade point average is key to getting into a good school and having a great career. The students had a lot of fun and they were excited to receive such a reward. The staff and teachers were very proud of these young people who scored at the top of their class. We know that it takes a lot of patience to stay on the path of excellence.

## School Phunnies



"Loudly aren't speaking. It's what's inside you that really matters. A history teacher told me that."