



PLEASANT VIEW SCHOOL
1888 N. BARTELTT RD
MEMPHIS, TN 38134

Pleasantviewer

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INSIDE THIS ISSUE:

Medical Corner: The Metabolic Syndrome	1
PVS Close Up: Ms. Barbara Dawson	2
Young Writers	2
Earth Day Qur'an Competition PTO Silent Auction	3
Calendar of Events	4
School Phunnies	

From the Principal's Desk:

By: Wesam Salem

Dear Parents:
As-Salaamu Alaikum,

I had the pleasure of meeting some of our parents during Coffee with the Principal meeting and PTO Breakfast. We had a very fruitful discussion session where many ideas and suggestions were presented to the school's administration. Main topics on the agenda as discussed:

- The inclusion of Islamic book titles in the Accelerated Reader Program.
- The acquisition of the Accelerated Math program-ALEKS. Teachers are undergoing program training to prepare for the 2010-2011 school year.
- The continued collaboration with other Islamic schools throughout the country via the Annual ISNA Education Forum.
- The appointment of Br. Gyasi Mckinzie as Director of the Arabic and Islamic Studies department for 2010-2011 academic year.

The Student Mosaic Art Project coordinated by our Art Teacher, Ms. Gulcan Dimitras

Aside from the wonderful PTO breakfast which we all enjoyed, we also had a productive discussion session where many ideas and suggestions were presented for future considerations.

I thank all parents' participation and invite those who were unable to join us to read the full meeting minutes posted on the school's website.

Warmest regards.

Medical Corner: The Metabolic Syndrome

By: Ghalib Mannan, M.D.

The metabolic syndrome, also known as insulin resistance syndrome, is a set of medical problems that when present **in combination**, increases the risk of heart disease, stroke and diabetes. The actual diagnosis of this syndrome is based on the presence of **any three or more** of the following physical and metabolic abnormalities:

1) **Abdominal obesity** (pot

belly) - a waist circumference of >40 inches in men or >35 inches in women,

2) **High blood triglyceride**

level (fat) of greater than 150 mg/dl,

3) **Low blood HDL** level (low density lipoprotein or "good cholesterol") - less than 40 mg/dl in men & less than 50 mg/dl in women,

4) **High blood pressure** - greater than 130 / 85 mm Hg,

5) Abnormally **high fasting blood glucose** (blood sugar) - greater than 100 mg/dl.

Risk factors : **Age** - The risk of metabolic syndrome increases with age, affecting less than 10 percent of people in their 20s and 40 percent of people in their 60s. However, warning signs of metabolic syndrome can appear in

Continued on page 3

PVS Close Up: Ms. Barbara Dawson

By: Noor Khatib



Q. Where are you from?

A. I am from Memphis, but I was born in Congo and spent most of my childhood in Africa. There I learned to be grateful for what I had and to share with the less fortunate.

Q. What College did you attend?

A. I graduated from the University of Tennessee at Martin with a Bachelor of Science degree in Elementary Education.

Q. What is your teaching experience prior to PVS?

A. I worked in rural Arkansas Schools. Then I went to Quito, Ecuador where I taught English as a Second Language. During that time, I visited Galapagos Islands and the Amazon rainforest. I learned to speak Spanish and met lots of interesting people. However, most of my teaching experience was teaching first grade in Memphis City Schools.

Q. Why did you become a teacher?

A. After exploring other career opportunities, I discovered where I was the happiest of all was in the classroom. I learned from my stu-

dents far more than they will ever learn from me.

Q. How do you describe your teaching experience at PVS?

A. I feel fortunate to teach at PVS. Faculty and parents are supportive and eager to help. My first grade students are very excited about learning when I go home in the evening, I have a great feeling of satisfaction.

Q. What is your favorite Sport?

A. If bird watching is a sport, I would say bird watching.

Graduation Ceremony-MAY 7

**You are cordially invited to our
Graduation Ceremony of
2010 class**

Friday, May 7, 2010

6:30-8:00 pm

at

**University of Memphis
Fogelman Executive Center**

330 Innovation Drive

Memphis, TN 38152

Professional Photographer will be on site

Field Day

Thursday April 29th

9:00am – 1:00pm

Food games, fun and more fun!!!

Adults: \$5.00 each

Grades 2 – 8: \$7.00

KG – 1 : 6:00

Daycare – Pre K: \$5.00

Payments and Sign up sheet must be received by

Tuesday April 27th.

Everyone is Welcome!

Young Writers —First Grade

If I Could Go Anywhere

By: Omar Al-yousef

If I could go anywhere on Saturday

I would go to Rocket station.

I would be famous

I would discover the moon.

I would put the flag on the moon.

When I come back to Earth,

I would be on the news.

I would be very famous;

Most of the people would like me.

My Favorite Animal

By: Waleed Iqbal

My favorite animal is a fast animal.

It can go 62 mph.

It is the fastest animal

It can escape from danger.

It is faster than fast.

It might catch you!!!

I like Weekends

By: Farris Abutineh

On weekends I like to watch a movie.

I stay up late.

I eat hot wings.

I like to eat Pizza.

I eat Ice cream, I eat Nachos.

I eat Hamburgers, I eat hotdogs.

I call my friend Adam;

He comes over, we play freeze tag

I watch TV. I play Roblox.

Samahir might come to my house for a party.

Sometimes my friends and family come to my house,

I play with my toys.

I play with my video games.

I pray with my family.

If I bring the gerbils home

My mom will think they are cute, and I will have a race with them.

Quran Competition 2010

Quran Competition for this year will be held April 26th-30th.

Students in grades Pre-K to 8 should memorize all required *Sur'ah* and be able to give the meaning of the *Sur'ah*'s name. Grades in Pre-K-2 should be able to tell the following stories:



- Abulahab and his wife (Al-Lahab)
- Al-Kawther's story (Al-Kuther)
- Abraha's story (Al-Fil)
- Greatness of Lailat-u- Al-Qadr (Al-Qadr)
- The first revelation to Rasulullah (s) (Al-Alaq)
- Aduha's story (Ad-Duha)

For complete list of required surahs per grade level, please check the school website.

Silent Auction

The PTO will hold a Silent Auction from Monday May 3rd– Thursday May 6th. Where parents may preview auctioned items and place their bids. All art projects and artifacts will be displayed in the school's hallway. At the end of each day, the highest bids will be announced on the school's website. The bidding process will end Thursday May 6th at 3:30pm. The final results will be posted online Friday May 7th.

Do not miss out on this opportunity. Capture this year's memories by placing the highest bids on your child's project.

All proceeds from the auction will go towards the PTO Landscaping Project.

For more information, please contact school office.

Earth Day Activities

Join PVS Students and Faculty
In

Earth Day Celebration

Thursday April 22, 2010

From

8:00 am—12:00pm

At

PVS Reading Garden

Bring your green thumb & tools

Refreshments will be served

For more information, contact school office



Test your knowledge

Answers for test your knowledge on page 4:

1. Khadijah
2. Aishah
3. Zainab bint Khuzaimah
4. Sawdah bint Zamm'ah
5. Zainab bint Jahsh
6. Aishah
7. juwairiyah
8. Khadijah
9. Maimoonah

Medical Corner

childhood.

Race-Hispanics and Asians seem to be at greater risk of metabolic syndrome than other races are.

Obesity- A body mass index (BMI) — a measure of your percentage of body fat based on height and weight — greater than 25 increases your risk of metabolic syndrome.

History of diabetes-You're more likely to have metabolic syndrome if you have a family history of type 2 diabetes or a history of diabetes during pregnancy (gestational diabetes).

Other diseases- A diagnosis of high blood pressure or cardiovascular dis-

ease also increases your risk of metabolic syndrome.

Tackling one of the risk factors of metabolic syndrome is tough — taking on all of them might seem overwhelming. But aggressive lifestyle changes and, in some cases, medication can improve all of the metabolic syndrome components.

Treatment :

Exercise - Doctors recommend getting 30 to 60 minutes of moderate intensity exercise, such as brisk walking, every day.

Lose weight - Losing as little as

5 to 10 percent of your body weight can reduce blood glucose levels and blood pressure and decrease your risk of diabetes.

Eat healthy- eat fiber-rich foods. Make sure you include whole grains, beans, fruits and vegetables in your grocery cart. These items are packed with dietary fiber, which can lower your insulin levels.

Stop smoking. Smoking cigarettes worsens the health consequences of metabolic syndrome. Talk to your doctor if you need help kicking the cigarette habit.

Continued from Page 1

Test your Knowledge!!!! Choice of: Faten Hassouneh

1. What was the name of the Mother of believers who offered Prophet Muhammad (SAW) her money to do her business?
2. What was the name of the Mother of believers with whom the Prophet (SAW) made running race twice?
3. What was the name of the Mother of believers who had died within two or three months after her marriage to the Prophet (SAW)?
4. What was the name of the Mother of believers who granted her turn to her co-wife Aishah?
5. What was the name of the Mother of believers who was skillful in leather work?
6. What was the name of the Mother of believers who had participated in the battle of Uhud?
7. About whom the Mother of believers Aishah said: " I did not see any woman who can cook more delicious food than her ?
8. What was the name of the Mother of believers who first embrace Islam?
9. What was the name of Mother of believers who was the aunt of Khalid bin Waleed (*Answers on*

Pleasant View School GRAND OPENING

Of PVS
SPORTS & RECREATIONAL FACILITIES
Sunday, May 16, 2010

10:00 a.m., Ribbon Cutting Ceremony
1888 N. Bartlett Rd.
Memphis, TN 38134

Other events and activities include:

- Soccer tournament
- Outdoor basketball tournament
- Tennis tournament
- Other festivities for the children

For more information, call PVS office at (901) 380-0122 or visit our website
www.pleasantviewschool.com

Calendar of Events

April 29

Field Day

May 7

Abbreviated Day & Graduation Day

May 14

Last day of Classes

May 16

Sports Facilities Grand Opening

May 19

Report Cards Issued/mailed

PTO Calendar of Events

April 17

International Food Festival

11:00am - 4:00pm

May 3- 6

Silent Auction



The Pleasantviewer

Address comments to:

office@pleasantviewschool.com

Read the Pleasantviewer online at

www.pleasantviewschool.com/newsletter.php



School Phunnies

