



# Pleasantviewer

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

## From the Principal's Desk



### Special points of interest:

- The Qur'an Hiz Program
- ALEKS-Accelerated Math Program
- Hadith Study
- Memphis Interfaith Food Drive
- Parent-Teacher Conferences

As-Salaamu Alaikum,  
As we conclude the first reporting period of another exciting year, I would like to thank all parents and community members for their continued support to PVS. Because of our collaborative efforts, PVS continues to move ahead, Alhamdulillah.

The steady progression of our programs is becoming more evident. I am so pleased to share a few highlights of such programs:

- In addition to Arabic, Qur'an and Islamic Studies instruction, our students are excelling in memorizing *Ahadith*. *Masha'Allah*, the majority of our students memorized eight *Ahadith* in both Arabic & English so far.

- PVS is implementing ALEKS (Assessment and Learning in Knowledge Spaces). It is a research based online Math program where students work through the course while being assessed periodically to ensure mastery of skills taught.

- Qur'an Hifz program began August 30 for grades K-8.

- Soccer season for the undefeated Panthers started on September 11.

- Students participated in the Memphis Interfaith Food Drive during the month of Ramadan as part of our community outreach effort.

- Girl Scouts, Reading

Club, and Math Club are becoming very popular after-school activities.

- The Discovery Education Predictive Assessment scores were posted on the website. Teachers reviewed these results and devised appropriate instructional strategies to meet students' needs, Insha'Allah.

Lastly, I would like to invite you to meet with your child's teachers Monday, October 11 from 6:00-8:00 pm during our Parent-Teacher Conferences. I look forward to seeing you there!

Warmest regards,  
Wesam Salem

## Medical Corner: Health Benefits Of Exercise

*Ghalib Mannan, M.D.*

Some exercise is better than none, more exercise is generally better than less, and no exercise can be disastrous. Here is a list of scientifically proven health benefits of regular exercise:

- **Longevity.** People who are physically active live longer. According to a 20-year-follow-up study, regular exercise reduces the risk of dying prematurely.
- **New brain cell development, improved cognition and memory.** Exercise stimulates the formation of new brain cells. Researchers have found that the areas of the brain that are stimulated

through exercise are responsible for memory and learning. For instance, older adults who engage in regular physical activity have better performances in tests implying decision-making process, memory and problem solving.

- **Exercise is a powerful antidepressant.** Study after study has shown that exercise promotes mental health and reduces symptoms of depression (due to release of endorphins in the brain). The antidepressant effect of regular physical exercise is comparable to potent antide-

pressant medicines like Zoloft. It may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve symptoms of depression.

- **Cardiovascular health.** Lack of physical activity is one of the major risk factors for cardiovascular disease. Regular exercising makes your heart stronger. A stronger heart can pump more blood with less effort. This effect can be seen in the hearts of professional athletes whose baseline pulse rates can be very low.

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## PVS Close Up

By: Lamis Hasan



Tracy Abdul Wakil  
English Teacher Grades  
7,8

Mrs. Tracy Abdul-Wakil graduated from Lo Moyne -Owen College with B.A. in English and completed her teacher certification program from the University of Memphis. She joined PVS this school year as the English Teacher for grades 7 & 8. I caught up with her for a brief interview:

**If you didn't become a teacher what would you be?**

If I didn't become a teacher, I would become a firefighter.

**Where would you like to live?**

I would like to live in Africa.

**What kind of car would you like to drive?**

I would like to drive an Audi 5 A5 Coupe.

**What is your favorite food?**

My favorite food is French Fries.

**What is your favorite season of the year?**

My favorite season of the year is spring.

**What was your job before being a teacher at Pleasant View School?**

Before teaching at Pleasant View School, I helped my husband with his business, Wakil Pro Image, specialized in business marketing and advertisement.

**Why did you start teaching?**

During my senior year in college, I was approached by the English Department Chair who asked me, "What was I going to do with a degree in English?" She made me think of what I could do if I be-

come an English teacher. So, I decided to seek a degree in the area of Education.

**What were you like when you were a little child?**

When I was a little girl, I was quiet, analytical, and some people may say mean :-). But, I can honestly say, when I was happy, I was very happy, and when I was sad, I was very sad.

**Do you know the whole Qur'an?**

If you are asking me if I am familiar with the Holy Qur'an, I would say yes.

If you are asking did I memorize the Holy Qur'an, I would say no.

## SGA Elections

## PTO Elections



The Student Government Association for 2010-2011 and Class Presidents:

**SGA Officers**

**President:** Fathima Darboe

**Vice-President:** Rasmia Abdelghani

**Secretary:** Aishah Darboe

**Treasurer:** Aseel Alqirem

**Class Presidents:**

KG I: Aryaan Ahmed

KGII: Tasneem Khatib

1st Grade: Zakariyah Hussain

2nd Grade: Khaled Alqirem

3rd Grade: Ahmed Abutineh

4th Grade: Abdullahi Yousouf.

5th Grade: Zaid Al-Yousef.

**Congratulations to all.**

Alhamdulillah, we had an impressive turnout for 2010-2011 PTO Elections. Many thanks to all PTO nominees for their interest in Pleasant View School PTO, and congratulations to Ms. Ozgenc Aktas, Mona Khan, Fatma Celikok, Farhana Chowdhury and Rukhsana Elahi for being elected as 2010 - 2011 PTO officers.

## PVS Panthers



Things are really heating up in the PVS Sports Department. Karate Program has officially started for the first time at PVS. Karate is a good exercise for building strong character, confidence and courage. The class is being taught by Br. Hussain Bah, 3rd Degree Black Belt. Enrollment is open for students, parents and teachers.

PVS Soccer Panthers are off to a great start. The U12 team, (**the 2008 & 2009 Bartlett League Champion**) led by Captain Zaid Al-Yousef is going for their 3rd championship. Also, U10 team led by Captain Marawan El-Dahan remain undefeated for the season. As for our youngest Panthers, U8 team led by Captain Khalid

Alqirem is holding up very strongly against the fierce competition. They have only one loss so far. Special acknowledgment goes to eleven year old Samir El-Dahan for leading a mix of PVS and Non PVS players in the U15 team. **Go Panthers!!!!**

## Board Elections

On Friday September 17th and Saturday September 18th, PVS voters cast their votes to elect new MCC Board Members. This year election was for one-3 year donor position and two-1 year parent positions. The newly elected board member joined October 1, 2010.

Congratulations to Dr. Ghalib Mannan, Dr. Ibrahim Sultan-Ali and Br. Mehemt Kocak. Many thanks to all nominees for their efforts and interest in serving at PVS board. Welcome to the PVS family and we look forward to another productive and exciting year.

### 2010 MCC Board of Directors

- Ghalib Mannan- President
- Asif Ahmed-Vice President.
- Khan Iftekharuddin-Treasurer.
- Mehmet Kocak– Secretary
- Abdul-Alim Khandekar
- Muhammad Iqbal Shafi
- Ibrahim Sultan-Ali.

*“Those who hearken to their Lord, and establish regular Prayer; who (conduct) their affairs by mutual Consultation; who spend out of what We bestow on them for Sustenance;”*

*Ash-Shura [42:38]*

## Office Corner

### School Uniform

All students Pre-K through 8th are required to wear proper PVS Uniform which includes:

- Burgundy shirt (Pre-K-5th )
- White shirt (6th-8th)
- Burgundy plaid jumpers (Girls - Pre-K-8th)
- Light gray pants ( no

- Non-marking black shoes ( no sandals, slippers or roller shoes)
- PVS white T-shirt, black gym pants, and non-marking sneakers for P.E.
- No jewelry for boys; however, girls may wear simple earrings or tops.

Non-compliance with the school uniform policy will result in marking the student’s conduct book which may result in suspension after two written warnings.

### Traffic Etiquette

Rules are made to maintain the safety of our children at all times. When you are on PVS

campus, please consider the following :

- Park in designated areas only.
- DO NOT park in the FIRE LANE even when no one is watching and during after school hours.
- Be considerate and RESPECTFUL of others.

## Medical Corner

*Continued from page 1*

- **Cholesterol lowering effect.** Exercise itself does not burn off cholesterol like it does with fat, however, exercise favorably influences blood cholesterol levels by decreasing LDL (bad) cholesterol, triglycerides (fats) and total cholesterol and increasing HDL (good) cholesterol.
- **Prevention and control of diabetes.** There is strong evidence from high quality studies (e.g Finnish Diabetes Preventive Study ) that moderate physical activity combined with weight loss and a balanced diet can confer a 50-60% reduction

in risk of developing diabetes.

- **Blood pressure lowering.** The way in which exercise can cause a reduction in blood pressure is unclear, but all forms of exercise seem to be effective in reducing blood pressure. Aerobic exercise appears to have a slightly greater effect on blood pressure in hypertensive individuals (people with high blood pressure) than in individuals without hypertension ( high blood pressure).
- **Reduced risk of stroke.** Research data indicates that moderate and high levels of physical activity

may reduce the risk of ischemic (blocked blood flow), and hemorrhagic strokes (due to bleeding into the brain).

- **Weight control.** Regular exercise helps to reach and maintain a healthy weight. If you take in more calories than needed in a day, exercise offsets a caloric overload and controls body weight. It speeds the rate of energy use ( increases basal metabolic rate of cells ). When metabolism increases through exercise, you will maintain the faster rate for longer periods of a day.
- **Muscle strength.** Health studies repeatedly show that strength training increases muscle strength and mass and decreases fat tissue.



- **Bone strength.** An active lifestyle benefits bone density. Regular weight-bearing exercise promotes bone formation, delays bone loss and may protect against osteoporosis - which is a form of bone loss associated with aging.
- **Better night sleep.** If you suffer from poor sleep, daily exercise can make the difference. The natural dip in body temperature five to six hours after exercise may help you to fall asleep.

Choice of : Dr. Mohamed Elkadi

### Ibrahim Ibn Adham and the man who didn't disobey Allah again

A man came to Ibrahim Ibn Adham, may Allah be pleased with him, and said, "Abu Ishaq, I am unable to control myself. Please give me something to help me with it"

"If you accept five conditions," said Ibrahim, "and are able to put them into practice, your disobedience will not cause you any problem."

"Just tell me what they are, Abu Ishaq!" the man said. "The first is that when you want to disobey Allah you do not eat anything He provides." "Then how will I get anything to eat? Everything on the earth is from Him!" "So is it right to eat His provision and disobey Him at the same time?" replied Ibrahim.

"No, it is not. What is the second condition?" "When you want to disobey him, move off His land." "That is even more difficult! Exclaimed the man. "In that case where will I live?"

"Is it right to eat his provision and live on His land and then to disobey Him?" asked Ibrahim. "No, it is not." "What is the third condition?" "When you want to disobey Him in spite of eating His provision and living on His land, find a place where He will not see you and disobey Him there." "What do you mean, Ibrahim? He knows everything that happens even in the most hidden places!"

"So is it right to disobey Him when you eat His provision and live on His land and when you know that He can see everything you do?" "It certainly is not!" the man replied.

"Tell me the fourth condition." "That when the Angel of Death arrives to take your soul, you say to him, 'Give me a reprieve so that I can repent and act righteously for Allah.'"

"But he won't listen to me!" "Then if you cannot ward off death long enough to give yourself time to repent, and you know that when it comes there will be no reprieve, how can you hope to be saved?"

"What is the fifth?" "That when the angels of the Fire come to you to take you to the Fire, you do not go with them." "They will take me whether I like it or not!" exclaimed the man. "So how can you hope to be saved?" "Enough, enough, Ibrahim! I ask Allah's forgiveness and I turn to Him!"

The man's repentance was sincere and from that time on he was assiduous in his worship and avoided acts of disobedience until the day he died.

### Abbreviated Day

PVS first abbreviated day scheduled for this school year is Monday October 11, 2010. School will be in session from 8:00am– 12:00pm. After School Care is available for \$4.00 from 12:00pm— 3:00pm and \$10.00 from 12:00pm— 6:00pm.

Child Care Center will be open from 7:00am—6:00pm as usual.

### Parent-Teacher Conferences

Come and meet with your child's teachers

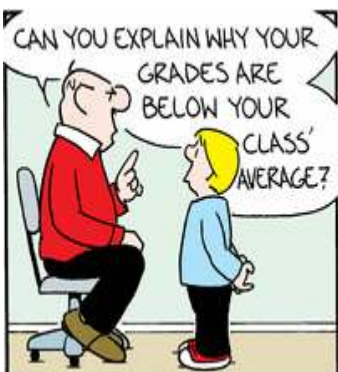
Monday, October 11, 2010

6:00-8:00 PM

### Calendar of Events

Monday October 11	Abbreviated Day
Monday October 11	P-T Conferences
Monday-Friday Oct 18-22	IOWA Test of Basic Skills
Friday October 29	End of the 2nd Reporting Period
Wednesday November 3	Report Cards Issued
Wednesday November 10	Coffee with Principal ( 8-9 am)
November 15-17	Eid Al-Adha Break

### School Phunnies



### The Pleasantviewer



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