



# Parenting Advisory

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## Principal Speaking

*Assalamu Alaikum Wa Rahmatullahi Wa Barakatuh*

### Routines Lead to Better Family Life

Routines have many benefits for children, including better behavior, less stress and improved focus. Now research shows they even reduce illness! To create and follow routines, it helps to emphasize:

**Mornings.** Good mornings start the night before with packing lunches and school bags, choosing outfits and going to bed on time. Then your child only has to brush her teeth, dress and eat breakfast.

**Afternoons.** Whether your child studies with you or another caregiver, it should happen at the same time each day. Remember, some kids need a snack or exercise before hitting the books. A break during homework time can help, too.

**Evenings.** Family meals build stronger relationships. They also offer an opportunity for kids to take on regular chores, such as setting and clearing the table. Plan some evening “down time” too. The goal should be to relax and have fun.

**Nights.** Research shows that a regular bedtime improves sleep. To help your child transition from a busy day, encourage quiet activities, such as reading or chatting about the day. See if you can get to bed on time too!

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*Jazakum Allah Khair*

### TIP



Doing chores builds character, so don't let your child wiggle or whine her way out of them! Instead offer an incentive the next time you give her a job to do. Here's how it might look:

- “When you finish the dishes, we can watch a little TV.”
- “After you load your backpack for tomorrow, how about a game of scrabble?”

## Parents' Expectations Are Powerful!

Research shows that one of the best ways to help your student succeed is to expect success. This simple approach has three parts:

1. Support your child's education.
2. Believe in him.
3. Expect him to succeed.

You will both be glad you did!

Source: A. Holcomb, “Back to school 2008: Parents' expectations can pave path to success”, mlive.com



## Prevent Homework's Headaches

Don't let a tricky homework assignment lead to a meltdown! Before your child starts working, have him try these steps:

- **Read** the directions aloud.
- **Underline** action words such as *circle* or *alphabetize*
- **Number** the steps.
- **Complete** the work.

When he's finished, help him go back and check whether he followed the steps correctly. This step-by-step approach may prevent headaches.

Source: Jeanne Shay Schumm , Ph.D., How to help Your child with Homework , ISBN: 1-57542-168-2

## Teach Respect By Example

When children respect themselves, it's easier for them to respect others. That's just one reason to help your child feel good about herself. To do this:

**Have a positive attitude.** Remember that genuine compliments build self-esteem. "You turned in your homework on time. How responsible!"

**Encourage accomplishments.** When she's ready to learn a new skill, help her succeed! The process of setting and reaching reasonable goals builds kids' confidence.

**Be a role model.** Give your child love, patience, consistency, honesty and attention. Make respect a general priority. Your words and actions should say, "I value you and others."

Source: B.D.Perry , M.D PH.D , " Respect: The sixth core strength "

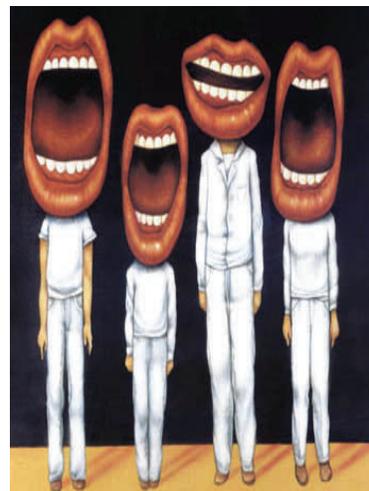
## Hadeeth of The Month

*"If a person conceals the weakness of another in this world, Allah will conceal his weakness in the hereafter. " [Alnawawi , Riyad alsalihin p135, hadeeth no. 245]*

### Concealing

Avoiding harm to others and concealing the weakness of one's fellow human being is a prominent theme of the moral teachings of the Quran and the Sunnah. It is noted that concealment (sahr) is recommended only with regard to persons who are not generally known to engage in corrupt and harmful activities. As for those who are notorious, it is recommended that their evil is not concealed and that the matter is reported to the authorities.

Tolerance and forgiveness are necessary in order to encourage an atmosphere of fraternity in the community.



## APA Debate Team Wins at UIL

The High School Debate Team which includes Aminah Mabruk, Dania Sadi, Faiza Tayyab and Roshan Latif all participated at the UIL Blanco HS debate tournament. As a team they competed against 29 other debate teams that came from various public high schools in Texas.

### Aminah Mabruk and Faiza Tayyab

made it to the finals and won first place as a team on January 8th, 2011. We are very proud of all the students and their hard work.

Congratulations to our Director and Coach Mr. Alex for his sincere work in coaching the team. Mr. Alex is a member of the championship debate group in Austin, Texas. And has served many years in the field of debate at various schools.

More information can be found at the following link:  
<http://www.thechampionshipgroup.com/staff.asp>



### 4th & 5th Grade Poetry Competition

Before winter break, the 4th and 5th graders entered poems to Creative Communication's nation-wide poetry competition. The results are in APA is proud to announce that seven 4th grade students, and eight 5th grade students are being published in Poetic Power's poetry publication, "A Celebration of Poets".

The following students in 4th Grade are getting published:

1. Arafa Ahmed
2. Raneen Aljamal
3. Ahmad Elessawy
4. Dania Erwa

5. Shadin Hussein
6. Shafeeqa Saleh
7. Imaad Thakur

The following students in 5th Grade are getting published:

1. Balqees Abushanab
2. Taha Tizani
3. Maen Mohammad
4. Bushra Hamid
5. Mubuasshara Galib
6. Maryam Khawar
7. Mariam Khwaja
8. Maryam Khan

Congratulations winners!



# School Connection



## School Science Fair Day

What do cleaning up oil spills, controlling global warming, and observing volcanoes all have in common? These were just a few of the amazing science experiments conducted by Austin Peace Academy science fair students on January 21<sup>st</sup>. The APA science fair is open to students as young as first grade and required of second through eighth grade students. "Each of our elementary school teachers along with Heather Swanson and Nahed Abou Galala in the middle and high school work with students beginning in November to create the most amazing science fair exhibits," said Alex Pritchard, Director of Academic Affairs. "The students pour their hearts and souls into research, observation, calculations, and preparing their experiment boards for their presentations. It is a really fun education endeavor and one the students enjoy." At the end of the day, it is not about winning the science fair as much as it is knowing that each child has done their very best.

Twelve students are allowed to proceed from the elementary school to the regional competition. In middle school, any student willing to continue working on the project with his or her science teacher is allowed to move on to the regional competition. "We are looking forward to February 23-26<sup>th</sup> for the regional competition," said Nahed Abou Galala, our middle school science teacher.

### Congratulations Winners

#### Fist Grade:

1st place Anas Saeed, 2nd place Razan Al-Omari, 3rd place Aseel Rawashdeh

#### Second Grade:

1st place Batoul Mabruk, 2nd place Nora Boumaraf, 3rd place Houda Kouzayha

#### Third Grade:

1st place Emaan Khan, 2nd place Zubair Abdullah, 3rd place Hanif Amanallah

#### Fourth Grade:

1st place Hammad Saeed & Muaaz Khan, 2nd place Raneen Aljamal

#### Fifth Grade

1st place Taha Tizani, 2nd place Idriss Kahia, 3rd place Mariam Khwaja

#### Best Models

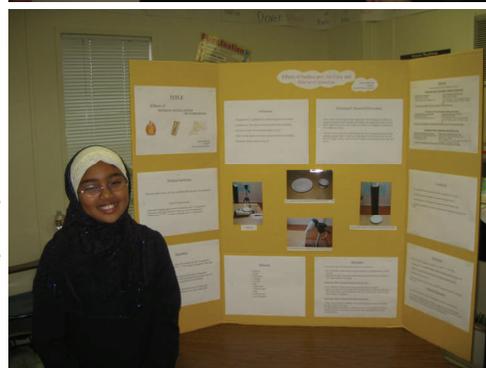
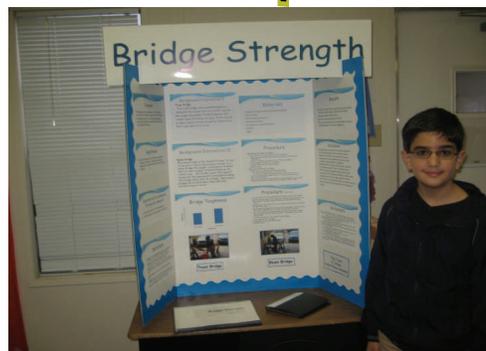
Imaad Thakur, Safiyya Haider

#### Middle School

**First Place:** Nada Aljamal, Raiyan Chowdhury, Yasmeen Tizani, Zafir Khondker, Mariam Syed, Mayce Sadi, Salwa Khan

**Second Place:** Nadine Aljamal, Niama Ahmad, Haneen Hussein, Ali Kouzayha, Zainab Monk, Ryad Nahas

**Third Place:** Aiman Siddiqui, Sammy Noueilaty, Yasmine Kerkiz, Omar Khan, Razan Hussein, Pareesa Hamed, Zaina Thakur



### Activities in February 2011

- February 19- Parents workshop
- February 24- Austin Regional Science Fair (Middle School)
- February 26 - Austin Regional Science Fair (Elementary Students)
- February 26 - Marathon Kid



We are on the web!  
[www.apacademy.org](http://www.apacademy.org)