



Parenting Advisory

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Principal Speaking

Assalamu Alaikum Wa Rahmatullahi Wa Barakatuh

Missing school also means Missing out on learning

A missed day here, a missed day there. Does being absent really affect learning? "Yes!" say experts. When kids miss too much school, everyone suffers. Absent students may fall behind, the effort needed to catch up detracts from current lessons and may be disruptive to the rest of the class. Some absences are unavoidable, of course, but it helps when families:

- Prepare at night. Choose outfits, pack lunches, and prepare school bags at night. Get to bed on time and set a morning alarm. Fall asleep relaxed, knowing you're ready for the next day.
- Streamline mornings. Wake up at the same time each day and stick to a routine. If your child tends to forget certain responsibilities, make a chart to keeps his/her on track. Take family pride in being prompt.
- Avoid scheduling conflicts. When possible, schedule appointments and trips when school isn't in session. If your child needs to miss school, notify the school and ask about make-up work.
- Learn school policies. Find out when students should stay home from school and the difference between excused and unexcused absences.

Jazkum Allah Khair

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TIP



What simple activity improves mood, focus and thinking? Exercise! And when these things improve, so does behavior and self-control. Encourage your child to get moving every day. Plan some activities together, such as kickball or riding bikes. You can even plan an active game of Simon says. Aim for at least 30 minutes of vigorous exercise a day.

Source: Rebecca Kajander and Timothy Culbert, M.D., *Be Fit, Be Strong, Be you*, ISBN-13: 978-1-57542-307-4, Free Spirit Publishing

Firmness Matters Now and Later

Being firm with your child won't just help you maintain order now. It may help him/her become a more secure adult later. Research shows that kids whose parents are loving but firm, are more likely to:

- Succeed in school
- Take care of themselves
- Be emotionally well-developed
- Be Happy

Why? Parents who are firm are good at setting clear boundaries. And this clarity, in turn, helps their kids have a better understanding of how they're expected to behave



Source: Madeline Levine, PH.D., *The price of privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Deeply*

Your Perfectionist May Need Perspective

Kids who demand perfection from themselves may give in to frustration on school projects because they are obsessed with getting everything “just right .” In real life, of course, there’s no such thing as perfect. To help your child:



- **Remind him** that “good enough” sometimes really can be just that.
- **Set time limits on his work.** No long hours of fretting allowed!
- **Put things into perspective for him.** His future does not ride on one assignment.



There is no such thing as perfect

Source: K. Abel, “ Help Your Child Beat Procrastination , “ Family Education.com , <http://life.familyeducation.com/behavioral-problems/responsibilities/36530.html>

Hadeeth of the Month

The Prophet PBUH – Truly Allah SWT hates three things in you : quarreling , wasting one’s wealth , and frequent , useless questions . (Transmitted by AlBukhari and Muslim)

Wastefulness

A Muslim should not use his wealth on useless things in a wasteful manner. If he has more money than he can reasonably use on necessary things, he should give it to a useful cause rather than waste it. He should spend his wealth on manner that will earn him a good reward from Allah SWT in the hereafter.



Parents and PSIA

Dear Parents,

We are very excited about our elementary and middle school participation in the Private School Interscholastic Association (PSIA). Each Friday students are assigned to take one of the co-curricular classes associated with PSIA. This does not mean they will be selected to compete for APA, nor does it preclude their participation in other events offered by PSIA. In some cases, students were placed in those classes because the teacher felt remedial help would boost their ability in that event. In other cases, students were selected for those classes because they seemed to excel in those events and the teacher thought they might be selected for the APA team.

It is our goal to end school each Friday on a high note, having students competing in academic co-curricular events that are fun and rewarding. By December 1st, we will have selected our APA teams to attend the PSIA district tournament, which will be held on March 5, 2011. Parents with children selected to attend the PSIA district tournament will receive a letter with more information and a signature page that allows your child to participate in early December.

Mr. Alex



Marathon Day

Marathon Kids has commenced! On Saturday, October 9th, the elementary students gathered at the UT track and field stadium to run their first lap of the 26.2 mile journey. It was a beautiful day full of cheer and good will. The students left the stadium with autographed water bottles from multiple UT athletic teams, temporary tattoos, place mats, stickers and many other free goodies! Ms. Emily is looking forward to completing the final lap of their marathon in February with a celebration at the AISD burger stadium. Let's all support the students in this endeavor to improve their fitness and general well being.



International Restaurant Day

On Saturday, October 23rd, International Restaurant was a success. With over 200 attendees this year, there is no doubt that we need a bigger tent for next year! We have a second talent in the catering business! The food was fabulous and tasty. The weather was beautiful and relaxing for everyone to enjoy each other's company. The kids had fun on the different types of moonwalks, which included an 18 ft slide. The Student Council organized basketball games, to which they invited students from Renaissance Academy and other kids in the Austin Muslim Community. Special thanks to Ms. Najiah who coordinated the details of the event and to Ms. Farah for calling and following up with the parents.



School Connection



Exothermic Reactions at Austin Peace Academy!!!

On Thursday October 21st, while a large number of middle and high school faculty members were engaged in the annual campus planning, the students were treated to a special science day at APA. Middle and high school students learned about the science of colors and the chemistry of fiber-reactive dyes by participating in a school-wide tie-dye activity. Middle school students also investigated exothermic reactions and catalysts by performing a hands-on version of the famous "elephant toothpaste" chemistry demonstration. Not only did our students learn about chemistry, but they also went home with some very cool tie dyed t-shirts. Thanks to Ms. Heather and Ms. Nahed for adding their science expertise and patience!



College Counseling Hits Full Stride

On October 27th, while other teachers were meeting with parents, Ms. Emily Lejeune and Mr. Alex Pritchard sponsored the first college campus visit of the year. Juniors and seniors were invited to make a road trip to Texas State University in San Marcos. The students participated in the 90-minute campus tour, watched various power points and had the opportunity to ask questions about life at Texas State. Since Ms. Emily graduated with honors from Texas State only a few years ago she was a valuable source of information for the APA students. One student commented, "I didn't realize what an easy commute it would be to attend Texas State. It was less than thirty minutes from APA". Another student said, "I had no idea Texas State offered so many free services for students from fixing computers, to writing tutorials to \$10 health care for students". The seniors have been meeting with Mr. Alex regarding the college application process and they are already well on their way to writing their essays and finishing their resumes. The trip was very educational and fun, too.



Activities in November 2010

- November 12 Mid Quarter Report
- November 15 Hajj Simulation
- November 16-19 Eid El-Adha Break
- November 22 Eid Party
- November 23 PS9A
- November 24-26 No school - Thanksgiving Break



We are on the web!
www.apacademy.org