



# Parenting Advisory

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## Principal Speaking

### Assalamu Alaikum Wa Rahmatullahi Wa Barakatuh

A recent study in a USA TODAY column written by Sharon Jayson shows an interesting link between family life and success at school. Researchers at two universities studied 234 families with six -year olds. They saw three psychological types of families emerge:

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**Cohesive.** These families are warm. Members are close, yet they also have freedom.

**Disengaged.** People in these families are distant. They lack warmth. They're often controlling, too.

**Enmeshed.** These families are sometimes warm, but more often upset about things. Members interfere too much in each other's lives.

In the disengaged type of family, kids had the most problems at school. They struggled with aggression, disruptiveness, cooperation and focus. These issues got worse over time. Kids from enmeshed families had troubles as well, but their problems developed more slowly. Children from **cohesive** families, meanwhile, fared best.

The study's author say family type is just one piece of the puzzle. There are many reasons children have trouble in school. And no matter what a child's family type, it's possible to overcome difficulties. The study is a good reminder to treat one another respectfully. Being a caring parent affects life at home. At the end of the day, the rules and expectations you put in motion lead to the family type you become and ultimately affects your child's success.

### Jazakum Allah Khair

### TIP



To make spring break vacation time less stressful, be sure your child:

- **Gets enough sleep.** Stick to his regular bedtime
- **Eats properly.** Make sure he's snacking on more than cookies
- **Remembers his manners.** Teach him to be respectful. Remind him to say "Thank you" if he receives a gift - even if he's not crazy about it.

## Manners Matter!

In a recent U.S. News and World Report survey, 90 percent of Americans said that a lack of manners has become a big problem in society. And 78 percent felt that:

- **People's manners** have gotten worse in the past decade.
- **Poor manners** have led to more violence in society.

Continue to insist that your child say **please and thank you** at home and he'll transport his good manners to school!

Source: Michele Borb , ED.D ., No more Misbehavin ', ISBN: 0-7879-6617-7 , Jossey-Bass

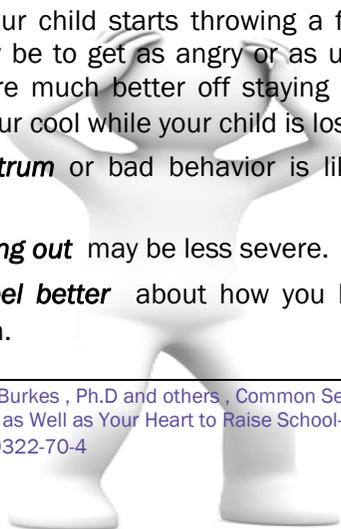


## Keep Your Cool-It Pays Off In The End

When your child starts throwing a fit, your first instinct may be to get as angry or as upset as she is. But you're much better off staying calm. If you can keep your cool while your child is losing hers:

- **Her tantrum** or bad behavior is likely to stop sooner.
- **Her acting out** may be less severe.
- **You'll feel better** about how you handled the situation.

Source: Ray Burkes, Ph.D and others, Common Sense Parenting: Using Your Head as Well as Your Heart to Raise School-Aged Children, ISBN: 978-1-889322-70-4



## Choose Consequences With The 4R Principle

When consequences are necessary, stick with the "4 R" principle – **make consequences related, respectful, reasonable and, when possible, revealed ahead of time.** For example, "I am sorry you lost your PSP game player. Dad and I can't replace it. But you can save for a new one. Let's pick special places for your favorite things so you won't have to buy new ones."

Sources: "Parts 2: What makes a consequence logical.", E. Lutz.

## Hadeeth of The Month

***Prophet Muhammad (SAWS) reminds us that whoever believes in God and the Last Day (or Judgment) must speak good or keep silent.***

***Saheeh Al-Bukhari, Saheeh Muslim.***

## Etiquette

A person who uses good language and avoids abusing others is not only liked by other people but he is also doing a great Virtue according to Islam. Not using bad language and avoiding abusive language against others is an important part of Islam. Allah (SWT) loves those people who not only do well but also speak well. There are Several Quran Verses and Hadeeths of Prophet Muhammad (SAWS) that are strictly against abusing and using bad language against other humans. We don't use bad language and abuse others in word and deed because we need to have concern for our fellow humans (Muslims or not) and to be uplifting and not a source of pain or sadness.

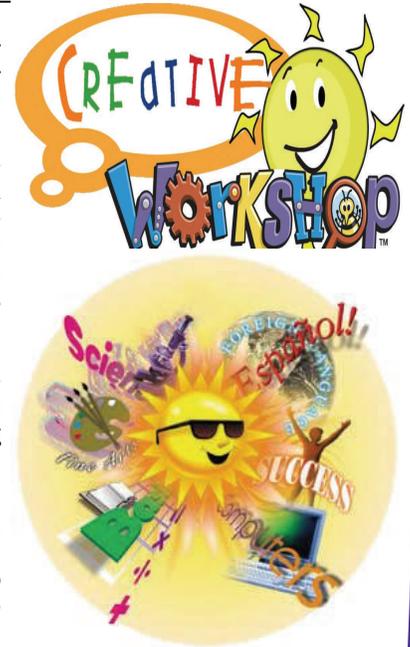


## Summer Workshops Critical For Student Success

On Saturday, February 19<sup>th</sup>, Alex Pritchard, Director of Academic Affairs for Austin Peace Academy, held a thirty minute workshop to explain to parents the value of their children attending summer workshops, camps, and even taking college classes for older students.

“Too often parents allow their children to sit at home texting or playing on the Internet when they should be enrolled in an enrichment workshop or camp,” Alex explained. “Too often, a great experience traveling the world is missed because parents don’t take the time to take their children to museums or have them read some of the great literature of the home country. What could be more exciting than to read an author from the Middle East or from South East Asia while the student is actually traveling in that country?” he asked the audience. Austin is also rich with summer opportunities for camps and workshops. Regardless of the child’s interest, there is a camp or workshop in Austin that our students could and should be attending. The opportunities range from science and math camps to speech and debate camps. Last summer, one of our rising seniors attended an outstanding leadership camp at the University of Texas.

It is critical that parents understand how important it is to attend these camps as part of the college application process. “There is no question that admission departments look very seriously at the summer workshops students choose to attend. This is a strong sign of the student’s academic motivation and desire to learn.”



### Marathon Day

Our elementary students are now all marathon runners! Throughout the first half of our school year, our elementary students have been running laps in the beginning of their P.E. periods and recess. They were accumulating miles in order to reach their goal of 26.2 miles for a free running program called Marathon Kids. We ran the kick off back in October, and this past Saturday we completed our marathon together with a final lap at the AISD Burger Stadium. The students were gifted with finisher medals and freebies promoting the healthy lifestyles choices the students will be facing as they move into adulthood. The program encourages healthy eating, daily exercise, refraining from smoking, and appropriate daily water intake. This year was the first year for APA to be involved in Marathon Kids and we are looking forward to increased participation next year!



### Speech and Debate Triumphs Again

On February 12<sup>th</sup>, the Austin Peace Academy Speech and Debate Team ventured to **Lampasas, Texas** where 24 schools competed in the forensics tournament. APA continued its winning ways by taking three places in the final rounds of extemporaneous speaking.

- **Ahlam Qerqez** Taking fourth place in Informative Speaking
- **Fatimah Kamara**. Taking sixth place in Persuasive Speaking
- **Mohammed M. Sadeeq** Taking seventh place in Persuasive Speaking

With only one senior on the Speech and Debate Team, APA is looking forward to a strong group for next year’s season. “We will be starting much earlier next year,” said Alex Pritchard, one of the the speech and debate coaches for APA. “We will be heading out in October and with speech and debate becoming a high school elective class, more of our students will be ready to begin competing that early. The students are already excited!”

### Spelling Bee



Mariam Syed proudly represented Austin Peace Academy at the Regional Spelling Bee on February 5<sup>th</sup>, 2011 as our school champion. Congratulation to this superior speller for her hard work and dedication in representing our school.

# School Connection



## Austin Regional Science Fair

The following APA students won awards at this year's Austin Energy Regional Science Festival, one of the largest science fairs in Texas, where about 2,500 students participate each year. We would like to say

### *Congratulations*

to our students for working hard and their parents for being active in their children's education!

#### MIDDLE SCHOOL - Special Awards Category

##### American Meteorological Society Awards

**Yasmeen Tizani**— Title: *Global Warming Impact on Plants*

##### Broadcom Masters SSP Award

**Yasmeen Tizani**— Title: *Global Warming Impact on Plants*

##### Society Of Women Engineers Certificate

**Zainab Monk**— Title: *Milk of Magnetism: Enhancing Solar Energy Production*

#### MIDDLE SCHOOL - Place Awards

##### Plant Sciences

**Yasmeen Tizani**— 2nd place—Title: *Global Warming Impact on Plants*  
( Will participate in state competition in San Antonio on April 2nd )

##### Environmental Management

**Nada Aljamal**— 3rd place— Title: *Exploring Energy Sciences*  
( Will participate in state competition in San Antonio on April 2nd )

##### Environmental Sciences

**Salwa Khan**— 3rd place— Title: *Running on Air—Hydrogen Powered Cars*  
( Will participate in state competition in San Antonio on April 2nd )

##### Engineering: Electrical and Mechanical

**Zaina Thakur**— 4th place—Title : *How To Build A Sliding Dimmer Switch*

##### Microbiology

**Macye Sadi** —5th place—Title: *What Is The Most Effective Means of Killing Bacteria From The Hands?*

#### ELEMENTARY SCHOOL - Place Awards

##### 1st grade

**Razan Al-Omari**—1st place

**Anas Saeed**— 2nd place

##### 2nd grade

**Nora Boumaraf** —1st place

**Safiyya Haider**— 1st place

**Batoul Mabrukah Mabruk**— 2nd place

##### 3rd grade

**Emaan Khan**— 1st place

**Zubair Abdullah**—2nd place

**Fatimah Hossain**— 2nd place

##### 4th grade

**Raneen Aljamal**— 1st place

**Imaad Thakur**— 1st place

**Muaaz Khan**—2nd place

**Hammad Saeed**—2nd place

##### 5th grade

**Idriss Kahia**— 1st place

**Taha Tizani**— 1st place



### Activities in March 2011

- March 05: *PSIA Competition*
- March 14-18: *Spring Break (No School)*
- March 25: *Parent Teacher Conference*
- March 26: *Spring Carnival*



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