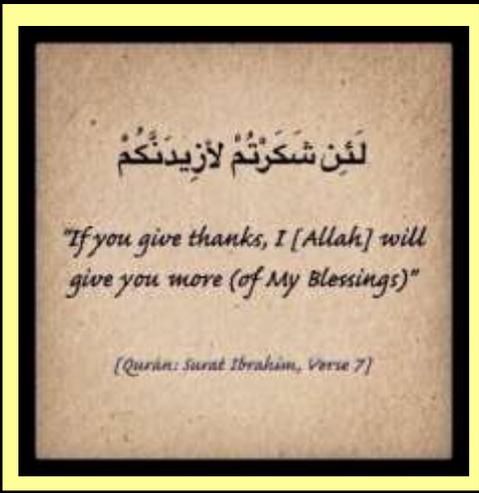


MISSION: Al-Iman School shall, provide an Islamic environment that offers quality education and leadership skills to develop global awareness and 21<sup>st</sup> Century skills.



## Character Trait: Self-Restraint & Control

Al-Iman School's Parent Page 3rd Edition 2017-2018 November 13, 2017



### 2nd Quarter Events

Assalaam-o-Alaikum Dear Aliman Families,  
We are extremely grateful to Allah swt for His blessings and help to complete our first quarter. All parents must have received the report cards and we hope that you got a chance to review your child's progress. Please do schedule conference with the teacher(s) to discuss ways to help your child grow both spiritually and academically in sha Allah.

Our first quarter was quite successful, the students learned through a variety of in-school and out-of-school field trips, they also had access to outdoor learning experiences! It is our goal to provide our students a holistic teaching and learning approach that will help them connect with the conceptual understanding.

We request parents to help us maintain the school uniform policy by providing their children the required uniform. Additionally, bringing children to school on time and picking them up on time is parental responsibility and we strongly urge you to strictly follow the student arrival and dismissal *time*. *Your cooperation will be greatly appreciated!*

*Please stay tuned to our announcements for upcoming events. Your engagement in your child's learning process means a lot* to us!

Have a great weekend!

Sincerely,  
Sr. Jabeen



From the Desk of Sr. Jabeen

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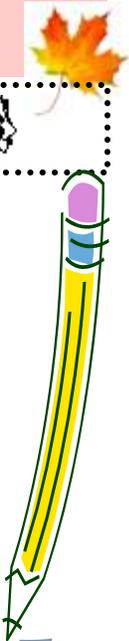
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- Report to Parents

### CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY
		1	2	3 1st Qtr. Report Cards 
6 ELA Trip 7th Gr. 	7	8 Early Release 	9	10
13	14	15	16 Picture Day  Make-up/Sports/Grads	17
20	21	22 2nd Qtr. Interims 	23 Holiday 	24 Holiday 
27 Muslim Heritage 	28	29	30	



# Muslim Heritage Month November 1st—December 2nd



Al-Iman School Muslim Heritage Project is a research-based project designed to inform students and adults alike about the rich Islamic heritage we share as followers of this faith. Through study and research we will uncover over one thousand years of scientific, medical, technological and cultural achievements Muslims have contributed to the world. Students will be di-

vided into pairs of two and given guidelines to research the Islamic civilization from the 7<sup>th</sup> to 16<sup>th</sup> century, known as the “Golden Age of Islamic Civilization. We believe that this learning experience will help our students understand the true worth of Islam and the role it has played in laying the foundation for the modern world.

\_\_\_\_Musa Ramsey

## Library Corner

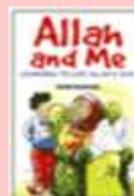


Ms. Melissa is working with Noor Art in offering an online book fair.

Fair will begin Nov. 27<sup>th</sup> and run through Dec. 8<sup>th</sup>

Ms. Melissa will have few products as samples along with a Top Pick List recommendation.

[Melissa.alhertani@alimanschool.org](mailto:Melissa.alhertani@alimanschool.org)





# Counselor's Corner

As-Salaam Alaikum,

I hope everyone has had a wonderful month, thus far! I am reaching out today with a topic near and dear to my heart, "My Time." As we approach the halfway mark of the school year, it is easy to fall into a routine of "just going through the motions." While efficiency is key to any successful family, we must remember that the youth around us are still growing into their "true selves."

As Al-Iman School strives to provide a healthy learning environment for students, we often share that our focus is on the individual as a whole. We strive for efficiency in academics, but remain mindful of the emotional and spiritual growth of students as well. I have had the pleasure of meeting a multitude of wonderful parents who share this same concept for their families.

One helpful tool for continuing this practice at home is "My Time." "My Time" is a tool from the Strengthening Families model of clinical practice. It was created to encourage families to "unplug" from electronics, step away from the chaos of every day life, and take a few minutes to focus on one another. In my practice, "My Time" has ranged from weekly dinners, to parents planning 15 minutes to sit with their children and "check in" about their day. This tool was created to fit any family, and can be adapted to meet each family's needs and schedule.

FedHealth shares:

"Studies have shown time and again that families who spend time together, even if it's just eating dinner together every evening, have happier, healthier kids that do better in school. Family time promotes emotional health in kids, which is linked to a greater likelihood that they will avoid risky behaviors such as drug use, or suffer from depression (2016).

The influence of the family unit is one that holds more power than many times meets the eye. Children learn their routine, mannerisms, and develop their initial views through the influence of those closest to them. Never forget, you are the experts of your children!

All the best,

Julianne Kiesel, MSW, LCSWA  
School Interventionist



 \*Notice of Nondiscriminatory Policy: Al-Iman school admits students of any race, color, national origin, and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national origin and ethnic origin in administration of its educational policies, admission policies, scholarship and loan programs, and athletic and other school-administered program.

# 3rd Grade Newsletter

## Save Our Sealife

### Why should I care?

We, as good citizens want to take care of our environment. First of all, if we litter, animals will be harmed by our trash. Next, if there is trash everywhere, our health will not be good. Finally, with litter everywhere our beaches will not be pretty and no one will want to go. This is why we should care about the environment.

How do animals get hurt from our trash? **WE AS GOOD CITIZENS SHOULD AVOID THROWING TRASH IN THE OCEAN. FIRST OF ALL, IF WE THROW PLASTIC BAGS IN THE OCEAN TURTLES WILL THINK IT'S JELLYFISH, EAT IT AND DIE. NEXT, OTHER ANIMALS HAVE BEEN DYING BECAUSE OF TRASH IN THE OCEAN. FINALLY THIS IS VERY IMPORTANT BECAUSE THE POPULATION OF SEA ANIMALS ARE GOING DOWN. THIS IS WHY WE SHOULD NOT THROW TRASH IN THE OCEAN.**



### How does our trash end up in the Ocean?

We are good citizens, but trash is getting into the ocean. First, when you go to a store you get a bag that bag might go to a river then a ocean. Next, when you see someone fishing their bag might blow away. So don't just stand there go get it and either tell them or throw it away. Finally, when trash goes to the ocean it washes on beaches! This is why we should not let trash go to the ocean.



### What can you do to help save the sea animals

As a good citizen we should take care of sea animals. Some sea animals will eat fish hooks like turtles in the sea. Next if you don't take care of our trash it will make the streets look bad. If you see trash put it in the trash in the trash can. LAST this is why you should keep our sea animals safe.

# Report to PARENTS

## So Many Activities, So Little Time

**S**tudents who are involved in extracurricular activities—from chess club to cheerleading to chorus—tend to have higher self-esteem and stronger connections to school. But an overloaded schedule with too many activities can have the opposite effect, leaving your child—and you!—stressed. Keep these tips in mind for managing your child's activity load.

### Aim for 3 activities.

Though every child is different, psychologists often suggest involving a child in no more than three activities at a time: one social activity (like Boys' Club or a church group); one physical activity (like gymnastics, swimming, or basketball); and one artistic activity, such as an art class or music lessons.

### Limit involvement.

To avoid burnout, keep involvement in any one activity to just a day or two a week, unless your child absolutely begs for more. Check with them periodically to make sure they are still eager to attend; if not, scale back.

### Broaden their horizons.

Although following your child's interests is important, introduce your child to something new, whether it's a new sport, a musical instrument, or a group like Boy Scouts or Girl Scouts.

The secret to keeping enthusiasm high is to start slowly and gauge your child's interest before committing beyond the first few sessions.

### Be supportive, not critical.

No matter what your child is interested in, remember that your job as a parent is to be supportive. The point of activities is to expand your child's interests and abilities, not to transform him or her into a child prodigy or the next sports superstar.

### Schedule downtime.

Children need time to ponder, explore, and play—but an overloaded schedule prevents that. Make sure that when the day is over and the homework is done, there's still time for your child to be a kid.

### Change it up.

Specializing in one activity—especially a sport—at a very young age can be harmful. Pediatricians discourage the kind of repetitive movements that come from concentrated effort in one sport. Plus, kids who dedicate themselves to a single sport early can burn out later and may regret not trying other sports.

### Watch for signs of stress.

The stress of trying to keep up with too many planned activities can take a physical toll on your child. Watch for signs of stress, including stomachaches and headaches, difficulty paying attention, a drop-off in interest in activities he or she used to enjoy, and increased "clinginess" with a parent or other close adult (e.g., teacher, babysitter). If you notice any of these signs, chances are your child needs to cut back on activities and de-stress.



### De compress at home.

Make sure there's room in your schedule for family time. Children need to have meals with their parents, hear bedtime stories, share chores, and play games. Extra-curricular activities can help children learn and grow, but remember that what your child needs first and foremost is to feel special and loved.