

Asslalamu Alaikum,

The following information is to help you prepare for the week. Please review **ALL** Documents & Attachments carefully and follow accordingly with all due dates.



## American Youth Academy Weekly Parent Memo September 9th - September 13th , 2019

**Weekly Ayaat:** Al-Baqara (2:5) These depend on guidance from their Lord. These are the successful.

<p><b>Mission Statement</b></p>	<p>AYA's mission is to provide academic excellence in a safe, nurturing, and Islamic environment for the purpose of guiding students to become successful, 21st century global citizens.</p>
<p><b>School Counselor's Corner</b> <b>Sr.Sara Bassoumi</b></p>	<p>Weekly Tip for Parents: <b>Coping Skill Spotlight: 5, 4, 3, 2, 1 Grounding Technique</b></p> <p>One of the tools I teach students to utilize when they feel anxious is called Grounding. When the mind is racing, grounding brings it back to the here-and-now and is very helpful in managing overwhelming feelings or anxiety. It is a great way to calm down quickly. This technique will take five senses to help remind us of the present. This is a calming technique that can help us get through a tough or stressful situations. Please teach this to your student/child to help them when they are nervous about an exam or anxious about a presentation or whenever they need.</p> <p>Take a deep belly breath to begin.</p> <p><b>5 - LOOK:</b> Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame, I see the sign, I see the door.</p> <p><b>4 - FEEL:</b> Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, I feel the pillow I am sitting on, I feel my heart beating</p> <p><b>3 - LISTEN:</b> Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.</p> <p><b>2 - SMELL:</b> Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.</p> <p><b>1 - TASTE:</b> Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.</p> <p>Take another deep belly breath to end.</p> <p>Sr. Sara Bassoumi, <a href="mailto:socialcounselor@ayatampa.com">socialcounselor@ayatampa.com</a></p>
<p><b>College Readiness</b></p>	<ul style="list-style-type: none"> <li>● Follow this link to register for the SAT test on November 2, 2019:</li> </ul>

**Sr. Amany Hasan**

<https://account.collegeboard.org/login/login?idp=ECL&appId=115&DURL=https://nsat.collegeboard.org/satweb/login.jsp>

**12th Grade:** Great opportunity to increase your SAT Scores for college admission

**11th Grade:** Great time to take your first SAT and improve upon the score you receive.

**10th Grade:** An SAT score of 1000 is required to begin dual enrollment in Summer of 2020 at USF.

- SAT score thresholds for Bright Futures have increased for class of 2021 (current 11th graders). Please see table below:

Type	GPA (weighted)	SAT Scores	Service Hours
FAS (100%)	3.50	1330	100
FMS (75%)	3.00	1200	75

- Use The Common App to ease your college application process. Apply to multiple universities/colleges using a single application!

**Scholarship Opportunities:**

- 1) **Distinguished Young Women** <http://distinguishedyw.org/>
- 2) **National Merit Scholarship Program**

<https://www.nationalmerit.org/s/1758/interior.aspx?sid=1758&gid=2&pgid=424> 11th graders are scheduled to take the PSAT/NMSQT on October 16th, 2019. It is beneficial that all 11th graders begin preparing. The merit scholarship is based on the score received during this time.

- 3) **2020 Prudential Spirit of Community Award** <https://spirit.prudential.com/>  
This award recognizes students for outstanding volunteer service. Deadline November 5th, 2019! Students in middle and high school can apply.

For questions and concerns, please contact Sr. Amany Hasan at [academicadvisor@ayatampa.com](mailto:academicadvisor@ayatampa.com)

**QAIS Corner  
Br. Feras Abuzayda**

Asalamu Alaikum! Welcome to the new academic year! In the Qur'an classes, our most important goals for this year is to ensure that all students are reading Qur'an at their grade level and that they understand the meaning of the memorized surahs. Therefore, our students will be practicing the Nooraniyah on a daily basis. In order for the students to excel, parents are encouraged to download the Nooraniyah app through the app store. This is to help students practice their Nooraniyah at home. The cost of the app is only \$5.99, but this is the best investment that you can place in your child's Dunya (this life) and Ahkirah (the Hereafter)!

Br. Feras Abuzayda,  
[qaislead@ayatampa.com](mailto:qaislead@ayatampa.com)



### Middle School Department Reminders

*In an effort to minimize the weight of student backpacks:*

- English Teachers: have students bring in only the relevant textbook unit to class and use the online resources as applicable
- Math and Science Teachers: keep student textbooks in your classrooms when possible and post soft-copies of the relevant unit on RenWeb.

*Follow the **Homework and Testing Schedule***

### Traffic Reminders:

Alhamdulillah, we are able to dismiss 640 students in over 300 vehicles in less than 25 minutes each day! We would like to thank ALL of you who have been patient and cooperative with our duty teachers, officers and admin, while everyone was adjusting to the process. Please remember the following:

- When exiting the campus, make a right turn ONLY onto 130th. This will help maintain a smooth flow of traffic.
- ALWAYS have the car tag visibly displayed for ease in punching numbers.
- Confirm that your child has a corresponding bag tag attached to their backpack..
- Dismissal on Fridays begins at 1:10.

### Attachments

- MAP Flyer
- Yearbook Flyer
- September Lunch Menu
- Keep Tampa Bay Beautiful Community Service Flyer
- IPTA Meeting Flyer - Please Join Us to Meet our Parent Community

Monday  
9/9

- **Map Testing Continues (see attachment)**
- Br. Inshirah/Br. Hasan and Sr. Marah will begin the weekly khatera with students on Mondays: 1st period (8:05-8:50am) for 8th grade Boys with Br. Inshirah in room T0 (Br. Najm will supervise), and 8th grade girls with Sr. Marah in room IQ3 (Sr. Lamees will supervise). Topic is: Wudu and Good Hygiene.

	<p>Sr. Shabeah will meet with the following IB Students during 6th Period</p> <p>Rama Abdulmagid 1:05-1:20pm</p> <p>Ahmad Ali 1:20-1:35pm</p> <p>Dina Irshaid 1:35-1:50pm</p> <ul style="list-style-type: none"> <li>● EC Teachers Meeting with Sr. Deidre in Sr. Ilham's room from 12:30-1:30pm</li> <li>● Elementary Teachers Meeting w/ Sr. Deidre in Sr. Manal's room from 4:00-5:00pm</li> <li>● The National Honor Society will meet after school from 4:00 to 4:30 in room A13 to discuss this years goals.</li> </ul>
<b>Tuesday 9/10</b>	<ul style="list-style-type: none"> <li>● <b>Map Testing Continues</b></li> <li>● Site visit with Sr. Sufia Azmat and Br. William White</li> <li>● Sr. Shabeah will meet with the following IB Students during 6th and 7th period</li> </ul> <p>Ahlam Namrouiti 1:05-1:20pm</p> <p>Amnah Alahmad 1:20-1:35pm</p> <p>Baraa Ahmad 1:35-1:50pm</p> <p>Mohammad Al-Qassab</p> <p>2:35-2:50pm</p> <p>Khawlah Altoubah 2:50-3:05pm</p> <p>Nadia Babakhouya 3:05-3:20pm</p> <ul style="list-style-type: none"> <li>● IB Faculty Meeting with Sr. Shabeah in room A17 from 4:00-5:00 pm. Agenda: Upcoming deadlines for students, student progress, and the IB evaluation.</li> </ul>
<b>Wednesday 9/11</b>	<ul style="list-style-type: none"> <li>● <b>Map Testing Continues</b></li> <li>● Site visit with Sr. Sufia Azmat and Br. William White</li> <li>● Sr. Amany and Sr. Sherene will meet with</li> </ul> <p>Omar Awad 8:35 am</p> <p>Rahma Elmakabbati 9:30 am</p> <p>Dina Irshaid 10:25 am</p> <ul style="list-style-type: none"> <li>● Middle School Teachers Meeting with Sr. Dallal in room B7 from 4:00-5:00pm</li> <li>● High School Teachers Meeting with Sr. Sherene in room B8 from 4:00-5:00pm</li> </ul>
<b>Thursday 9/12</b>	<ul style="list-style-type: none"> <li>● <b>Map Testing Continues</b></li> <li>● Parent Meeting with IPTA in the ICT Hall at 8:30am</li> <li>● QAIS Teachers Meeting with Br. Feras in room B5 from 4:00-5:00pm</li> </ul>
<b>Friday 9/13</b>	<ul style="list-style-type: none"> <li>● Sr. Sara will meet with 8B 9:05-9:25 (20 min) and 8G 9:50- 10:10 (20 min) in their classrooms. Theme: Meet the counselor and Hygiene.</li> </ul>

Have a wonderful weekend!

