

September 18th 2009
Issue 1 - Fall
Premiere Edition

PSAB Newsletter

**Welcome PSAB
members Fall
2009**

- Meet your new board
- Meet your PSAB friends.
- What to expect and look forward to.

Parent Student Advisory Board – Miramar College Child Development Center

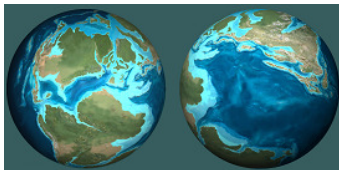
Welcome- President's Message

- America F Jimenez and Indy Godhia

Welcome to the new semester. It is great to see all of you – some familiar and some new faces. Your presence here confirms your belief that early childhood is a precious time and we must provide every opportunity for our children to flourish and grow. The PSAB is your club and provides terrific opportunities to all its members to participate in activities that benefit your child and yourself directly, like Multicultural days; Grandparents Day; Open House; Fundraisers; Fall Festivals and Field Trips. Please note that the PSAB is open to any suggestions any of you may have that you feel will be of value to the Center, the children and the students. The names of all the Board members and their contact details can be found at the end of this newsletter. Please feel free to approach any of us. We will be providing this Newsletter by email so as to save paper and we would appreciate everyone providing us with an email address. We look forward to a successful semester and trust that we will have your support in all our endeavors. Everything we do is intended to improve your child's strengths and environment- emotional, social and creative.

"Best of both worlds"

- Rekha Chhabra



Cars honking, people on every nook and cranny of the road. Chilled water, coconut water and mangoes sold under the bright shining sun, to protect people from the scorching heat of Indian summer.

My daughter, Rhea who is five, started complaining of heat, traffic and no electricity, within 24 hours after reaching India. I do not blame her, as I found myself saying, why I decided to come to Delhi in peak summer of 125F. But my son, Rohan, who is 13, felt right away being

at home. Though, it was shocking for him to see everyone around him as the same ethnicity and culture as him, as he has always lived in a multicultural society.

My country has many shortcomings but after a month, every problem seems to be no problem or one should say they started going out of focus as family has taken over that perspective, the real reason why we are here.

Kids tremendously enjoyed being with their cousins, aunts, uncles,

grand parents and met people who they do not even know. Every time, I saw them laughing with their cousins, my heart filled up with joy and sadness. Joy because they are so happy to be with their family and sad because soon we have to leave them.

Every week, kids get to celebrate some form of religious ceremonies, as India is full of life, culture, festivals, a nation rich in traditions and values.

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"When you help your child today, you write the history of tomorrow." – Father Flanagan

Parenting Tips

- *America F Jimenez*

There many things parents can do to improve their parenting experience. Three tips to remember are:

Wash hands - make it a fun and good habit. There is plenty research that shows that if you constantly wash your hands with plenty soap and water you are helping your family to stay healthier and safe from diseases.

To tackle obesity: Parents can help their child by not letting the child eat in front of TV, minimize the trips to fast food restaurants and increase the amount of outdoor activities. Research shows that obesity can lead to heart disease, diabetes and asthma amongst other illnesses. Obesity also causes social isolation for your child.

Get informed and look for opportunities to learn how to help your children.

There are many resources in the community that can help your family.

Parenting is a learned skill so we should take any opportunity to learn from the best. Places you can go include schools, libraries and community centers. Do not forget the internet as a resource as well.

Laughter is the best medicine

- *Indy Godhia*



In the next newsletter we look forward to your contributions in this segment. Laughter is the best medicine and it helps to relieve stress. It has been shown that developing a sense of humor in your child helps him or her to have greater confidence and self-esteem. Also, laughter is a great way to connect with your kids. Here are few jokes you can share with your children and family. I always say: "A chuckle a day keeps the doctor away".

Quoted from "Kids' Funniest Jokes" – S. A. Barry

" **What nut has no shell? – A donut**

What stays hot in your refrigerator? – A hot dog

What do ants use for a hula hoop? – A fruit loop

What has sixteen arms? – Two octopuses shaking hands

What has two hands but cannot wave? – A clock

What did the chicken want in the library? – A Book-book-book-book"

Safety - Car Seat Safety Mistakes

- *Indy Godhia*



Sign up for free parenting tips at parents.com. The website has info relevant to children and parents. The recipes are yummy and the safety tips invaluable. The eight common car seat safety mistakes are:

1. Seat too loose in the car
2. Harness too loose on the child.
3. Infant seat turned face forward too soon.
4. Infant seat not at 45-degree angle.
5. Using the retainer clip incorrectly.
6. Harness straps through wrong slots.
7. Not using a booster seat.
8. Using recalled seats."

Source: parents.com

Food your children will eat

- Indy Godhia

English muffin / Mini Pita Pizza

Sauce:

Tomato or Hummus

Toppings:

Turkey, chicken, pepperoni, beef

Veggies:

corn, shredded carrot, bell peppers, pineapple, mushrooms

Assemble, add a little shredded cheese and toast in Toaster Oven until cheese melts.

Quick easy and delicious!

Alternative: Sweet version

Use cream cheese or peanut butter and add berries on top. No need to toast.

Savory Pancakes

Use pancake mix but add shredded cheese to mix and shredded veggies. Pour and cook as usual.

Serve it on its own or with a yogurt or ranch dip.

Sandwiches

Make sandwiches to order and then use a **cookie cutter** to give them interesting shapes. Many children will eat it just

because the shape is unusual.

It is never too early to involve your children in the preparation of meals. It helps to build their confidence and is a wonderful way to encourage responsibility.

In addition, basic good nutrition habits can be encouraged. Start by **washing your hands** and tell the kids why this is important.

Meal prep time can be a time to share your day and have a few laughs. Have healthy snacks like cut fruit and cheese cubes for all, so that you are not too hungry and can enjoy the time together.



Tips for health / songs / free fun activities

- Indy Godhia

Free Fun Activities

Enjoy some finger plays and nursery rhymes with your child.

Go for a walk and pick up different leaves along the way. Return home and stick them in a folder and look at them a few days later when they have dried. See the surprised look on their faces.

Enjoy running races in your backyard or the local park.

Songs to have fun with

Heads Shoulders Knees and Toes. The **Hokey Pokey** is another good rhyme to practice and it adds to the knowledge of the body parts named.

Enjoying a **picnic** in your backyard or living room floor if a backyard is not available can be fun and exciting. Preparing for the picnic is half the fun and eating finger foods makes it enjoyable and memorable. If you have a **camping tent**, this experience can be super fun.

Balboa Park and the **free Tuesday** admission program are worth checking out for a free fun family outing. Go to the Balboa Park website and get all the details.

We make the memories that we will treasure so choose wisely. Remember always, you are the most important person in your little one's life. Time with you, be at home, in the car, or at bedtime is precious.

Enjoy it while you can!



"Nothing you do for your children is ever wasted" – Garrison Keillor.

Upcoming events / Fundraisers / Meeting dates

PSAB Meetings - Friday at 11 to 12pm – Room 212 at Center

Attendance at each meeting equals 5 PSAB points!!!

- **September 18th 2009**
- **October 9th 2009**
- **November 20th 2009**
- **December 4th 2009**

Important: If unable to attend meetings, please volunteer and contribute to activities to earn PSAB points.

Sep 28 th	Backpack Program Launch
Sep 28 th	Family Traditions Week
Oct 1 st	Picture Day
Oct 14 th	Pat & Oscars, Mira Mesa – Fundraiser Wednesday (watch out for flyer) 5:00- 8:00 pm
Oct 19 th	Open House (6:00 - 7:00pm)
Oct 23 rd	Fall Festival Friday (10:30am - 11:30am)
Oct 26 th	Parent Teacher Conferences Begin
Oct 30 th	Campus Fall Parade Friday (10:30am - 11:30am)
Nov 5 th	Souplantation, Mira Mesa - Fundraiser Thursday (watch out for flyer) 5:00- 8:00 pm
Nov 18 th	Police Dept Visit McGruff The Crime Dog - Stranger Danger Topic (11am - 12pm) Rm F209 (parents welcome). Only Astros will be attending talk.
Nov 20 th	Children's Potluck Friday (12 noon)
Dec 11 th	Winter Potluck Friday (12:15 pm - 2:00pm)
Sep 16,17,18	Campus Activities: Summer nights - Associated Student Council Event

Special Note of Thanks

We would like to thank Ms. Penney Beltran especially, for creating our website – (<http://psabmiramarcollege.weebly.com>). The PSAB appreciates her contribution as a technical advisor and her efforts in the e-mail distribution of this newsletter. This helps save paper and we all need to do our part in keeping the earth green.

The importance of parent involvement

- *Indy Godhia and America F Jimenez*



“It goes without saying, that you should never have more children than you have car windows – **Erma Bombeck**”

Parent involvement is important in a pre- school environment. For many children this is the first time they are in a setting where they are expected to socialize with children that are their own age, teachers and other adults that volunteer. Social skills need to be mastered

through their life time and it is therefore important that they learn these skills in a manner that is appropriate for their age and experience. In this respect parents volunteering at the pre- school can see first hand how teachers attempt to encourage self help and

social skills to be developed in the child. The parent can then duplicate these efforts in the home environment and the child's skills would be mastered in a cohesive way. Parent involvement also allows for valuable input for the teachers so that improvements can be made in the classroom.

Faculty Notes – Professor Sally Nalven

**PSAB- MIRAMAR
COLLEGE
Child Dev. Center**

10440 Black Mountain Road

San Diego, CA 92126

PHONE:
(858) 536-7851

Welcome to the Child Development Center and to the PSAB!

As Director of the Center, I am very happy that you have chosen our program.

Our Center has been in existence for over twenty-five years, serving students, children and their families. Our mission

is to provide a high quality, supportive learning environment where we respect and value each individual.

For many of you, this may be your first time working with young children in a lab setting. Please remember that we are here to support and guide

you in this new experience. We want you to succeed! If you have any questions or concerns, or just want to talk, please do not hesitate to stop by my office in F207.

I look forward to meeting all of you.

- **Professor Sally Nalven.**

“Best of both worlds” – *(Continued from page 1)*

“Nothing improves a child’s hearing more than a few kind words.”

It is important for children to learn who they are, where they come from so they can develop their self-identity. I felt my children are very fortunate as they get to spend time with their family in India. They were the center of discussion for everyone, mainly for their good qualities that they brought to India, respect for every human being, politeness, freedom of speech, great mannerism, which they get to share with their family.

Finally, after being there

for three months, the day came to say goodbye to them. My heart was filled with tears and sadness. When my children saw their mother crying, they said, “its okay we will be back to see them again or call them to San Diego, to our home”. In my heart, I knew its going to be okay.

After reaching San Diego, I felt being at home again, with my different set of friends, neighbors, Miramar Family. There is not a single day when we do not talk about India but at the same time, we do

not forget how thankful we are to this nation, which gave us different set of values and homely experiences.

For this reason, we at the Miramar Child Development Center encourage all the students/parents to share their traditions with our children, which could be anything from a family recipe to a bedtime routine. This way they understand and respect each other and make this world a better place to live.

Member contributions and Anecdotes

We look forward to your contributions to this column in the next newsletter. Tell us the cutest things your child has said or done or anything that has been unforgettable and that you would like to share with us as parents and students. You may drop off your contributions in writing, anonymously if you wish in the mailbox outside room F212.

Who we are and contact details

(Visit our website at <http://psabmiramarcollege.weebly.com>)

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