

December 4<sup>th</sup> 2009  
Issue 4 - Fall Edition

# PSAB Newsletter

Next PSAB Meeting  
Friday Dec 4, 2009

New time:  
9:15 am – 10:15 am

## Fall 2009

- President's message
- Articles of interest
- Schedule of events
- Faculty Notes



Designed and Edited  
By Indy Godhia

Parent Student Advisory Board – Miramar College Child Development Center

## President's Message

- America Jimenez and Indy Godhia



We would like to thank all the parents, students and teachers that made the **children's potluck** on Friday, Nov 20<sup>th</sup> a success. The weather was wonderful and it was a real treat for everyone to enjoy good food, good company and good cheer in the fresh air and sunshine.

We would like to take this opportunity to thank all our members for supporting all the events planned for this semester and going the extra mile to make each event as special as possible for all attending. We have a final event planned on **Friday, Dec 11<sup>th</sup>** which is the **Winter Potluck**. We encourage members attending to contribute food or drinks to the event. A **sign- up sheet** will be available outside Room 212 at the Center so that we can check to see what our friends might be contributing and avoid duplication.

At our last PSAB meeting for this semester, on **Friday, Dec 4<sup>th</sup> at 9:15 am- 10:15 am**, there will be a **special election** to elect members to the following positions which are being vacated: President; Vice President; Secretary; Public Relations Officer and Senator. Thankfully, our Treasurer, Megan Arndt, will carry on through next semester. We welcome any member that is interested to come forward and stand for any of these positions. The vacating board members would like to take this opportunity to **thank all our friends and members for the great privilege we have enjoyed this semester in serving all of you and planning all the events. The experiences have been thoroughly enjoyable and we have met so many wonderful people. Working for the benefit of the children at the Center has been one of the highlights of our college experience.** Thank you again and we look forward to the appointment of the next group of PSAB Board members.

The hardest job kids  
face today is learning  
good manners without  
seeing any.

- Fred Astaire



Politeness is to human  
nature what warmth is  
to wax.

- Arthur Schopenhauer

## Mind your Manners

- Indy Godhia

When our children display good manners in our home and in public, we feel so proud of them. Manners are part of social skills that have to be learned and unfortunately are not innate in our species. Little children learn a great deal from us on a daily basis. Infact, the first exchanges between parent and child, involve reacting to facial expressions and interpreting each other's messages. The simple exercise of taking turns to read and react to each other's babbling and cooing is the beginning of the first social skill of listening and talking. This may appear obvious, but when we take time to listen to each other before responding we are teaching our child the importance of quiet listening. Good listening is based on the premise that we regard what the other person has to say as important and we should give it our undivided attention.

During circle time, the teachers often remind the kids that they should not step on the words of the person talking or that it is time for them to listen and time for the teacher to talk. Other things we can successfully teach our children are the magic words: please and thank you. I know that many children appreciate the positive feedback they get when they use these magic words. These words are particularly practiced at the snack table during all meal times. Eventually the children use these words as if they are second nature. As a teacher in the classrooms, I personally have seen quite a few children using these magic words without being prompted and it is heartwarming indeed. Finally, modeling good manners is the best way of imparting good manners to our children.

# Laughter... LOL ... it's good for you

- *Indy Godhia*

**Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.**

- *Albert Schweitzer*



**It is our choices that show what we truly are, far more than our abilities**

- *J.K. Rowling*

**To live is the rarest thing in the world. Most people exist, that is all.**

- *Oscar Wilde*



**Worry never robs tomorrow of its sorrow, it only saps today of its joy.**

- *Leo Buscaglia*

I am a firm believer that we should find time to laugh and enjoy each day of our lives. As we all lead stressful lives, it is all the more important that we take time to laugh, giggle, burst out laughing or just at least smile. We should try to find humor in our daily lives and having kids or parents or homework to do.....provides endless sources of humor. My children who are now teenagers, have a keen sense of humor and I really look forward to sharing the end of the day with them.....sometimes there is so much LOLing going on and there are even happy tears running down our cheeks. The time together helps us to de-stress and we all have a great time to boot.

While researching the subject of Humor, I came across the works of Dr. Steven M. Sultanoff, Ph.D who claims to have the following intriguing title: Mirthologist and Clinical Psychologist. I went to his website: [www.humormatters.com](http://www.humormatters.com) and came across an article- "Where Has All My Humor Gone; Long Time Passing...Humor from Children to Adults", which I have quoted in part for your reference. The good doctor says:

**"While "research" indicating that toddlers laugh 400 times a day and adults laugh only 15 may be "humor legend," most of us observe children laughing far more than adults. Why is it that adults appear to laugh less often than children? What has happened to us as we have grown to be adults? ....**

Children enter life with an inherent capacity to laugh, smile, play, and generally make fun and light of life. Their sense of humor is then cultivated by how they experience their social environment---especially their families. Positive humor, negative humor, resistance to humor, or a negative view of humor all develop as we experience humor in the world around us. One of the greatest potential contributions we can provide for children is to present ourselves as "humor beings." By living with a humorous perspective, we teach children to effectively manage life's challenges with far less stress.

Our use of therapeutic humor is not an isolated moment in time. It is a lifestyle or perhaps a philosophy of life. We teach humorous-ness (or seriousness) by the way children experience us. If we take ourselves lightly, so will children. If we use humor to manage life's challenges, so will children. If we share therapeutic humor and avoid humor that is degrading, condescending, and critical of others, so will children.

It has been suggested by some that humor is a "social lubricant." If this is true, then what better legacy can we offer our children than that of how humor reduces interpersonal tension, reduces stress, feels good, and teaches us how to keep perspective on life's challenging events.

The theme of this newsletter is "humor in families." As they grow, children refine their individual sense of humor as they experience it in their world. It is important that we remember that humor is not "turned on and off" but is a way of being...a humor being!

As Br'er Rabbit once said, "Everybody's got a laughin' place. Trouble is, most folks won't take the time to look for it!" As we "mature" we may have been "taught" to bury our laughing place, but we still have the opportunity to uncover it as well as, provide an environment for children where they can cultivate their own laughing places."

So let us take what the good doctor has to say on board...after all we do not get advice from a Mirthologist everyday.

# Laugh out loud 😊

- Compiled by Indy Godhia from [www.humormatters.com/kidspunh.htm](http://www.humormatters.com/kidspunh.htm) and <http://www.bconnex.net/~kidworld/weekjoke.htm>

**What did the chewing gum say to the shoe?**

I'm stuck on you

**What did the silly comedian bake on his day off?**

Cornbread

**What is black and white and pink all over?**

An embarrassed zebra

**What did one mountain say to the other mountain?**

Let's meet in the valley

**What bird steals from the rich to give to the poor?**

Robin Hood

**What did the toilet say to the other toilet?**

You look a little flushed

**The math teacher saw that little Johnny wasn't paying attention in class. She called on him and said, "Johnny! what are 4, 2, 28 and 44?"**

Johnny replied, "NBC, CBS, HBO and Cartoon Network!"

**Why did the woman wear a helmet at the dinner table?**

She was on a crash diet

**Why didn't the hotdog star in the movies?**

The rolls weren't good enough

**Have you heard about the restaurant on the moon?**

Great food, but no atmosphere

**What do you call a fairy that hasn't taken a bath?**

Stinkerbell

**Why do birds fly south?**

Because it is too far to walk

**What time is it when an elephant sits on a fence?**

Time to get a new fence

**Which word in the dictionary is spelled incorrectly?**

Incorrectly

**What is the cannibal's favorite game?**

Swallow the leader

**What do you call a scared dinosaur?**

A nervous Rex

**Why are Teddy Bears never hungry?**

Because they are always stuffed

**Who granted the fish's wish?**

The Fairy Cod Mother or The Wisherman

**How do you change a pumpkin into another vegetable?**

You throw it up in the air and it comes down squash

**Why is Dracula so unpopular?**

He's a pain in the neck

**What did the snail say when she climbed up on the turtle's back?**

Whoooooooooooo

**Who always steals the soap in the bathroom?**

The robber ducky!

**What do you call a lamb attack ship?**

A battlesheep!

**Where do you find baby soldiers?**

In the infantry

**There are 5 cats on a couch. One jumped off. How many were left?**

NONE, they were all copycats!

**Knock Knock! Who's there?**

Cargo!

**Cargo who?**

CarGo Beep Beep!

**What is a snake's favorite subject?**

Hiss - tory

**Why didn't the skeleton go to the ball?**

Because he had no "body" to go with

**Did you hear about the actor who fell through the floor?**

It was just a stage he was going through

**What did the mayonnaise say to the refrigerator door?**

Close the door, I'm dressing!

**Why do fish live in salt water?**

Because pepper makes them sneeze!

**What is the longest word in the dictionary?**

The word smiles because there is a mile between each s.

**Who earns a living driving their customers away?**

A taxi driver

**What do dogs eat at the movie theatre?**

Pup-corn

**What is a dog's favorite dessert?**

Pup-cakes

# One-pot recipe for a Cold Winter Evening

- Indy Godhia



## Chili:

This one-pot wonder is so simple and hearty that it is a sure winner every time I make it.

- 1 pound of minced meat - turkey, chicken, beef or pork
- 1 medium red onion
- 2 cloves garlic
- 1 tsp of fresh ginger
- 2 tsp paprika
- 2 tsp chili powder
- 1 tsp black ground pepper.
- 1 can of stewed tomatoes
- 1 cup of ketchup
- 1 can of kidney/pinto/ black beans
- 1 can of stock- chicken or vegetable
- Salt to taste- 1- 2 tsp usually

## Method:

1. Fry the onions, garlic, ginger and meat for about 10 minutes, until it is caramelized and almost cooked.
2. Add the paprika, chili powder, ketchup, pepper and salt.
3. Cook for 5 minutes and then add beans of choice.
4. Cook for another 5 minutes and then add the stock.
5. Simmer for 20 minutes.
6. Serve with crusty bread or steamed rice.



Limitations live only in our minds. But, if we use our imaginations, our possibilities become limitless.

- Jamie Paolinetti

# Songs we sing in preschool – The Wheels on the Bus

- Compiled by Indy Godhia

**The wheels on the bus go round and round.**

*Round and round.*

*Round and round.*

**The wheels on the bus go round and round,  
all through the town!**

**The people on the bus go up and down.**

*Up and down.*

*Up and down.*

**The people on the bus go up and down,  
all through the town!**

**The horn on the bus goes beep, beep, beep.**

*Beep, beep beep.*

*Beep, beep, beep.*

**The horn on the bus goes beep, beep, beep,  
all through the town!**

**The wipers on the bus go swish, swish, swish.**

*Swish, swish, swish.*

*Swish, swish, swish.*

**The wipers on the bus go swish, swish, swish,  
all through the town!**

**The signals on the bus go blink, blink, blink.**

*Blink, blink, blink.*

*Blink, blink, blink.*

**The signals on the bus go blink, blink, blink,  
all through the town!**

**The motor on the bus goes zoom, zoom, zoom.**

*Zoom, zoom, zoom.*

*Zoom, zoom, zoom.*

**The motor on the bus goes zoom, zoom, zoom,  
all through the town!**

**The babies on the bus go waa, waa, waa.**

*Waa, waa, waa.*

*Waa, waa, waa.*

**The babies on the bus go waa, waa, waa,  
all through the town!**

**The parents on the bus go shh, shh, shh.**

*Shh, shh, shh.*

*Shh, shh, shh.*

**The parents on the bus go shh, shh, shh,  
all through the town!**

**The mommy on the bus says, I love you.**

**I love you, I love you.**

**The daddy on the bus says, I love you, too.**

**All through the town.**



Tell me and I'll forget;  
show me and I may  
remember; involve me  
and I'll understand.

- Chinese proverb

# Upcoming events / Fundraisers / Meeting dates



Last PSAB Meeting - Friday at 9:15 am to 10:15 am – Room 209 at the Center

Attendance at each meeting equals 5 PSAB points!!!

- **December 4<sup>th</sup> 2009 – Elections and New time**

**Important:** If unable to attend meetings, please volunteer and contribute to activities to earn PSAB points. Signup sheet for volunteers is at PSAB Notice Board at the front entrance.

Dec 2 <sup>nd</sup>	Police Dept Visit McGruff The Crime Dog - Stranger Danger Topic (11:00 am – 12:00 pm) Room F209 (Parents are welcome). <b>Only Astros will be attending talk.</b>
Dec 11 <sup>th</sup>	Winter Potluck Friday (12:15 pm - 2:00 pm)

## Chess and the young child's mind

- *Indy Godhia*

Those who cannot change their minds cannot change anything.  
- *George Bernard Shaw*

The true sign of intelligence is not knowledge but imagination.  
- *Albert Einstein*

It's never too late to be the person you could have been.  
- *George Eliot*



It's not that I'm so smart, it's just that I stay with problems longer.  
- *Albert Einstein*

Research has shown that playing the game of Chess is highly beneficial. In fact, Former U.S. Secretary of Education Terrell Bell encouraged “knowledge of chess as a way to develop a preschooler's intellect and academic readiness”. America, our PSAB President, has been teaching chess to elementary school children in an after school program the whole of this year. She is a Chess Champion and has won several trophies for this game in high school. When she told me that she was even teaching a 5 year old girl for an hour every other week...I was intrigued and wondered if the child was too young. The young girl is apparently really enjoying the game and is able to win, occasionally, when playing with her older brother, ...it must be a self esteem booster, I imagine.

As, I researched this area, I came across fascinating information that I thought I should share with all of you who are parents of preschoolers. I came across the following academic benefits of chess listed so eloquently on the School Chess Association website: [www.schoolchess.org](http://www.schoolchess.org).

“We have brought chess to the schools because we believe it directly contributes to academic performance. Chess makes kids smarter. It does so by teaching the following skills:

- Focusing** Children are taught the benefits of observing carefully and concentrating. If they don't watch what is happening, they can't respond to it, no matter how smart they are.
- Visualizing** Children are prompted to imagine a sequence of actions before it happens. We actually strengthen the ability to visualize by training them to shift the pieces in their mind, first one, then several moves ahead.
- Thinking Ahead** Children are taught to think first, then act. We teach them to ask themselves “If I do this, what might happen then, and how can I respond?” Over time, chess helps develop patience and thoughtfulness.
- Weighing Options** Children are taught that they don't have to do the first thing that pops into their mind. They learn to identify alternatives and consider the pros and cons of various actions.
- Analyzing Concretely** Children learn to evaluate the results of specific actions and sequences. Does this sequence help me or hurt me? Decisions are better when guided by logic, rather than impulse.
- Thinking Abstractly** Children are taught to step back periodically from details and consider the bigger picture. They also learn to take patterns used in one context and apply them to different, but related situations.
- Planning** Children are taught to develop longer range goals and take steps toward bringing them about. They are also taught of the need to reevaluate their plans as new developments change the situation.
- Juggling Multiple Considerations Simultaneously** Children are encouraged not to become overly absorbed in any one consideration, but to try to weigh various factors all at once”.

This was enlightening and if I may add, any time spent with our children learning and playing this wonderful board game, will undoubtedly be quality time for both parent and child. With a preschooler, just introducing the pieces and learning their names would be a good start.



## Preschool Teachers

- *Indy Godhia*

A preschool teacher has one of the hardest and most rewarding jobs. We are lucky to have three wonderful Lead teachers, who also happen to be Mentor teachers at our disposal at the Center. Teacher Dawn, Teacher Cindie and Teacher Carla, as they are affectionately referred to by the children and all who work with them, are three extraordinary individuals that embody the qualities of a quintessential preschool teacher. They have taught me:

- The children come first, always supervise and keep them safe
- Smile and enjoy working with children- it is a privilege
- Be professional at all times in dealings with children, parents, students and colleagues
- Work hard and have fun with the children
- Look after yourself- physically and emotionally so that you can give your best to the children
- Be patient- allow the children to problem solve so they can say: "I can do it" often
- Develop trust and be a friend, always let the children know they are valued
- All problems are only teaching opportunities
- Model the best qualities at all times as you are an important role model for the children

In addition, the three teachers have been kind and patient with all lab students that work with them in their classrooms. The learning experience in this lab school is stellar and we are indeed fortunate that we are learning from the best in our field.

**Yesterday is history.  
Tomorrow is a mystery.  
Today? Today is a gift.  
That's why we call it the present.**  
- B. Olatunji

## Family

- *Indy Godhia*

It is important that we raise well-adjusted, down to earth children that value family and moral values more than materialistic possessions and being popular. In this season of gift giving and family gatherings, we can take this opportunity to instill wholesome family values such as:

- Respect for your parents
- Respect for your friends
- Family relationships should be valued
- Material gifts are not important
- Homemade gifts should be treasured
- Donate to charities and the less fortunate
- Spend quality time with our children

As we head in to a new year, we should all take this time to reflect on how fortunate we are to have our children, our health, our family and friends. These are the things that endure and should never be taken for granted. If you have not hugged your mum/dad or child today...what are you waiting for...life is not a dress rehearsal...make every second of our lives together count. It is up to us to make the best of every moment in every day.

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