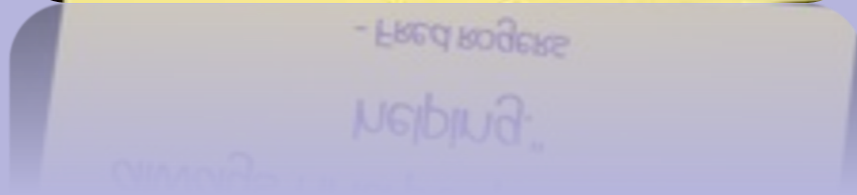
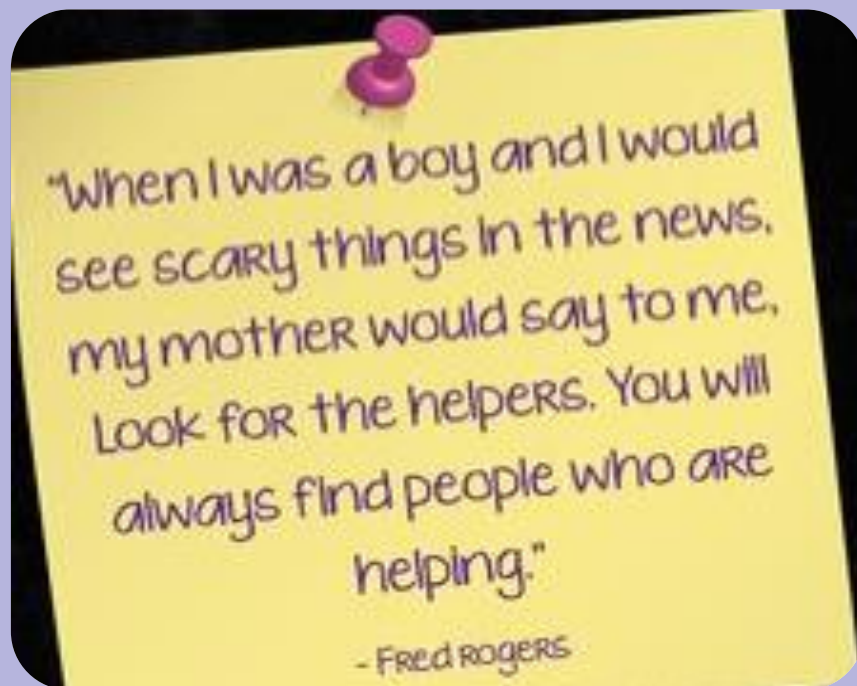




Stout Middle School

Student Newsletter

Week of April 20th, 2020





DISCONNECT



Take a break from reading, watching or listening to news stories including those on social media.



MOVE

Take a walk. Plant a garden. Do a virtual work out class. Stretch. Meditate. Do activities that you enjoy.



SELF CARE

Take care of your body. Take deep breaths. Eat healthy. Get plenty of sleep. Drink lots of water. Avoid alcohol and drugs.



STAY IN TOUCH

Share your concerns and how you are feeling with friends or family members. Maintain healthy relationships, and build a strong support system. Seek help from a doctor, clergy person or counselor. Remember to continue to practice social distancing.



What Is Mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.



Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times. You tune out all the other sounds and take your shot. Swoosh — yes! Nicely done.

That calm focus, that way of paying attention to what you're doing, taking your time, taking it easy — that's you being mindful! And being mindful just helped you take your best shot.

Almaarej, Mostafa A 4/20/2006

Baalawi, Malak 4/20/2006

Aljahmi, Shatha A 4/21/2005

Mozip, Anas 4/23/2006

Beauchamp, Gabriel 4/24/2008

Dabaja, Aya M 4/24/2007

Jaffer, Yasmeeana R 4/24/2008

Cheaitou, Fadi 4/25/2006

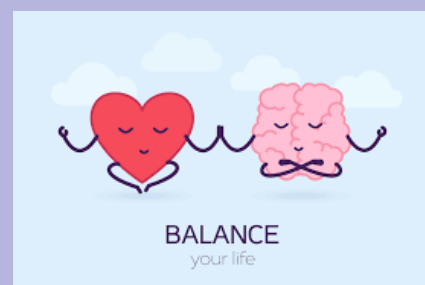
Almujahid, Ismaeel 4/26/2006

Stallworth, Timia 4/26/2007

Why Do People Need Mindfulness?

Being mindful helps you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more



If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.

How Does Mindfulness Work?

You need to practice mindfulness to get good at it. Training the mind takes practice. The more you practice, the better you get.

If you practice [mindfulness exercises](#) (click this link), being mindful can come naturally when you need it in your everyday life. This can help when you're stressed, when you have to do something difficult, or when you have to focus your attention. It's a lot like learning to play the piano. Each time you practice, you're training yourself to play a little bit better.

When you practice mindfulness, you're training your attention. Research shows that practicing mindfulness can improve attention for just about everybody — including people with [ADHD](#), or who think they have trouble paying attention.

How Do I Get Started?

Anyone can practice mindfulness. It's easy to do, and it just takes a few minutes a day.

Here are the basic steps:

Sit in a relaxed, comfortable position. Pick something to focus your attention on, like a word you repeat in your head or your breathing.



Let's say you decided to focus on your breathing. Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention in an easy way — on purpose, but not forced.

Notice when your mind wanders away from paying attention to your breath. Maybe you start thinking about what's for lunch, or whether you remembered to bring your soccer gear, or that funny joke someone told at recess. That's your mind wandering and getting distracted. It's natural, minds do that all the time!

Whenever you notice your attention has wandered, gently remind yourself to pay attention to breathing again. That's how you train your attention.

Keep breathing, keep relaxing, and keep paying easy attention to your breathing.

Can you feel the place where the air tickles your nostrils?

Do you notice how the breath gently moves your body?

Can you pay attention to your belly or your chest moving as you breathe?

Keep bringing your attention back to the breathing every time your mind wanders.

Try to do this for 5 minutes.

That's it! There are lots of other ways to practice mindfulness, like eating mindfully or even mindful walking. Try picking different things to focus on to help you practice training your attention.

There is always someone who can help. Reach out to a parent, older sibling, teacher, or school social worker. Dearborn Public Schools offers a **Social emotional hotline you can contact at 313-827-8500 or dss@dearbornschools.org**



Follow along to see what the students have been up to...

Nicole's Quote of the Week:



“You can achieve anything if you work hard enough.”

Favorite thing to do during the quarantine? My favorite thing to do while staying safe at home is watching Netflix.

What are you binge watching?

I have been binge-watching Fuller house and Ann with an E.

What are you listening to?

My favorite song is Divine by Alex aster.

Favorite food?

My favorite food is spaghetti all the way!

By: Nicole DeLosSantos



30

Things **YOU** can do for **YOUR** Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

©Carol Miller 2020

VIRTUAL FIELD TRIP



The [San Diego Zoo](#) has a website just for students with amazing videos, activities, and games. Enjoy the tour!



Click the links above for a virtual field trip!



Get to Know...

Miss Zoratti

Hello, my name is Miss Zoratti, and I teach 8th Grade Pre-Algebra and Algebra at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...



Birthday: February 23, 1986

Hobbies: cross stitching, board games, and Harry Potter

Hidden Talent: organizing

Favorite Food: pasta

Favorite Drink: unsweetened iced tea

Favorite Movie: Man on Fire

Favorite Book: Harry Potter and the Half Blood Prince

Favorite Color: blue

Favorite Season: summer

Favorite Sport: basketball

I have a Shih Tzu named Toby that had been with me since college! (Pic to the right)



**Stay safe. Stay home. Wash your hands.
Repeat.
See you all soon!**

