



Stout Middle School

Student Newsletter

Week of March 30th, 2020

8 ONLINE TIPS in the time of COVID-19

- 1 Remember that when online, you are never alone. It is public space.
- 2 What you 'chose' or 'found' on the web are not purely your decisions. It's the algorithms at work.
- 3 Turn on your doubt gene.
- 4 Racism does not fall under free speech or freedom of expression.
- 5 Not everything that looks and sounds like news, are in fact, such.
- 6 Opt for the original, and go straight to the source.
- 7 Don't forget: The internet is forever.
- 8 Create and consume a healthy digital diet.



BY: J. SON



Social Distancing Tip: Go for a walk outside

Although we are advised to limit social interactions and stay home as much as possible, that does not mean we are not allowed to go outside and get some fresh air.

So long as you are practicing proper social distancing — **staying at least six feet away from others** — you should be fine.



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.



- Abdelbaki, Rayan 3/28/2008
- Musleh, Ragiah Asaad 3/28/2006
- Alhumaidi, Suhar 3/29/2006
- Hobabi, Ali 3/29/2006
- Alzandani, Sarrah A 3/30/2008
- Donakowski, Alessandra 3/30/2008
- Houssami, Mariam H 3/31/2006
- Nasser, Saqer T 3/31/2007
- Aburaihan, Hafed A 4/1/2008
- Ajami, Kassem 4/1/2008
- Algalham, Ghayth J 4/1/2006
- Aljahmi, Rashad 4/1/2008
- Aljebury, Mahdi 4/1/2006
- Almujahid, Musa 4/1/2006
- Alreyashi, Ahmed Hassan 4/1/2005
- Murshed, Ahlam 4/1/2006
- Sharif, Ahmed S. 4/1/2007
- Ahmed, Asmah 4/2/2007
- Alatooli, Abdullah A 4/2/2008
- Tagaddin, Mohammed Ali 4/2/2006
- Williams, Hugo 4/2/2005
- Alissawi, Amal S 4/3/2006
- Bocanegra, Angeline 4/3/2007
- Ghallab, Ali 4/4/2006
- Kassir, Aya 4/4/2007



5 Ways to Deal with Anxiety

Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Here are 5 ways to help manage them:

1. **Become a relaxation expert.** We all *think* we know how to relax. But chilling out in front of the TV or computer isn't true relaxation. (Depending on what you're watching or doing, it could even



make you more tense.) The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it's a false state of relaxation that's only temporary. What the body really needs is daily practice of a relaxation technique — like deep breathing, tai chi, or yoga — that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

2. **Get enough sleep, nourishment, and exercise.** Want your mind and body to feel peaceful and strong enough to handle life's ups and downs? Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

3. **Connect with others.** Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things. If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. You're not alone.

4. **Connect with nature.** Heading out for a walk in the park or a hike in the woods can help anyone feel peaceful and grounded. (Choose somewhere you feel safe so you can relax and enjoy your surroundings.) Walking, hiking, trail biking, or snowshoeing offer the additional benefit of exercise. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.

5. **Pay attention to the good things.** A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen.



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



Layla Salha's Quote of the Week:

“Life doesn't require that we be the best, only that we try our best”

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

What are you binge watching? I have been binge watching many different shows like Vampire Diaries and The Office.

What are you listening to? I don't really have a favorite song I like to listen to a lot of different types of music.

Favorite food? My favorite food is tacos.

I can't wait until quarantine is over so I can get back to my normal life.

By: Layla Salha (7th grade)

Get to Know... Mrs. Wheble

Hello, my name is Mrs. Wheble and I am a Special Education and Peer Mentoring/Leadership teacher for grades 6-8 at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...

Birthday: July 28th

Hobbies: Traveling, painting, scrapbooking and spending time with my family

Hidden Talent: painting/singing

Favorite Food: Mac N' Cheese!!!

Favorite Drink: Mt. Dew Code Red

Favorite Movie: Wizard of Oz



Favorite Book: Esperanza Rising

Favorite Color: Teal

Favorite Season: Winter

Favorite Sport: Softball

I am a HUGE Disney fan! I have

been to Disney World 41 times!!

It's my favorite place on Earth!!

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