



# Stout Middle School

## Student Newsletter

Week of April 27th, 2020

*Continuous effort*  
NOT STRENGTH  
OR INTELLIGENCE  
IS THE KEY TO  
UNLOCKING OUR  
*potential*

WINSTON CHURCHILL

EVERYTHINGJUSTSO.ORG



# 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.



## Mindfulness is a state, a trait, and a practice.

Mindfulness can be thought of a “state,” a “trait” or a “practice.” You can have a moment of mindfulness, which is the state of your mind. You can also have a sustained experience that is more like a habit or strong tendency to be mindful, a trait. Or you can engage in a more intentional practice of mindfulness by using different forms, postures and activities, such as seated mindfulness meditation, mindful walking, and mindful eating.

Why do people practice mindfulness?

Mindfulness can support and sustain you, by helping you manage the stress of today’s world. Mindfulness has been shown to have a positive impact on stress, attention, and even relationships. The American Psychological Association shares research on a range of benefits of mindfulness, including:

- stress reduction
- boosts to working memory
- focus
- less emotional reactivity
- more cognitive flexibility
- relation satisfaction

You can read more about [the research and benefits of mindfulness and how mindfulness practice can literally change your brain, here](#). Yet the benefits of mindfulness can take us *beyond* the terrain of managing symptoms to a place where we are developing our deeper human capacities for awareness, attention, empathy, kindness and compassion.

## How to start practicing Mindfulness:

The experience of mindfulness is something that is available to you in every moment of the day. But it can be very helpful to set aside a specific time to practice mindful meditation, mindful walking, or a body scan. When mindfulness becomes a “practice,” you’ll notice that mindful moments begin to occur more frequently throughout your day – like taking a moment to pause and breathe before rushing into the kitchen to make your first cup of coffee!

Listen to three guided mindfulness practices to get an introduction of how to practice mindfulness through breathing, body scan, and walking.

**Click on this website link and scroll to the three blue boxes**  
<https://www.mindfulschools.org/what-is-mindfulness/>

Fetteh, Idrees 4/27/2008

Hassan, Ali 4/28/2008

Saleh, Mariam 4/28/2008

Shafal, Fadhel M 4/28/2006

Yahya, Fatima 4/28/2008

Saleh, Abdullah Khaled 4/29/2006

Albonajim, Noor 4/30/2008

Hubaishi, Duaa T 4/30/2007

Ahmed, Shehab 5/1/2008

Algubani, Yaseen 5/1/2007

Nagi, Serene Anwar 5/1/2006

Ahmed, Bushra 5/2/2006

Sleiman, Ibrahim 5/2/2006

Taleb, Mohamed Jawad 5/2/2008

Hazime, Dean 5/3/2007

Mojali, Khalid 5/3/2008

Qadri, Islam 5/3/2006



## Tips to start establishing a *regular practice*:

For even the most experienced mindfulness practitioners, having a daily practice can be challenging, so it helps to be able to do it together with others. Here are a few helpful tips to get started.

1. **Set an intention.** A regular practice is supported by setting an intention and then remembering to come back to it frequently over time. In this way you can gently remind yourself of why you are practicing.
2. **Designate a place to practice.** Your practice should happen in a place that is quiet and peaceful. Take time to set yourself up, creating a beautiful, calm environment that you will want to be in. Finding the right chair or cushion, the right light and sound levels and temperature is important. You can use a timer app and guided meditation, or just use a clock or bell to time yourself.
3. **Set aside time.** How much time you set aside for your practice is up to you. The most important thing is to start with setting an intention to practice, and as much as possible, sticking with it. If for some reason you forget, or are not able to practice that day, no problem, just start again and remember to do this without judging yourself. We recommend starting with 15 minutes a day. But even 1 minute is better than none, and if that's all you have in the day, that's ok!
4. **Pair your practice with something or someone!** One way to establish a daily practice is to pair your practice with something you won't forget to do. You can choose to practice right before you eat breakfast, right after lunch, on the train to work, or right before you go to sleep. Or practice with a friend or colleague at the same time every day – just like a team, finding the encouragement and support from peers can help you stay motivated.
5. **Find mindful moments.** It's also important to remember that your mindfulness practice is not limited to the times when you can sit quietly. A moment of mindfulness is any time during your day that you notice your state of mind, or when you remember to pause before responding, or when you check in with yourself and sense your breath moving through the body. A regular practice allows for more of these mindful moments to arise in the context of your daily life.

Start this week by picking a time, putting it in your calendar, and doing one of the three guided practices above. A mindful practice looks different for everyone, so be generous with yourself and give yourself permission to explore and experiment.

**Have fun trying this activity out!**  
**Remember to take a deep breath and relax 😊**





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

## Salena's Quote of the Week:

**“Always be a little kinder than you need to be.”**

**Favorite thing to do during the quarantine?**

**My favorite thing while staying at home safe is to find new things to do and sit with my family.**

**What are you binge watching?**

**My favorite show that I've been binge watching is David Dobrik and a bunch of movies.**

**What are you listening to?**

**don't really have a favorite song, I like to listen to many artists.**



I



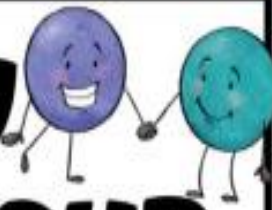
**I cannot wait until COVID-19 is over because I'd like to spend my summer as much as I possibly can with my friends at festivals & hangouts. Moving onto high school and not seeing the majority of my friends is pretty sad. We didn't have a chance to take pictures or say goodbye in person. Also, basketball season ended early without taking any yearbook pictures made us very sad since we can't go back.**

**I wish we could live our 8th grade experience as much as we can, but I guess things happen for a reason.**

**By: Salena Arkoub**

# 30

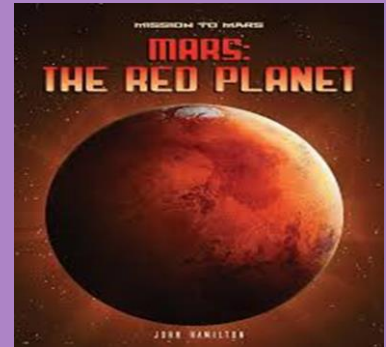
## Things **YOU** can do for **YOUR** Emotional Health



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

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## VIRTUAL FIELD TRIP



**Mars is the fourth planet from the Sun and the second-smallest planet in the Solar System after Mercury. In English, Mars carries the name of the Roman god of war and is often referred to as the 'Red Planet'.**



**[Explore the surface of Mars on the Curiosity Rover.](#) They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!**

Click the links above for a virtual field trip!

# Get to Know...Mrs. Matthews

Hello, my name is Mrs. Matthews, and I am the cashier of Line 3 in the cafeteria at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...



**Birthday:** December 26

**Hobbies:** Puzzles of all kinds, reading, trivia events, crafting

**Hidden Talent:** I create the kale displays on each cafeteria line.

**Favorite Food:** A Rubeen sandwich

**Favorite Drink:** Iced cappuccino from Tim Horton's.

**Favorite Movie:** A Few Good Men

**Favorite Book:** All of the Harry Potter books

**Favorite Color:** Turquoise

**Favorite Season:** fall

**Favorite Sport:** To watch: Swimming (my three kids all were competitive swimmers), football. To play: Bowling

I have lived in Dearborn my entire life except for 2 years. I attended Lapham Elementary, Long Elementary, O. L. Smith Junior High and Edsel Ford High School. Go T-Birds!

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

