



Stout Middle School

Student Newsletter

Week of May 11th, 2020



• ALWAYS •
BELIEVE THAT
SOMETHING
Wonderful
IS ABOUT
TO HAPPEN

- anonymous -

Thank you to all of the students who sent in pictures, videos, and messages, for Teacher Appreciation Week. 😊

Check the school Blog to see the video!



Adams, Lindsay 5/11/2006

Hussein, Hezam M 5/11/2007

Nasser, Gabr Y 5/12/2008

Newman, Luke 5/12/2006

Alethary, Ali N 5/13/2008

Safi, Ayah 5/13/2007

Shariff, Ida Fahd 5/13/2007

Majetic, Molly Jane 5/15/2007

Elshaer, Hannah 5/16/2008

Jabbar, Ali 5/16/2007

Alaboudy, Yasmeen

5/17/2008

Attard, Marcus 5/17/2008



"MANAGING YOUR TIME IN QUARANTINE"

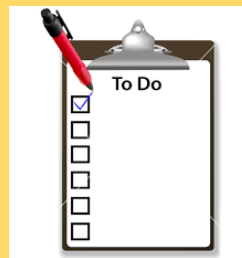


Tips and strategies to help you use your time wisely.

- Do you often feel like you have too much to do?
- Do you typically finish assignments at the last minute?
- Are you often late to important events or appointments?
- Do you wish you had more time for the things you want to do?

If you answered "Yes" to any of the above, now is the time to work on improving your time management skills.

We all have the same amount of time: 24 hours a day / 168 hours a week. How we use our time is time management. When you use your time wisely, you have time for the things you need to do, and you still have time for the things you want to do.



Make To-Do Lists

- Each day make a list of all the things you need to do.
- Rate each item as an A (must do today), B (should do today), or C (want to do today, but it can wait).
- Take all of the As and rank them in order of importance (1, 2, 3...). Do the same with the Bs and Cs.
- Rewrite your list with the As at the top (in order of importance), followed by the Bs and Cs.
- Cross things off as they get done.

At the end of each day, take the tasks that didn't get done and put them on the next day's To-Do list.



Stay Organized

- Being organized is a huge time saver.
- Get everything ready for the next day before you go to bed.
- Use a planner to keep track of assignments, tests, and appointments.
- Use a wall calendar for major events and project deadlines. Make a Weekly Schedule Using a schedule like this one will help you organize your time after school.
- First write in all appointments, practices, chores, and meal times. You will

then be able to see when you have blocks of time for homework and studying—and when you have time for relaxation and social activities.

- Each Sunday night, take time to plan out the coming week. Make sure that you have enough time to do everything that's scheduled. Use Free Time Wisely Use free time in school to get started on homework. You'll have a lot less work to do at night. Look for chunks of time during the day that are wasted. Think about how you can use these times more effectively. For example, review your notes while waiting for a ride.

Create Routines

- A good morning and nighttime routine will save you time, and help your day run more smoothly.
- Get everything you need for the next day ready the night before.
- Get to bed early enough to get enough sleep and to lower the risk of oversleeping or hitting snooze too many times. Don't give up sleep to get everything done. If you're doing more than you can handle, look for activities that can be eliminated or postponed.

Make Smart Decisions

- Learn to say "no." Don't let anything get in the way of your schoolwork. If you know you have important things to do, do them first. Hanging out with friends isn't as much fun when you have obligations hanging over you.
- Control time wasters. Social media, TV, and video games can all be huge time wasters. Schedule small chunks of time for these activities, and stick to your schedule.



**Think about how you can manage your own time better.
What are you going to work on?**

Remember to take a deep breath and relax. 😊



Nada Hachem's Quote of the Week:

“Your only limit is your mind”

Favorite thing to do during the quarantine?

My favorite thing to do while staying home is to play outside, go on bike rides, and walks.

What are you binge watching?

I have been watching a lot more movies such as Big Mama, and Madea rather than specific shows.



What are you listening to?

I don't have a favorite song, I like a lot of different music.

What is your favorite food?

My favorite food is bbq chicken wings.

By: Nada Hachem



Students OF THE MONTH

6th grade

Fatima Alhamadani

Zahra Alhilal

7th Grade

Shada Alwagdi

Eptihal Saleh

Julianna Zhutaj

Mohammed Jaffer

8th Grade

Akram Mousa

Dana Saad

Delaney Charron

Nour AbuSalim

Physical Education (PE)

6th grade Marlam Zriek


7th grade Eptahal Saleh

7th grade Adam Saade

8th grade Amel Towfeeq

Great Job!

thirty days of self-love journal prompts



The power of journaling is truly universal.

As you prepare to transition into the next stage of your lives, you may often feel pressured to conform to what's "popular." You might feel pressured to fit in with other students and feel uncomfortable expressing your own individual preferences. That's why it's so important to emphasize creativity and the power of a well-defined identity within yourself. Journaling encourages you to get to know yourself and to think about issues from multiple perspectives. When you journal regularly, you become more comfortable in expressing your ideas.

Here is a 30 day Journal Challenge:

Use these creative writing prompts to help clarify your thoughts and emotions. Develop stronger self-love and self-identities in 30 days!

1. Who inspires you most in life?
2. Your best accomplishment.
3. When do you feel most confident?
4. Your favorite personality trait.
5. What makes you happiest in life?
6. Give yourself a compliment.
7. What does your dream life look like?
8. Set three short term goals and three longterm goals for yourself.
9. What do you need to forgive yourself for?
10. Your favorite memory.
11. What makes you a good friend?
12. A funny story that makes you laugh every time.
13. What have you done lately that you didn't get to brag about?
14. Your favorite meal.
15. What are you proud of yourself for today?
16. List your 5 favorite ways to relax.
17. What qualities do you think others admire about you?
18. Your proudest moment.
19. What do you need to make more time for?
20. The best dream you've ever had.
21. What have you done lately for yourself?
22. Your ideal pamper routine.
23. What do you need to start saying "yes" to?
24. Your favorite physical feature.
25. What is your self-care routine?
26. Your biggest idol. What can you do to be more like them?
27. Who is your best friend? What qualities makes them your friend?
28. Your ultimate goal in life.
29. How much do you truly love yourself?
30. What you've learned from this journaling experience.

VIRTUAL FIELD TRIP



Discovery Education Virtual Field Trips



**A few of the field
trip topics include:**

**Polar Bears and the
Tundra**

**Social Emotional
Skills**

STEM

Manufacturing

Click one of the links
above for a virtual field
trip!

HOW TO MASTER DISTANCE LEARNING

Learning online like a champ



1 ONE-HOUR PER CLASS PER DAY

Plan on spending about one-hour per class each day, and build a schedule on that model. For example, Math at 8:00, Science at 9:30, and ELA at 12:00. Only check Google Classroom or emails related to each class during the appropriate window, so you don't get overwhelmed.



2 KNOW YOUR TEACHER'S SCHEDULE

Check-in on each teacher's Google Classroom page for times they'll be available to reach. Many teachers are opting to host "office hours," when they'll be accessible for video conference with students to answer questions. Make sure you know who's free when, so you can best structure your time.



3 MAKE TIME FOR CONNECTION

Not seeing your friends every day will certainly take its toll. To combat loneliness, make sure you budget some time each day to check-in with friends, preferably via video. Just be careful to not let Face Time infiltrate your study time ...!



4 SEPARATE YOUR STUDY ZONE

Designate a space for fun and a space for focus. That way, you're less tempted to mingle work with social time and entertainment.



5 TAKE BREAKS

Build rest time into your day, so that studying doesn't become overwhelming. Setting a timer between study time and break time will help you keep track of when you need to transition.



Practice this Mindfulness activity of the week 😊

Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



And remember: no matter how frustrating this gets, we're all working together (albeit apart). Besides, what better way to get you ready for the open-ended nature of a college schedule than with a little distance learning?

Get to Know...Ms. Cook

Hello, my name is Ms. Cook, and I am a grade 6-12 Adapted physical education teacher at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...

Birthday: December 23

Hobbies: swimming, hockey, family history, scrapbooking....

Hidden Talent: Really good at Connect 4 (says my nephew)



Favorite Food: anything yummy

Favorite Drink: water

Favorite Movie: Remember the Titans

Favorite Book: Harry Potter and the Goblet of Fire

Favorite Color: Green

Favorite Season: Winter

Favorite Sport: Hockey

Here is a picture of my mom, nephew and I from St. Patrick's Day last year 2019.



Falcon family, many of us are spending our time indoors cooking and baking delicious food.

Share them with us!

Send your Quarantine Recipes (along with a picture of you cooking it up in the kitchen) to Mrs. Alhassan at Alhassa@dearbornschools.org



COPING WITH STRESS DURING THE COVID-19 OUTBREAK

As the infection spreads, this is a trying time for many. These points could help you tide over the crisis.

Keep talking: It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.



Health is wealth: If you must stay at home, maintain a healthy lifestyle - have a proper diet, sleep, and exercise. Maintain social contact with loved ones over phone and email.

Keep away: Don't resort to smoking, alcohol or drugs to deal with your stress. If you feel overwhelmed, talk to a health worker. Have a plan, where to go and how to seek help.



Seek facts: Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust.

Limit exposure: Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



A challenge: Draw on skills you have used in the past that have helped you get through previous adversities, and use those skills to manage your emotions during this challenge.

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