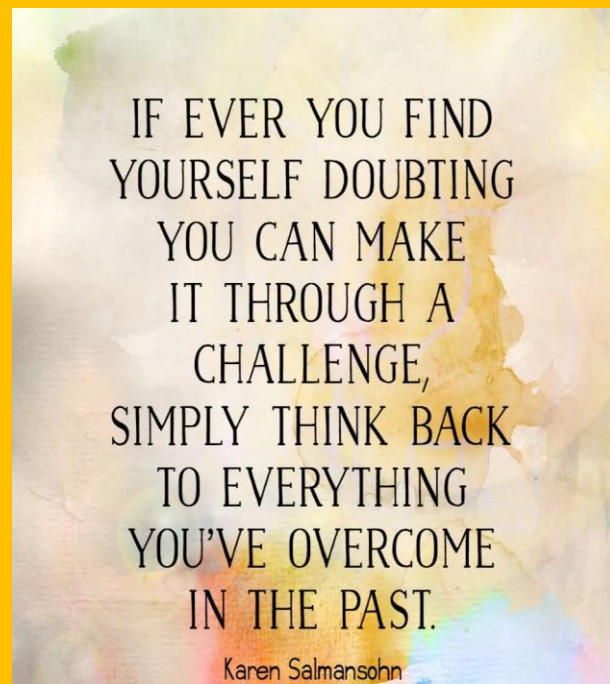




Stout Middle School

Student Newsletter

Week of May 18th, 2020



"POSITIVE SELF-TALK"

WHAT IS POSITIVE SELF-TALK?

We mentally talk to ourselves all the time. We give ourselves more feedback than anyone else ever could. Self-talk can be negative or positive, and it can affect all parts of life, such as health, finances, and relationships.

Negative self-talk is discouraging.

Some examples of negative self-talk:

- "I'm dumb."
- "I can't do it."
- "I'm no good at this."

Positive self-talk is encouraging. This kind of self-talk helps us achieve our goals. Some examples of positive self-talk:

- "I can do it."
- "I'm good enough."
- "If I want to, I can."

WHY IS SELF-TALK IMPORTANT?



Self-talk is very powerful. It sends the same chemical messages to your brain as actual experiences do. Your body believes your self-talk. When you say to yourself "I am no good at meeting new people--I always freeze up and look stupid", your heart beats

faster, you breathe more shallowly, your stomach tightens, and adrenalin clouds your thinking. This negative self-talk creates stress in your body and your mind.

Studies show that being positive and optimistic can affect how well you live and even how long you live.



Barakat, Mohamad 5/18/2005

Elmahmoud, Amara 5/18/2006

Kassem, Mohamed 5/18/2006

Alhassan, Ali H 5/21/2008

Alshimry, Ali M 5/21/2008

Amir, Saham 5/21/2008

Fetaih, Hanan 5/21/2007

Murshed, Dean 5/21/2008

Nasser, Ali 5/21/2008

Nassereddine, Jad 5/21/2007

Salam, Mohammed 5/21/2006

AlDerawi, Ali 5/22/2008

Nasser, Masood 5/22/2008

Nasser, Tawfik A 5/22/2006

Aboraihan, Safa 5/23/2007

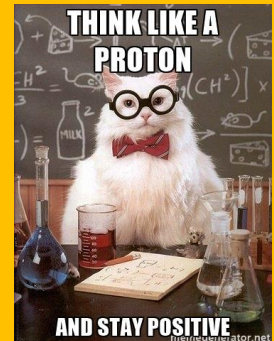
Canales, Victor 5/23/2007

Christ, Presley 5/23/2007

Jaber, Maarouf 5/23/2006

Albadery, Ahmed 5/24/2008

Marb, Wael 5/17/2005





The health benefits of positive self-talk may include:

- A sense of well-being and being able to deal with things
- Less chance of catching a cold
- Less stress
- Living longer
- Reduced risk of coronary artery disease

HOW DO I MAKE MY SELF-TALK POSITIVE?

We can talk ourselves into or out of many things. You may not be aware of the things you say to yourself. The first step is to notice the things that you say to yourself. To change your self-talk from negative to positive:

- Carefully choose the words you use. Generally it is best to phrase things in the present, even if you don't completely believe it yet. For example, instead of saying "I will be a better friend", say "I am a terrific friend." Talk about things the way you want them to be.
- Accept occasional setbacks and mistakes as normal and natural. Tell yourself that you can rise above them and carry on.
- Focus on the solution rather than the problem. Rather than complaining about what you can't do, tell yourself "What I CAN do is..."
- Watch out for words like "always" and "never". Very often we make things sound worse than they are. Instead of saying "I never stick to a diet," say "I can lose one pound, and that's a start."
- Replace criticism with praise. Learn to be your own best fan.

Positive Self-Talk	Negative Self-Talk
<ul style="list-style-type: none"> • I am healing. • It's okay to have these feelings; my feelings are valid. • I deserve love and respect as I am. • I'm thankful for what my body can do for me: I'm strong and capable. 	<ul style="list-style-type: none"> • I'm broken. • I hate feeling like this. • No one will ever love me. • I hate how my body looks. 



Remember to take a deep breath and relax. 😊

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**. Contact 313-827-8500 or email dss@dearbornschools.org

Student Corner

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

Mia Morabito's Quote of the Week:

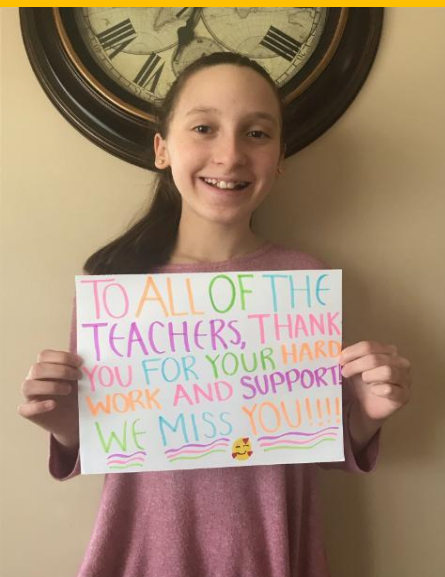
"If you put your mind to it, you can accomplish anything."

Favorite thing to do during the quarantine?

My favorite thing to do while staying at home is spending time with my family. Playing board games or watching movies together.

What are you binge watching?

I just started watching "The Expanding Universe of Ashley Garcia" on Netflix



What are you listening to?

I don't really have a favorite song, but I do like listening to pop songs.

What is your favorite food?

My favorite food is pizza.

I can't wait until the stay at home order is over!!

By: Mia Morabito



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



The Louvre Museum



The Louvre, or the Louvre Museum, is the world's largest art museum and a historic monument in Paris, France. A central landmark of the city, it is located on the Right Bank of the Seine in the city's 1st arrondissement.

Travel to Paris, France to see amazing works of art at [The Louvre](#) (click) with this virtual field trip.



Quarantine Recipe of the week Brought to you by Ezzat Saad

Steak lamp chops recipe:

Step 1: Season lamp chops with the following spices:

**Dash of Salt
White pepper
Black pepper
Cumin
Olive oil**

Step 2: Marinate in the fridge for an hour or two

Step 3: Grill Steaks on outdoor grill for best taste



Mindfulness Exercises

TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Get to Know...Mr. Serazio

Hello, my name is Mr. Serazio, and I am a 7th grade Social Studies teacher at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...



Birthday: March 13

Hobbies: sports, reading

Hidden Talent: I like to keep my hidden talent hidden.

Favorite Food: Pizza

Favorite Drink: Coffee

Favorite Movie: The Shawshank Redemption

Favorite Book: The John Jakes "Kent Family Chronicles" About American history.

Favorite Color: Honolulu Blue

Favorite Season: Football Season

Favorite Sport: Football

I am a Big Star Trek fan ☺



A photo of my family and I.

SELF-CARE

SELF-CARE STARTS ON MONDAY

Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:



WALK OUTSIDE AND GAZE AT THE CLOUDS

Let your mind playfully wander.



INHALE A SCENT YOU LOVE

Linger on the fragrant aroma.



DO A MINI-DECLUTTER

Organize a drawer that's been bugging you.



TAKE A DIFFERENT WAY TO WORK

Get out of your rut. See things new.



TREAT YOURSELF

Give yourself something special. Go on, you're worth it.



UNPLUG AND UNWIND

Turn off the cell phone and reconnect with yourself.

DE-STRESS MONDAY *Happy New Week!*



Self-Care for Teens



Self-care is when you take time to do things to improve your mental, physical, and emotional health. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

Take a Break

As a teen, you probably have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. All of these responsibilities can be overwhelming. It can be helpful to try making your schedule lighter by taking a break from certain stressful activities, if you are able to. Even going out with friends can be stressful. Sometimes, you can just say "no, thank you", and spend time on your own.



Do Your Favorite Things

When's the last time you did something fun? Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't done in a while. Make a plan to do the things on your list soon!

Disconnect

Sometimes it can be helpful to put down the phone and get away from social media for a little while. Always being on social media can have a negative impact on your mood. Instead, think of things that you can do that don't require electronics. What are you able to come up with?

Re-examine Your Friend Group

Do you have friends that stress you out or that always try to involve you in their drama? This can be harmful to your mental and emotional health. Make sure you are surrounding yourself with people that make you feel happy most of the time. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

Take Care of Your Body

Your physical health is very important in your ability to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals. Stay away from unhealthy habits such as drugs, alcohol, or other harmful substances. It can be damaging to your mind and body and can also lead to addiction.



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**Stay safe.
Stay home.
Stay strong.**

