



Stout Middle School

Student Newsletter

Week of May 25th, 2020

IMPORTANT ANNOUNCEMENTS:

Honors Assembly
will be held virtually (online) on
Thursday, June 11th at 11am.

- **8th graders**- Are you interested in giving the student commentary to your 8th grade graduating class?
- Submit a video audition and typed copy of your speech by **June, 4th** to Mr. Oke at okeg@dearbornschools.org
- Topic- Positive Message to your graduating 8th grade class
- Speech length- 2 minutes
- If you have any questions, please email Mrs. Alhassan at alhassa@dearbornschools.org

YOU are
Braver
than you believe
Stronger
than you seem
Smarter
than you think
& loved more
than you
know.



Awada, Maya Rose 5/25/2006

Pharoan, Zaid A 5/26/2006

Safieddine, Alena 5/26/2007

Zreik, Mariam 5/26/2008

Harb, Mahdi 5/27/2007

Hassan, Yousef 5/27/2005

Mousa, Akram 5/28/2006

Alajam, Zahraa B. 5/29/2005

Albukhaiti, Ruqaiyah 5/29/2009

Almuraisy, Rakan M 5/29/2007

Alozair, Shahd 5/29/2008

Bazzi, Malak 5/29/2006

Jawad, Hawraa 5/29/2006

Awad, Maram 5/30/2007

Othman, Jawad 5/30/2006

Almuraisy, Noor M 5/31/2006

Berro, Zahraa 5/31/2008

Hobabi, Mohamed 5/31/2008

Ismail, Imad 5/31/2007

“TRUST YOURSELF”

Trust can help bring us closer to other people. Trusting others, such as family members and friends, can reassure us that we'll be helped when we need it. It's the foundation of any healthy relationship — including the relationship you have with yourself.

Trusting yourself can build up your confidence, make it easier for you to make decisions, and reduce your stress levels. And the good news is that even if you don't trust yourself now, with some effort you can build up that trust over time.

Tips for building trust in yourself

There's no one more important to trust than yourself. Sometimes we lose trust in ourselves after we make a mistake or after someone criticizes us harshly or constantly. It can feel more difficult to make decisions when you can't trust yourself because you fear you'll make the wrong choice. Or you might be more prone to criticizing your own decisions after you make them.

Building trust in yourself can help boost your decision-making skills and self-confidence. This can make life feel a little easier and much more enjoyable. Here are some tips to help you learn how to trust yourself:

1. Be yourself

If you fear how others will look at you or judge you, you might find it difficult to be yourself around other people. Acting like a different person than who you really are is a sign that you're lacking self-confidence and trust in yourself. Other people will be able to sense that.

So how do you build up your trust enough to be yourself around others? When you start to feel insecure around others, remind yourself that it's OK to be you. Start by

practicing around the people you feel most comfortable with, like your friends and close family. Take note if you feel vulnerable or uncomfortable and keep spending time with these people until your insecure feelings start to disappear.

Once you can be yourself around other people, they'll treat you with more trust. This can help you build up your trust in yourself.

2. Set reasonable goals

Often, we aim high with our goals. Instead of aiming to get a passing grade on a difficult exam, we aim to get 100 percent. Instead of trying to complete a project in two weeks, we try to do it in one week. And setting our goals high can be a good thing, because it motivates us to work hard for what we want.

Unfortunately, setting goals that are too ambitious has a major downside. When we don't reach our big goals, we experience failure. Failing often can reduce your self-confidence and ability to trust yourself.

Instead of setting one big goal, try setting many little goals that put you in the direction of your big goal. Doing so will make your big goal more realistic. You'll also gain confidence and trust in yourself while accomplishing the smaller goals along the way.

3. Be kind to yourself

You've probably heard the term "unconditional love." Maybe it's been mentioned in relation to the connection a parent has with their child, or the love that exists between siblings, friends, or even romantic partners. But did you know that it's also very important to love yourself unconditionally?

Loving yourself unconditionally means getting rid of negative thoughts about yourself and any self-criticism after you make a mistake. Start by keeping a close eye on your inner voice, and how it reacts to your actions. Is it kind or mean? Is it accepting or critical? When you can love yourself unconditionally, you can trust yourself unconditionally. And that builds confidence.

4. Build on your strengths

Everyone is better at some things and worse at others. You probably have a good idea of what things you excel at and which things you don't do as well with. Trusting yourself means being able to attempt to do all kinds of things without judging yourself too harshly.

However, if you're looking to build trust in yourself, it can be helpful to do more of the things that you're good at and less of the things that you aren't great at. If you're not sure what you're good at,

ask those people closest to you. Spend more time doing those things and building your trust knowing you'll excel at those things. Be accepting of your strengths, as well as your weaknesses.

5. Spend time with yourself

When you don't trust yourself, you might feel uncomfortable spending time looking inward. You might try to keep busy all day by constantly getting involved in activities or thinking about small things outside of yourself. Break the habit of looking away from yourself by patiently looking inward.

You can look in with meditation. Try sitting with yourself in a quiet place for 5 to 15 minutes each day. Pay close attention to your breath and body. As any thoughts or self-criticisms pass by, acknowledge them and then let them go. Allowing time for this important one-on-one with yourself can build up your self-trust.

6. Be decisive

We lack trust in ourselves when we question our actions or decisions. Sometimes we might even question who we are. That can hurt.

Build trust in yourself by breaking your habit of questioning your decisions. Next time you make a choice, stick with it. Even if it turns out not to be the best choice, there's no use beating yourself up over the decision you made.

The best you can do is to learn from your mistake. Believe that you'll make a better choice next time, and move on. Doing so will help you learn to be more trusting of yourself and your decision-making skills.

The bottom line

Trusting yourself is one of the most helpful things you can do for you in your life. It can help build your confidence, allow others to trust you more, and make the process of decision making much easier. To trust yourself, all you need is to make a little effort, create self-love, and find the ability to look inward.

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!

Medina Abdulkarim's Quote of the Week:

“If you believe you can, you're halfway there- Theodore Roosevelt.”



Favorite thing to do during the quarantine?

My favorite thing to do while staying safe at home is riding my bike.

What are you binge watching?

. A show that I am currently watching with my family is Manifest.

What are you listening to?

I don't have a favorite song or music playlist.

What is your favorite food?

My favorite food is tuna sub.

I have been doing track ever since fourth grade, and I have also ran for the Stout Track Team, as well.



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 Great Wall of China

The Great Wall of China is the collective name of a series of fortification systems generally built across the historical northern borders of China to protect and consolidate territories of Chinese states and empires against various nomadic groups of the steppe and their polities.

**Click the links:
This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.**



Mindfulness Exercises

Quarantine Recipe of the week Brought to you by Mohamed Hobabi

Delicious chicken and beef pies for breakfast:

1. We first prepare the dough
2. cut it into flat pieces
3. After that we get the cooked spiced chicken and start filling the dough
4. close and shape it dough
5. Cook it for 10 to 15 minutes in the oven and it's all good to go. :)



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Get to Know...Mrs. Dicks

Hello, my name is Mrs. Dicks, and I am an 8th grade science teacher at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...



Birthday: March 30

Hobbies: reading, sewing, hunting, camping, anything outdoors.

Favorite Food: Pizza

Favorite Drink: diet pepsi - I know it's bad for me

Favorite Movie: The Patriot with Mel Gibson

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

Favorite Color: black/blue

Favorite Season: fall. I love the colors and smells

Favorite Sport: Hockey! Football is a

close second. (contact sports 😁)

I've been married to my husband Scott for almost 30 years, and I have two daughters. Danielle (Danny) is the director of a community center for government housing in Ann Arbor and Samantha (Sam) is a nurse at U of M hospital in Ann Arbor. Samantha is planning a wedding for the fall of 2021. I also have a German Shorthaired Pointer dog named Haley.



SELF-CARE

10 REASONS SELF-CARE IS IMPORTANT

- 1 When you are challenged both physically and mentally, you push yourself to be better.
It allows you to find your misplaced self-esteem.
- 2 It helps you manage your emotions like anger and grief.
It allows you to overcome fear that might hold you back from things you enjoy.
- 3 Positive thinking is an integral part to a healthy life & self-care allows you to find peace and happiness within.
Regularly practicing self-care techniques reduces stress & leaves you feeling calm and in more in control.
- 4 It gives you time to relax, meditate and reflect on issues and how to solve them.
You are able to live a more balanced life.
- 5 It gives you renewed energy.
Your mind and soul are in harmony with the things happening around you.
- 6
- 7
- 8
- 9
- 10

Self-Care Strategies

During the Coronavirus Pandemic
www.thepathway2success.com



List 5 things you are grateful for



Take one day at a time



Take a break when you need one



Use positive self-talk



Go for a walk or spend time outside



Read a good book



Video chat with family and friends



Stay active and eat well



Make memories with family at home



Spend less time on social media



Accomplish something on your to do list



Turn off the news

Illustrations by Kasee Haddix & Sarah Piccirilli

Whenever you feel sad just remember there are billions of cells in your body and all they care about is you

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

