



# Stout Middle School

## Student Newsletter

Week of May 4th, 2020

*Goodbye April...  
Hello May!*

*May the sun of the new  
month bring you  
success, happiness, and  
comfort.*

*Happy New Month!*

*By doing  
what you  
LOVE, you  
INSPIRE  
and awaken  
the hearts  
of others.*



## “COPING DURING QUARANTINE”

Researchers suggest that there are steps that may help alleviate some of the negative mental health effects of quarantine.

When you find out your normal daily lifestyle is called “quarantine”



Read this article to find out how establishing a good routine and managing your time can help!

### Establish Routines

The disruption in your normal daily routines can be one of the most difficult aspects of quarantine. This can leave you feeling directionless as you try to figure out how to fill all the hours of the day.



Since you’re learning from home, it can be helpful to structure your time much like a regular school day. If you’re trying to keep yourself entertained while stuck in the house, or even trying to keep learning amidst it all, it’s important to find a routine that works for you. Plan out

activities that will keep you busy so you can get some work done. Try creating a daily schedule, but don't get too wrapped up in sticking to a strict routine. Make your own routines and break up the day in order to strip off boredom.

### Be As Active As Possible

Even relatively short periods of physical inactivity can have an impact on your health, both mentally and physically. One study found that just two weeks of inactivity could lead to reductions in muscle mass and metabolic effects.

Fortunately, there are plenty of [at-home workout](#) (click here) ideas that can help keep you moving even when you are stuck inside the house. Your quarantine may be brief, but staying active may help you feel better and maintain your fitness levels. It’s also a great way to help combat the sense of malaise and boredom that can come from being stuck inside day after day.

Gerlach, Maisy 5/4/2007

McClain, Camryn 5/4/2007

Nasser, Murad M 5/4/2008

Hrisseh, Yousef 5/5/2006

Garza, Lorenzo 5/6/2008

Gelan, Abdulrazaq 5/6/2007

Mozip, Rama M 5/6/2008

Soubra, Iman E 5/6/2007

Almasarweh, Melia 5/7/2007

Alsiyaghy, Ali 5/7/2006

Khayat, Elissa R 5/7/2008

Abubaker, Thuraya 5/8/2007

Shariff, Malak H 5/8/2006

Abdulwahab, Raghad 5/9/2008

Alhassnawi, Fahed 5/9/2007

Holt, Jillian 5/9/2007

Majrad, Garah M. 5/9/2005

Sobh, AliAlreda 5/9/2006

Zahr, Yusuf 5/9/2007

AbuSalim, Hussein Ali 5/10/2007

Alkirsh, Omar 5/10/2006

Husaini, Ibrahim 5/10/2007

You /2007



## At-Home Workout Ideas

You don't need a bunch of expensive workout equipment to get a good workout. Here are just a few things you can do to stay in shape at home:

- + Exercise videos
- + Bodyweight exercises
- + Online workouts
- + Fitness apps

## Combat Frustration and Boredom

Some of the distress of being quarantined stems from boredom and frustration. Finding ways to stay occupied is important, so try to maintain as many of your routines as you can. Keep working on projects or find new activities to fill your time, whether it's organizing your closet or trying out a new creative hobby.

Getting things done can provide a sense of purpose and competency. It gives you something to work towards and something to look forward to each day. So make a plan, list some things you'd like to accomplish, and then start checking a few things off your list each day.

## Communicate

Staying in contact with other people not only staves off boredom, but it is also critical for minimizing the sense of isolation. Stay in touch with friends and family by phone and text. Reach out to others on social media. If possible, join a support group or discussion board specifically for people who are in quarantine. Talking to others who are going through the same thing can provide a sense of community and empowerment.



## Ideas for Staying Connected

Eat regular meals with others in the home

Check-in with friends and family each day by phone

Use different forms of communication including phone, text, email, messaging, and video call

- + Try supporting others; reassure a friend who is feeling stressed out or worried
- + Use social networks such as Twitter and Discord to stay connected to others
- + Stay Informed, but Not Overwhelmed
- +

People tend to experience greater anxiety when they feel like they don't have access to the information that they need. On the other hand, however, is the sense of panic that can stem from being immersed 24/7 in reports that focus on inaccurate or overly negative information. Rather than spend your time watching cable news, focus on getting helpful information from trusted sources. Sources such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), state and local health departments, and your doctor can all be helpful.

**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](mailto:dss@dearbornschools.org)

# Student Corner

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

## Talia's Quote of the Week:

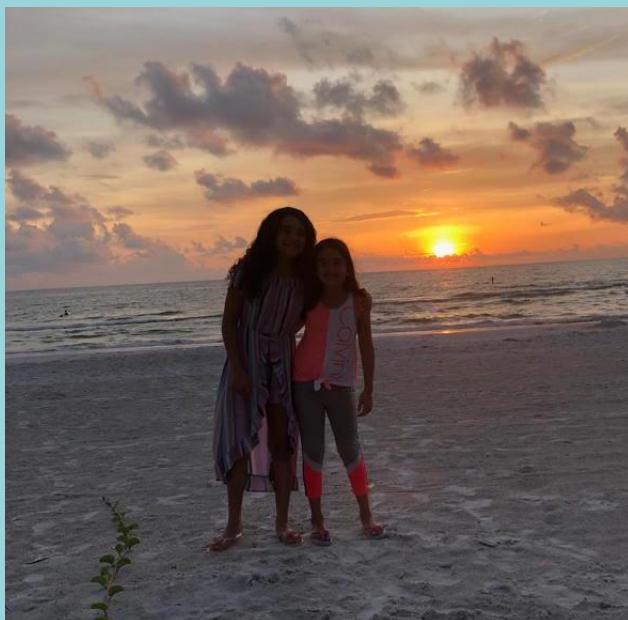
**"It's not enough to be friendly.  
You have to be a friend."  
-R.J. Palacio, Wonder**

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

My favorite thing to do while staying safe at home is spending quality time with my family.

### **What are you binge watching?**

I've been binge-watching on Netflix a lot. No show in particular, just been on it a lot.



### **What are you listening to?**

I don't really have a favorite song, or music playlist, but my favorite singer is Alec Benjamin.

### **What is your favorite food?**

My favorite food is shawarma.

**Everyone Please Stay Safe 😊**

**By: Talia Soueid**



### 6<sup>th</sup> grade

**Fatima Alhamadani**

**Zahra Alhilal**

### 7<sup>th</sup> Grade

**Shada Alwagdi**

**Eptihal Saleh**

**Julianna Zhutaj**

**Mohammed Jaffer**

### 8<sup>th</sup> Grade

**Akram Mousa**

**Dana Saad**

**Delaney Charron**

**Nour AbuSalim**

### Physical Education (PE)

**6<sup>th</sup> grade Marlam Zriek**


**7<sup>th</sup> grade Eptahal Saleh**

**7<sup>th</sup> grade Adam Saade**

**8<sup>th</sup> grade Amel Towfeeq**



# 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 U.S. Space & Rocket Center in Huntsville, Alabama is a museum operated by the government of Alabama, showcasing rockets, achievements, and artifacts of the U.S. space program.



See the [Saturn 5 Rocket on YouTube](#) and more on this [tour thanks to a real father/son outing](#).

Click the links above for a virtual field trip!



With schools being closed this time of year, due to the global pandemic, we have to rethink teacher appreciation week! But now more than ever teachers need to feel our love, support and thankfulness. Don't forget to thank your teachers this week!



## 12 Ways to Thank Your Teacher During School Shut-Downs



**1. Heartfelt Email**  
Type up a heartfelt thank you and email it!



**2. Handmade Card**  
Handcraft your thank you — send them a photo now, give to them in person later.



**3. Favorite Song**  
Pick one of their favorite songs, organize a solo or group sing!



**4. Punctual Homework**  
Show you care by turning schoolwork in on time! It makes their life easier.



**5. Personalized Artwork**  
Tap into your artistic side to create something special — send them a photo now, give to them in person later.



**6. Appreciation Video**  
Get together with fellow classmates to make a video appreciating your teacher.



**7. Memorable Moments**  
Share personal memories with your teacher — what you miss about class, favorite memory from the year.



**8. Gift Card**  
This popular thank you method still works at a distance! Collect for the class and send by email.



**9. Act of Gratitude**  
Do something for your community in their name. Make a donation, volunteer your time.



**10. Top-Notch Assignment**  
Spend more time on your assignment, make it perfect! What they want most is to see you learn.



**11. Class Surprise**  
During the next online class meeting, say thank you. It can be as simple as having every student simultaneously hold up paper saying THANK YOU in big letters!



**12. Meaningful Learning**  
Explore a topic you're interested in and tell your teacher all about it!

Examples and more: [bit.ly/12-WTTT](https://bit.ly/12-WTTT)

Better than a thousand days of diligent study, is one day with a great teacher.  
A teacher takes a hand, opens a mind, and touches a heart.  
We appreciate you guys! - Zeinab Mourad



Some teachers might be strict but they push us to be our best. - Zainab Alrekabi

A good teacher can inspire hope, ignite the imagination, and instill a love of learning- Dana Saad :)

I'd like to thank my Favorite Teacher Mrs. Zoratti. She really gave us easy methods in understanding Pre-Algebra and taught us great math problems. She has a great sense of humor and Personality. Hope she continues to put lots of smiles on other kids in the future.- Mohamed Yahya

It takes a lot to do what you do every day.  
Not only are you great teachers, you have great hearts!- Talia Soueid

u are some of the best teachers I ever had if it was not for u I would not have the grades I have today. -  
Zeinab Farhat

Thank you to all the teachers that helped go through the worst. When I first moved to the school, I was so scared because I didn't know what to expect: My new teacher, miss amanda, was truly kind!! even when I'm not the best or don't turn in my work early, she was still so sweet<3 but I really wish I can thank her face to face because she's so nice, and if she's reading this then tysm for your kindness, ik im not a good student but I really thank you for all your hard work and you will forever be my favorite teacher. I math btw is my weakest subject ;-; I I also like all my other teachers :P -Sarah Yabai

I hope all of you are doing well and be safe!- Rodana Mawri

I just can't thank my teachers enough for being there for me. I learned so much from them ,they'll try to do anything for us to learn so we can go to college. Thank you so much you guys are the best!!!- Maria Mashrah

Thank you, for this hard work you're doing trying to teach us in this pandemic. We really appreciate it. -  
Mohamed Faza

"Teachers encourage, minds to Think, hands to Create, & Hearts to love." -Asma Fatteh

Mrs Ditmar: You are the best trusted teacher I could ever have. Mr Hool: You're the most funniest teacher. Mr Alabakoff: I love to have you as my Science teacher. Mrs Schulkey: You always help me when I'm struggling. Mrs Klemetson: You're always so positive. Mrs Fernandes: You're the nicest teacher ever. Mrs Layson: You always make PE fun-Zahraa Alhilal

hi I just want to thank my teachers and thank them for letting me know all this information.  
-Mohamed Alzubair

Thank you for helping me and being good teachers😊- Shama Almasai



# Get to Know...Miss. Wooton

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

**Birthday:** December 30

**Hobbies:** Working Out, Traveling, Reading, Dancing

**Hidden Talent:** REALLY great dancer...however, it's not exactly "hidden", just ask my first hour (and some of the other hours...lol)-though they might disagree with me that it's a talent...



**Favorite Food:** Pizza!

**Favorite Drink:** Sparkling Water, Coffee w/Hazelnut Creamer, Diet Cherry 7Up or Cherry Coke Zero

**Favorite Movie:** Good Will Hunting

**Favorite Book:** Pride and Prejudice by Jane Austen

**Favorite Color:** Blue

**Favorite Season:** Summer

**Favorite Sport:** Softball to play, Michigan Football to watch

I am an aunt to two handsome nephews, Brendan (8) and Jacob (5). I have a cat named Tia that I rescued last summer after she showed up, starving, to my gym. I swore I wasn't going to have a pet, but she is so sweet and comical and has been really good company for me, especially now! I am a boot camp fitness instructor (I coach two mornings a week and one evening). I've been bungee jumping twice, love white water rafting, and can usually be talked into going on any sort of adventure. I've always wanted to be a teacher, and I'm lucky to be able to fulfill that dream!

# 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

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

