



Stout Middle School

Student Newsletter

Week of June 1st, 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

**“Inspiration
comes from within
yourself. One has to
be POSITIVE. When
you're positive, good
things happen.”**

DEEP ROY

There's no single, perfect way to become a more organized person. Organizational strategies are less one-size-fits all than what-thing-fits-you. But there are a few basics that can help.

Identify weak spots

One good thing about a lifetime of disorganization: You've got lot of historical data to draw from. Think about your strengths and weaknesses and identify specific problems — finding things in your mess of a backpack for example.

Nailing down your trouble spots will make it much easier to come up with practical, targeted solutions. For example, if you often can't find your keys because they're always falling to the bottom of your backpack or hiding out in pants pockets (pants that tend to end up in a pile on your bedroom floor), you could try putting the keys on a carabiner on your belt, or designating an always-put-keys-here spot in an obvious place.

Another advantage of targeting weak spots is that it makes getting organized feel less overwhelming. Working on a few specific things is more practical and more achievable than trying to reinvent yourself overnight.

Use tools

You don't have to become the world's most organized person, you just have to find strategies that make it seem like you are, and use them (like, really use them). [External tools](#) are the secret of the truly organized. Outsource your brain whenever you can; calendars, planners, phone reminders, helpful apps, storage solutions, a rubber band on your wrist — the options are endless. Also consider what has (and hasn't) worked when you've tried to get organized in the past — a pencil case you never used, a reminder on your phone you did. Find the ones you'll really use and put them to work. But don't get bogged down in planning.

One of the best ways to delay actually *getting* organized is by *imagining* all the ways you'll get organized (Cute calendars! Color coding! Buying new things!) Stop. A plan without action is just procrastination by another name. Your system doesn't have to look, or even be, perfect, it just has to work and putting it into practice is the only way to know if it will.

What actually works > what's supposed to work

Throwing yourself at a system that doesn't work for you is a recipe for exhaustion and disaster — even if it seems like *the* thing that everyone uses. For example, if you've always had a hard time putting clothes back in your dresser, try bins instead: One for pants, one for shirts, one for underclothes and one for laundry. If something isn't working, let it go and find a different strategy that will. Anything is better than chaos.

Sustainability is key

Find tools you'll feel comfortable using daily over a long period of time. For example, a beautifully organized planner might help for a month or two, but the more time and work your "solution" requires, the less likely you'll be to keep using it.

A few universal tips

True, organization is personal but there are some practical tips that pretty much always apply:

- **Write it down.** "I'll remember later" should be added to the category of famous last words. Always, *always*, write it down. A homework assignment, someone's number, a reminder to call so and so, whatever. Write it down and when you do, write it in a reliable place: Things like your planner, or the notes app on your phone are good options; the palm of your hand or some scrap of paper you'll shove into your bag never to be seen again are not.
- **Put the same thing in the same place every time.** No exceptions. Getting organized means building better habits and habits are built through repetition. Training yourself to always, always put the keys in the same pocket of your backpack (not in the pocket of your coat, which you may not be wearing tomorrow, or on the bed where they'll get buried) is the only way to be sure you'll know where they are when you need them.
- **Make easy-to-lose things bulky.** Big things are just easier to see and harder to forget. Time to start that keychain collection!
- **Breaking overwhelming tasks into smaller, more manageable pieces will help you get things done.** Choose smaller tasks that give you the most bang for your buck. For example, if cleaning your room feels totally impossible, making your bed or taking out the trash is a better use of your time than, say, reorganizing your sock drawer according to softness.
- **The simpler the better.** Sound familiar? I can't say it enough: Simple strategies and tools you actually use beat awesome and elaborate ones you don't.

Stop beating yourself up, and start moving on

Changing the way you approach organization is about more than getting a planner, or putting your shoes back in the same place every time. It's also about learning [how to manage your anxiety](#) when things don't go as planned.

And sometimes they won't. It can be hard to shake that pit-of-your-stomach panic that happens when you've messed up an important (or even not so important) task, or forgotten something big. The temptation to dissolve into a puddle of apologies and self-recrimination, to assume that others are as disappointed or angry at you as you are at yourself — can be overwhelming. Don't do it.

Things are very rarely as dire as they feel. First, take a breath. Take a walk. Get a sandwich. And once you're feeling a little better, ask yourself these questions: First, is the problem actually as catastrophic as it feels? For example, if you missed an assignment, does that really mean you're going to fail the class? Second, is it fixable? If so, what can you do to fix it? For example, if you overslept and missed a class, could you do extra credit to make it up?

And finally, and most importantly both for you and the person you're worried about disappointing, be it a parent, friend, boss or teacher: How can you avoid repeating the mistake in the future? Try to remember: You're not bad, or careless or stupid. You're learning, and that takes time. So next time, instead of apologizing or making excuses, try [advocating for yourself](#). "Organization is a challenge for me, but I'm working on it. Here's what I'm doing to change things..." Then take action and make the changes. Focusing on what to do next, instead of obsessing over what went wrong, is the healthiest and most useful place for your energy to go.

Getting organized isn't easy, but it is worth it. Put in the time and you'll be rewarded with less stress, fewer conflicts (and frenzied apologies), and a sense that things are finally under some control.

You've got this. All you have to do is get started and keep going.



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



Maya Dakroub's Quote of the Week:

“Never give up on your dreams.”



Favorite thing to do during the quarantine?

While staying at home I love to play fortnite and that way I can meet new people all around the world

What are you listening to?

My favorite song is bad guy by Billie Eilish because I can relate to the song and many other songs by her.

What is your favorite food?

I don't have a favorite food.

I do NOT recommend fortnite since it's a very addictive game but due to the app, I have met much more people then I would in a day. I have much more friends all around the world and that is how I met one of my best friends.

By: Maya Dakroub



Quarantine Recipe of the week Brought to you by Dana Saad



Tabbouli salad:

I am going to be sharing a simple salad that me and my family have almost every day.

- 1. First you cut up parsley into very thin small pieces. (the amount of parsley depends on how much salad you want)**
- 2. You chop up green onions into thin pieces as well as tomatoes.**
- 3. make your "lemon seasoning" by adding mint lemon around (3-4) and sumat, as well as 1/2 the amount of lemon juice, of olive oil!**
- 4. mix all together, and enjoy!**



Mindfulness Exercises

5 MINDFUL PRACTICES

(That Are Easy to Do Everyday)

- 1** Go for a walk around the block.
On your daily morning walk, take in as much beauty as you can and allow your core temperature to warm up from the inside. Take moments to appreciate your body without judging how it looks, how it feels that day, or what you wish it could do
- 2** Breathing Exercises
Breathe in for 4 seconds while you focus on the word peace. Breathe out for 4 seconds while you mentally release the worry you've been holding onto.
- 3** Daily Yoga App
For me, stretching & yoga isn't about fitness so much as it is about pain relief and centering myself. I love finding a nice cozy spot on my yoga mat (or bed!) to practice a few of my favorite, relaxing poses.
- 4** Record Yourself a Message
You would be so surprised how easy it is to keep your intentions strong throughout the week if you can find some way to remind yourself of WHY you set them in the first place.
- 5** Gratitude List
Write down just five things a day! Will you join me in this challenge?

Get to Know...Ms. Golles

Hello, my name is Ms. Golles, and I am a 6th, 7th, and 8th grade POHI - Special Ed teacher at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family...

Birthday: June 5th

Hobbies: Watching too much TV, walks on the Detroit River, and playing Scrabble

Hidden Talent: I can put my legs behind my head.

Favorite Food: Tacos!

Favorite Drink: Coca-Cola or iced coffee!



Favorite Movie: Willy Wonka and the Chocolate Factory

Favorite Book: The Perks of Being a Wallflower

Favorite Color: Yellow

Favorite Season: Summer

Favorite Sport: Softball

summer goal setting

3 Stars and a Wish



Come up with 3 "Stars,"
things you do well

Come up with a "Wish,"
something to work on (a goal)!

I'm a STAR at...

- ✧ playing the piano
- ✧ writing poems
- ✧ being a good friend



My WISH

I want to learn how
to skateboard!

VIRTUAL FIELD TRIP



Animal Cams

Many zoos and animal-centric organizations have set up livestreams that show everything from baby goats frolicking in their pens, to jellyfish swimming gracefully.

Taking time to unplug from work or school and virtually visit with animals — from pandas to penguins — can be relaxing and fun for all ages.

[Live Cams at the San Diego Zoo](#)

[Monterey Bay Aquarium live cams](#)

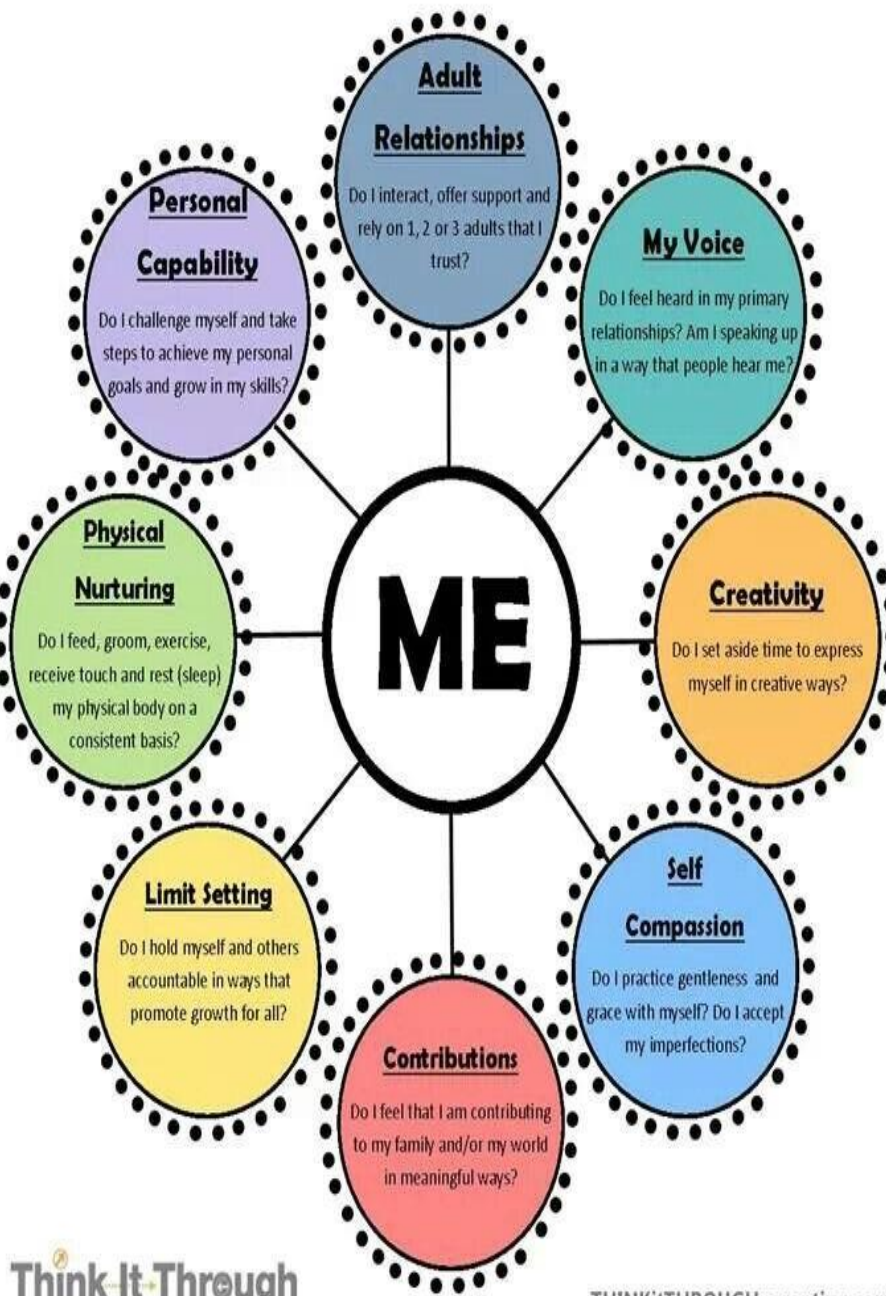
[Panda Cam at Zoo Atlanta](#)

[6 Animal Cams at Houston Zoo](#)

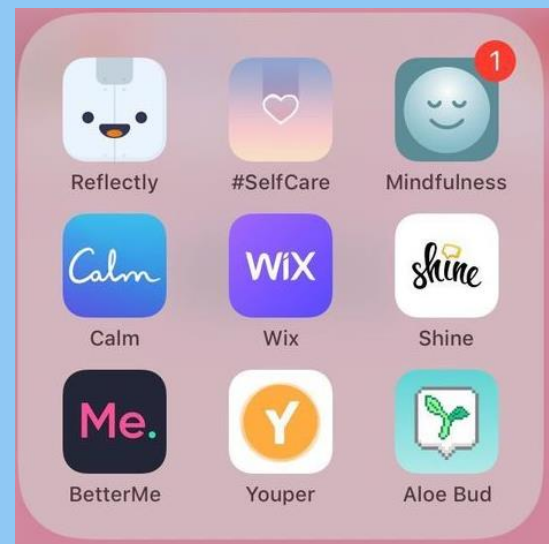
[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#), and [more](#)

SELF-CARE

Discover the Possibilities . . . for Nurturing Yourself



There are a lot of ways we can use technology to make our life easier, which provide more time or access to resources that can actually make us be happier and healthier. Instead of wasting your time scrolling through Instagram and feeling FOMO over Snapchat, put your phone to good use. When you're not digital detoxing, download these amazing self-care apps to help you be happier, healthier, and live all-around better.





Exercises for Building Self-Esteem

Sentence Completion

1. My best friend is...
2. Sometimes I wish I could...
3. I gain strength from...
4. I love when...
5. I believe that...



Self-Esteem Journal Prompts

- I feel empowered when...
- My loved ones are proud of me because...
- My best quality is...
- I'm looking forward to...
- My greatest accomplishment today was...

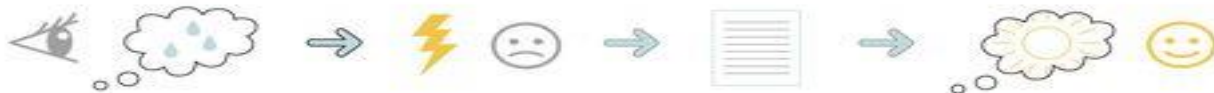
Gratitude Exercise

1. Today, I am grateful for...
2. Some things I need to express gratitude for...



Negative Self-Talk Exercise

Consider an unwanted thought, identify the triggers, note the associated emotion(s), gather evidence that doesn't support the thought, come up with an alternative thought and list its associated emotions(s).



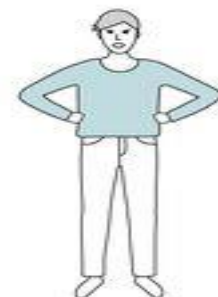
Identifying and Challenging Core Beliefs

Recognize the profound impact our core beliefs have on our experiences, our feelings, our behaviors, and the associated outcomes; identify three negative core beliefs and three reasons each belief is not true.



Assertive Communication Exercise

- Passive Communication: being too nice, overly compliant, putting oneself down, standing up for oneself.
- Assertive Communication: being firm but polite, compromising, standing up for oneself.
- Aggressive Communication: being mean or harsh, bullying or trampling others.
- Think of three instances in which you used assertive communication.
- List the emotions you felt after each instance.



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

