



# Stout Middle School

## Student Newsletter



Week of May 10th, 2021



### Building Healthy Relationships in Middle School

Friendships can play a really important role in your development. It's normal for your friendships to become more intense. You might want to spend all of your free time talking to your friends online, for example, or feel like "best friends" is a sacred bond.

Adults know that friendships don't often last forever, but they may try not to belittle your friendships. In fact, helping you navigate these increasingly complicated relationships can help you have fulfilling friendships and romantic relationships when you're older.

**Communicate your values and expectations when it comes to friendships and relationships.** What kind of friend or partner do you want to grow up to be? What kind of people do you want to have in your life? Think about what you value when it comes to friendships and relationships — like respect, trust, equality.

You can learn to understand these important — and sometimes painful — lessons about friendships:

- **Friendships change and shift over time.** For example, it's normal for your best friend in elementary school to be a different person than your best friend in middle school or high school.
- **Wanting to hang out with new people is totally okay.** You don't have to stick to 1 friend group. Sometimes your interests change and you want to hang out with people you have new things in common with — and that's totally okay. But what's not okay is being mean to your old friends.
- **You can have a disagreement with someone but still be respectful.** Everyone has disagreements sometimes — even the closest friends in the world. But people who care about each other treat each other with respect, even when they disagree with each other. Spreading rumors about someone, turning other people against them, name-calling, betraying their trust by sharing their secrets, and physical violence are never okay.
- **Real friends don't pressure you into doing things you don't want to do.** Respect means never pressuring someone to do something they're not comfortable with. A good friend is someone who cares about your feelings and respects your choices.
- If anyone tries to make you do anything you don't want to do, you can tell them, "I don't want to do that. Let's do something else instead." If they don't listen, try not to hang out with them anymore.
- In a relationship, it's never okay for 1 person to pressure the other to do anything they don't want to do.
- It's never okay to touch someone in a sexual way without their consent. If someone does that to you, you can always tell me, your teacher, or your [aunt/uncle/grandparent/another adult you trust.]



**\*\*Mental Health contest winners will be announced on Tuesday!**

**5/10/2021: 2:45pm – Track Team COVID Testing**

**5/11/2021: Mental Health contest winners announced**

**5/12/2021: NO SCHOOL- EID HOLIDAY**

**5/13/2021: NO SCHOOL-EID HOLIDAY**

**5/14/2021: NO SCHOOL-EID HOLIDAY**



## GET TO KNOW TEACHERS & STAFF

**Hello, my name is Mrs. Saad!**



**I teach 6th, 7th and 8th grade Social Studies. My birthday is August 9.**

**Hobbies: Playing Volleyball, Watching t.v. shows, Reading**

**Hidden Talent: good cook**

**Favorite Food: special lemony chicken**

**Favorite Drink: Izze (all natural carbonated with real fruit juice)**

**Favorite Movie: Gone with the Wind, the Shawshank Redemption**

**Favorite Book: Children's book - The Giving Tree, The Kite Runner**

**Favorite Color: Blue and Favorite Sport: Volleyball**

**I am a spiritual person and my message to myself and others is to be kind, caring and generous and to want for others what we want for ourselves and our families.**

## SOCIAL EMOTIONAL *learning* RESOURCES

**Keep  
your lessons.  
Let go  
of your scars.**

Make tomorrow  
a new day.

Stuff happens— icky, painful, embarrassing stuff. Maybe a presentation goes badly even though you worked hard. Maybe it goes terribly because you *didn't* work hard. Maybe that presentation is why you'll live in infamy for the great hamster debacle.

This quote is about sadness, mistakes, life, and growth. The quote can help teens see that sometimes we make mistakes and sometimes things don't go the way we'd like them to.

But the "bad" times are temporary and they are opportunities to learn something and to grow. But it's precisely those challenging moments that give us the opportunity to learn something and to grow.

When one of life's tough lessons has you down, you can wallow in it. Or, you can keep the lesson, let go of the scar, and make tomorrow a new day.

You don't have to like what happened, but you can find a way to learn from it and to live differently after it.

And by the way, no one else is sitting around, their mind on a repeat loop, reliving the hamster debacle, over and over and over. You probably don't need to either.

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## WEEKLY RIDDLE

1. I look at you, you look at me, I raise my right, and you raise your left. What is this object?

Last week's riddle:  
What begins with the letter 't', is full of 't' and finishes with 't'?

**"A teapot"**