



# Stout Middle School

## Student Bulletin

Week of March 23rd, 2020

**All Dearborn Public Schools will be closed for students beginning, March 13, 2020. Students will return to school on Tuesday, April 14, 2020.**



### Reminders!

- Always thoroughly wash hands for at least 20 seconds.
- When soap and water is not available, use hand sanitizer to wash hands.
- Cover your nose and mouth with a tissue or your elbow when sneezing and/or coughing. DAB!
- Stay home when you are sick. (This is a good habit to follow for any illness but even more important given the unknowns surrounding COVID-19)
- Practice Social-Distancing!

# Time Management Strategies for Online Learning

## 1. Make a Plan

- Begin with a good planner or study calendar and add all due dates for each class to your schedule.
- You want to be in a place where you are on time or ahead of schedule, to avoid procrastination.

## 2. Track and Prioritize

- Track your activities by the hour—this can do wonders for helping you understand and prioritize your schedule, each day.

## 3. Choose a Home-Study Space

- Set aside a particular space at home that serves as your office. This physical space will help you mentally check into your virtual classroom more fully than simply logging in from anywhere in the house.
- You want to avoid checking in from the couch, for example, you might fall prey to a Netflix-watching binge!

## 4. Establish a Routine

- Establishing a specific routine -such as turning on a specific album of ambient music, or making a warm drink- will also help you get into the study mode.
- Train your mind into associating a certain location and routine with study time.

## 5. Check-In Daily

- Here's a reminder that learning -especially online learning with its virtual nature and absence of face-to-face classroom time- is hard work!
- Make your work a little easier. It definitely helps to spend time with your studies daily.
- Check in with your classmates and instructor as often as possible, via email and virtual chatrooms, in order to stay connected, ask questions, and share your thoughts.

Finally, the more discussion you engage in, the better you will come to understand the subject matter at hand. **So don't be afraid to ask questions and share your thoughts.** The more you participate, the more you'll get out of each class.

**\*\*Print the "Homework Checklist" below (weekly) to help you manage your subjects!\*\***

## Homework Checklist

Name: \_\_\_\_\_

Week: \_\_\_\_\_

(Add subjects, fill in assignments, and check them off when complete!)

### Math

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

### Reading

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

### Science

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

### Social Studies

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

(Add your own subject)

### Language Arts

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

Mon.		<input type="checkbox"/>
Tues.		<input type="checkbox"/>
Wed.		<input type="checkbox"/>
Thurs.		<input type="checkbox"/>
Fri.		<input type="checkbox"/>

# Cyber Bullying: A Word for Kids and Teens

Cyber bullying is a phrase you may hear all the time, but it takes many different forms and meanings. Bullying is something that many children and teens go through in school, at home, on the bus, and within groups of friends. However, cyber bullying is even more common because most kids don't even realize they are doing it!

It's never fun to be bullied, in the real world or on the web through social media. It's even worse to be the bully, yet it's easy to do it online... even by accident. The internet can bring out passive aggressive behavior, even in the most outspoken person.

When you have a problem with somebody, do you face them with it... or do you Facebook it? Taking drama to the web creates a whole new set of problems. Remember that you can work out a problem with a friend, but you can never erase something that was said or done online. So before you post that rant, stop and think if it can hurt somebody else.



## Are You Being Cyber Bullied?

Think before you tweet, update your status, post a picture, or put anything on the net. Remember that anybody can save and share your updates, so it's a good idea to avoid posting anything impulsively. It might come back to haunt you. That general rule of thumb is especially important to follow when somebody is attacking or bullying you online.

Sometimes you have to start by asking why somebody is trying to hurt you.

If it is a friend who is upset with you, perhaps you did something to hurt them? The best response would be to take your drama offline and try to talk it out—in the real world or on the phone. Eliminate the audience and it will be just the two of you, looking for a resolution to end the drama.

If there is a group of people you don't know that well who are "ganging up on you", they may be the friends of somebody who is upset with you. There could be rumors or numerous direct attacks. Do not respond to any kind of attack coming from somebody you do not know. If you know who the original source is, deal with them directly.

## Cyber Bullying: A Word for Kids

### **A Few Steps to Protect Yourself from Cyberbullying**

1. Face your problems. Never “post” your problems.
2. Think before you post.

Always be kind and respectful, and surround yourself with friends who are also kind and respectful.

Be careful around people your age who are always ‘surrounded by drama’. You never know when you’ll get sucked into it!

Never, ever let anybody know your password. Protect your social media accounts from being “hacked” by changing your password every so often. If you use a smart phone never leave it unattended.



### **What Can You Do if you are Being Cyber Bullied**

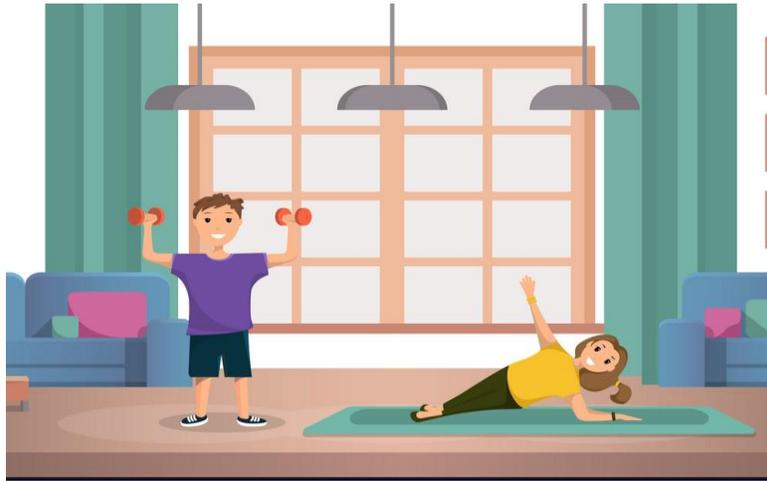
Don't respond to messages and never retaliate. It will only add fuel to the fire and escalate the cyberbullying.

Tell an adult you trust, such as a parent, teacher or coach. If they don't offer you any real solutions, then search for a trusted adult who is better equipped to offer advice, such as a school counselor.

Save all evidence. Do not delete any communications. Be sure to keep electronic copies and print-outs in case things escalate. This will empower you to allow justice to be served against the cyberbully.

**Stay Safe!**

# Remember to **STAY ACTIVE** during the school closure!



Here is an “Active Chart” that you can do at home daily to keep your mind, and body healthy! Don’t forget to breathe deeply, and drink your water. You may also search YouTube for exercise videos!

<b>A</b>	<b>C</b>	<b>T</b>	<b>I</b>	<b>V</b>	<b>E</b>
30 Chicken jacks	15 Sumo squats	10 High skips down & back	5 Grapevine down & back	10 Tuck jumps	1 1 minute wall sit
30 Second reverse plank	20 Your favorite sit-up	30 Mummy kicks	20 High knees	20 Butt kicks	10 Plank leg lifts
10 Lunges each leg	15 Jump squats	20 Bicycle crunches	10 Head - to - toe	35 Calf raises	10 Burpees
10 Up/Down planks	25 Wall jumps	15 Tricep Dips	30 Crunches	15 Flutter kicks	5 Jog down & back
15 Low Row	10 Hot hands	25 Mountain climbers	5 Side shuffle down & back	1 1 minute plank	10 Forward Bounds