

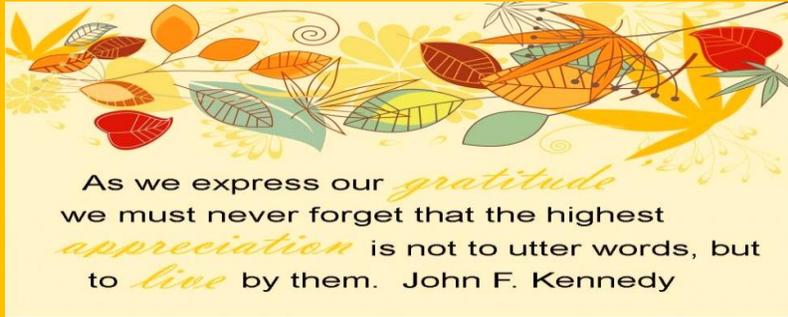


Stout Middle School

Student Newsletter



Week of November 22nd, 2020



SELF-AWARENESS AND SELF-MANAGEMENT

Self-Awareness is simply the ability to be aware of one's inner life—one's emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, and mindset. For example: A student who is self-aware may notice her fearful emotional response as she is about to take a test. She may feel her heart beat faster and her stomach clench, making her thoughts race as she worries about failing the test. To get out of the test, she considers telling her teacher that she feels sick, but in the end, she recognizes that this behavior is a result of her emotions and thoughts and she accepts that these reactions can occur when she experiences anxiety.

Skills that develop self-awareness include:

- Identifying and analyzing one's emotions, and how they affect others
- Understanding the relationship between one's emotions, thoughts, values, and behaviors
- Integrating personal and social identities
- Demonstrating honesty and integrity
- Examining prejudices and biases
- Having a growth mindset
- Developing interests and a sense of purpose

Self-management is the ability to navigate and shift in a healthy way one's thoughts, emotions, and behaviors in order to make decisions and reach goals that benefit oneself and others. For example: A new sixth grader who is anxious about starting middle school remembers learning from her fifth grade teacher that when she is feeling scared, she can change how she feels by thinking differently about the situation. So, instead of dreading her new school, this student decides to view it as an adventure—one that might bring her new friends, wonderful teachers, and exciting opportunities.

Self-management skills include:

- Regulating and expressing one's emotions thoughtfully
- Demonstrating perseverance and resilience to overcome obstacles
- Sustaining healthy boundaries
- Identifying and using stress management strategies
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Maintaining attention
- Using feedback constructively

*Ultimately, self-awareness and self-management are closely linked. For example, being able to stop and calm down when one is upset (self-management), requires skills like recognizing and labeling the emotions and considering how they might be affecting one's behavior choices (self-awareness).



ALL ATHLETICS WILL BE SUSPENDED UNTIL DECEMBER 8



11/23/2020:

11/24/2020:

11/25/20 – 11/27/20:



GET TO KNOW TEACHERS & STAFF



Hello, my name is Mr. Hool!

"The night is always darkest before dawn." -

I am Mr. Hool and this is my 15th year teaching in Dearborn. I graduated from U of M-Dearborn! I have an amazing wife, Kara, and two incredible children, Lily (8) and Cal (6). I'm obsessed with comic books, superhero movies, video games (shout out Mario Kart 8 Deluxe), trivia, and hip-hop music! Is it just me or does that last sentence sound like a teenager wrote it? I have an incredibly extensive collection of superhero items that makes my basement look like a comic book store! If I'm watching TV, it's usually sports or Food Network.

hoolc@dearbornschools.org,
Classroom number: 827-23038, D-7,
Schoolology is now the blog.

That's a pic of me with a toothpick in my mouth going for a ride on a unicorn at Cedar Point! Good times!

SOCIAL EMOTIONAL *learning* RESOURCES

21st Century Skills

Self Management

Self management is a crucial skill to have and develop in a busy changing world where there is so much noise and distraction! It is the ability to set short term and long goals, stay on task and achieve them.

Impulse Control
"I am in charge of my emotion and actions"

Stress Management
"I realise when I'm stress and I know exactly how to deal with it."

Self-Discipline
"I'm staying on track"

Goal Setting
"I have short term and long term goals and I like ticking things off my lists!"

Motivation
"I can do this!"

Organisation
"I can organise my thoughts and my work plan"

GOAL

You've got this!

Dr Prae
www.drpraeseributra.com

[Click here to watch a self-management video.](#)

This video contains reflection questions. Be sure to pause the video at each question to allow time to think and respond to the questions.



**SHARE A SPECIAL
MEMORY YOU HAVE
FROM SCHOOL...**

***SEND YOUR THOUGHTS
TO MRS. ALHASSAN
ALHASSA@DEARBORNSCHOOLS.ORG
AND YOU WILL BE FEATURED IN THE STUDENT
SECTION OF THE NEWSLETTER!**

DON'T FORGET TO ADD A PICTURE ☺

WEEKLY RIDDLE

What is 3/7 chicken, 2/3 cat and 2/4 goat?

- By: Hanan Abubaker (8th grade)

Send your answers to alhassa@dearbornschools.org

Last week's riddle answer:

There's a one-story house in which everything is yellow. Yellow walls, Yellow doors, Yellow furniture.

What color are the stairs?

-If you guessed that there are no stairs (it's a ONE story house), you are correct!