



# Stout Middle School

## Student Newsletter



Week of November 8th, 2020



### VIRTUAL LEARNING TIPS

#### 1. Be positive.

Thriving through a change is tough but doable with a positive attitude. **A positive attitude about online learning is the best gift you can give yourself.** Everything you learn, whether it's your most favorite or least favorite subject, will help you grow as a person.



#### 2. Get organized—and stay organized.

Be sure you have room for your books, computer, pens, paper, and other supplies. Label folders to hold papers and notes for each subject. **USE YOUR PLANNER** to schedule your personal appointments and create your "to do" list.

#### 3. Establish a flexible routine.

While online school and blended learning school do give you a more flexible schedule, having a routine will help keep you on track with your schoolwork. It's a good idea to find out when your teachers have their office hours, so you can arrange your schedule to overlap with when they are available.

#### 4. Set personal goals.

To make great things happen in your life, it helps to set goals for yourself. Think about what you'd like to accomplish, both short and long term. Is there a class you want to ace this semester? Be sure to put your goals in writing and post the list where you'll see it often.

#### 5. Make the most of your resources.

As an online or blended learning student, you have many helpful resources available. Don't forget you can use: parents, teachers, school counselors, and principals are great sources of information. **A good rule of thumb is if you've been looking for an answer for more than five minutes, reach out for help!**

#### 6. Learn to deal with setbacks.

When you get a bad grade, have an argument with a friend, or experience other frustrations, realize that this is a learning experience. Talk to someone to get another point of view—you could be worried about something that's pretty small in the long run. To move forward, you must take responsibility for what you've and decide to change your behavior in the future. Making a plan for achieving greater success in the future will help you build confidence too!



#### 11/9/2020 (B day):

Parent-Teacher  
Conferences  
3:30pm-7pm

#### 11/10/2020 (A day):

Boys Basketball  
Stout @ Bryant  
3:30pm

#### 11/11/2020 (B day):

Parent-Teacher  
Conferences  
3:30pm-7pm

#### 11/12/2020 (A day):

Girls Swimming  
Bryant @ Stout  
3:30pm

Boys Bball  
Lowrey @ Stout  
3:30pm

#### 11/13/2020 (B day):

## GET TO KNOW TEACHERS & STAFF



Hello, my name is  
Mrs. Ditmar!

My birthday is 11/16.

I teach 6th Grade ELA with Mrs. Thompson.

I'm a summer loving, seashell collecting girl who has a great husband and two awesome kids, Jack and Sylvia. I've lived in California, Ohio, and Massachusetts, but was born in Michigan and live in Plymouth now. Something you may find interesting is that I don't watch much TV or enjoy movies.

You can find me here:

Email: [ditmare@dearbornschools.org](mailto:ditmare@dearbornschools.org)

Classroom: H4

## SOCIAL EMOTIONAL *learning* RESOURCES

### What is Self-Care?

Self-care is the intentional care of one's mental, physical, and emotional health, through everyday practices and activities.

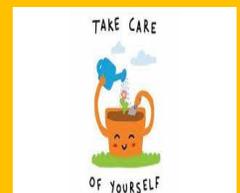
### Try this Self-care Activity:

We all face stresses in life – schoolwork, tests, relationships, family conflicts, money issues, health problems, and more. So, how can we deal with it? In this video on self-care, we talk to students in middle school, about the stresses in their lives and how they practice self-care.

[Click here to watch the video:  
Self-Care in Middle school](#)

### Now, take a moment to Self-Reflect:

- What feelings did this bring up for you?
- Is there anything in life that causes stress for you?
- Do you feel stressed out right now?
- Is there anything that helps you feel better when you feel stress?



## WEEKLY RIDDLE

I'm not an airplane, but I can fly in the sky. I am not a river, but I am full of Water. What am I?

Send your answers to [alhasa@dearbornschools.org](mailto:alhasa@dearbornschools.org)

