



# Stout Middle School

## Student Newsletter



Week of November 15th, 2020

*Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.*

*Thomas A. Edison*

### **TIME MANAGEMENT FOR STUDENTS**

#### **1. Create a Master Schedule**

This will help you prioritize projects and provide a structure to stay on track to meet due dates. Use a different color for each subject so you can follow the schedule quickly and easily.

#### **2. Eliminate Distractions**

Between cell phones, social media, and friends, there are a lot of activities that can distract you from school work. When it's time to get down to work, turn off your cell phone and sign out of social media accounts.

#### **3. Set Goals For Each Study Session**

Set specific goals for each day, like how many pages of a book report to write or how many math questions to complete.

#### **4. Start Working On Assignments Early**

Good time management skills mean not leaving assignments until the day before they are due. Each week, review upcoming assignments and tests and add them to your master schedule. Break down assignments into smaller chunks, each with its own separate due dates.

#### **5. Study In Shorter Bursts**

For every 30 minutes of school work, schedule a short 10-15 minute break to recharge. Trying to work on one thing for too long can actually cause your minds to wander more.

#### **6. Start Early In The Day**

Work on assignments earlier in the day, or right after school. Waiting to start until later in the evening means your child has less time (and energy), leading to delayed bedtimes, unfinished assignments, and more stress for everyone.

#### **7. Get 8-10 Hours Of Sleep**

Getting enough sleep is important to help you recharge your mind and have the energy needed to stay on track the next day. Following this routine will help make sure you have time to unwind at the end of each day and get the sleep you need.



Starting on Monday, November 16<sup>th</sup>, students will attend six virtual classes each school day. Each class will be 40 minutes long.

There will be no more A/B days!

**\*ALL ATHLETICS WILL BE SUSPENDED UNTIL DECEMBER 8\***

**11/16/2020:**

**11/17/2020:**

- (CANCELED)  
3:30 Boys Bball  
@Woodworth

**11/18/2020:**

- (CANCELED)  
3:30 Girls swimming  
@Smith

**11/19/2020:**

- (CANCELED)  
3:30 Boys Bball @Salina

**11/20/2020:**

## GET TO KNOW TEACHERS & STAFF



Hello, my name is Mr. Melvin!

"It is the greatest of all mistakes to do nothing because you can only do a little-- do what you can"  
-Sydney Smith

My birthday is May 8th.  
I teach 6th Grade Language Arts.  
In my spare time I enjoy reading, playing guitar, playing sports, and going to the park with my daughter, Lucy. I graduated from Central Michigan University in 2008, focusing on Language Arts and History, and went back to get my Master's Degree as a Reading Specialist at the University of Michigan- Dearborn in 2013. I am a huge Pittsburgh Penguins hockey fan!  
You can get ahold of me at [melvinj@dearbornschools.org](mailto:melvinj@dearbornschools.org) or find me in room H-7!

## SOCIAL EMOTIONAL *learning* RESOURCES

**Mindfulness** is a choice that you can make at any moment. Mindfulness can help you better understand how you feel and what you are experiencing. It is about being aware of the present moment, instead of replaying the past or worrying about the future.

This video explains what everyday mindfulness is, and how being aware of what is going on around you and inside of you can help make life more enjoyable and less stressful. ([Click here to watch](#))

### Try this Mindfulness Activity:

#### Self-Awareness

Me

Close your eyes and...

Think about what you could do today to feel important. Where might you be? What would you be doing? Try to visualize yourself in that place.

### WEEKLY RIDDLE

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

What color are the stairs? – By: Alaa Saeed (7<sup>th</sup> grade)

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

#### Last week:

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?

If you guessed CLOUD, you are correct!