

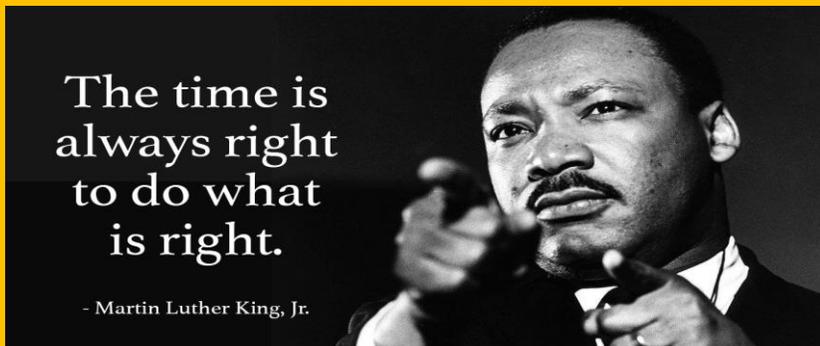


Stout Middle School

Student Newsletter



Week of January 18th, 2021



SELF-ESTEEM

What Is Self-Esteem? Self-esteem means feeling good about yourself.

People with self-esteem:

- feel liked and accepted
- are proud of what they do
- believe in themselves

What If My Self-Esteem Is Low?

You can do things to feel better about yourself. It's never too late. Here are some tips to raise your self-esteem:

Be with people who treat you well. Some people act in ways that tear you down. Others lift you up by what they say and do. Learn to tell the difference. Choose friends who help you feel OK about yourself. Find people you can be yourself with. Be that type of friend for others.

Say helpful things to yourself. Tune in to the voice in your head. Is it too critical? Are you too hard on yourself? For a few days, write down some of the things you say to yourself. Look over your list. Are these things you'd say to a good friend? If not, rewrite them in a way that's true, fair, and kind. Read your new phrases often. Do it until it's more of a habit to think that way.

Accept what's not perfect. It's always good to do the best you can. But when you think you need to be perfect, you can't feel good about anything less. Accept your best. Let yourself feel good about that. Ask for help if you can't get past a need to be perfect.

Set goals and work toward them. If you want to feel good about yourself, do things that are good for you. Maybe you want to eat a healthier diet, get more fit, or study better. Make a goal. Then make a plan for how to do it. Stick with your plan. Track your progress. Be proud of what you've done so far. Say to yourself, "I've been following my plan to work out every day for 45 minutes. I feel good about it. I know I can keep it up."

Focus on what goes well. Are you so used to talking about problems that they're all you see? It's easy to get caught up in what's wrong. But unless you balance it with what's good, it just makes you feel bad. Next time, catch yourself when you complain about yourself or your day. Find something that went well instead.

Give and help. Giving is one the best ways to build self-esteem. Tutor a classmate, help clean up your neighborhood, walk for a good cause. Help out at home or at school. Make it a habit to be kind and fair. Do things that make you proud of the kind of person you are. When you do things that make a difference (even a small one) your self-esteem will grow.

Important Dates and INFORMATION

1/18/2021: No school
MLK day

1/19/2021:

1/20/2021:

1/21/2021:

1/22/2021: Half day

****CHESS CLUB****

Sign up here:

<https://docs.google.com/forms/d/17WyBUdi1fNF90xV8cBhsXcTLnvGUU-YExjXet4sKSqg/edit>

Email Mr. Liggett with any
other questions

liggettj@dearbornschools.org

GET TO KNOW
TEACHERS & STAFF



Hello, my name is Ms. Rancilio

Birthday - October 17th, 1989
8th grade US History

"Everything will be okay in the end, if it's not the end
its not okay"

This is my 10th year at Stout, I started my career at Stout teaching 6th grade and have spent the majority of my life teaching 7th grade with the exception of two years. I am a Wayne State and University of Michigan Graduate. I have a Bachelors of Science in Secondary Social Studies and a Master's of Education in Learning Disabilities. I also work as a waitress, and have for 14 years. I have 3 dogs, Emma, Minnie and Maddie. If I am not working, I like to run, read, and online shop.

Contact information:
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Room D2
Extension 23033

SOCIAL EMOTIONAL
learning
RESOURCES

This meditation practice will help you study by improving your focus and concentration. Since you're in school and a student, you may need some help focusing while studying. This quick 15 min meditation session will put you into a better headspace. Try it out the next time you need help focusing.

[Click here for video.](#)

Then try this SEL activity 😊

Mental Rehearsal

K

Close your eyes and imagine doing what you need to do in your mind.

Picture what you need to succeed.

Imagine feeling like you are doing it. See yourself doing a great job.



WEEKLY RIDDLE

The more you take, the more you leave behind. What am I?.

Send your answers to alhasa@dearbornschools.org

Last week's riddle answer:

Which word becomes shorter when you add 2 letters to it?

-If you guessed **your name**

You are correct!