



# Stout Middle School

## Student Newsletter



Week of February 8th, 2021



### How to Celebrate Black History Month

You can celebrate Black History Month with kids by doing a bunch of different activities with them. Here are some exciting activities:



#### **1. Checking out the local museum**

Since we live in or around Detroit, Michigan, we can check out the Detroit Institute of Arts. Check out the program and exhibits they offer for the month of February. Many of these museums typically offer special shows that honor holidays and events, and Black History Month ranks high up.

#### **2. Study African-American recipes and culture**

Another excellent way to understand a culture is enjoying their recipes and food. You can organise a simple event where children experience African-American recipes and cuisine, and find dishes they can try with their family.

Choose a few recipes that are simple and encourage them to help out in the cooking process. It is a great way to include them in the community while also celebrating the vibrant fusion of African-American cultures.

#### **3. Study the influence of African-Americans**

Each kid has their own talents and interests, and you can tap into that during Black History Month. If you love music, art, reading, sports, or science, choose an influential African-American as a catalyst to study the culture. If you love sports, for example, you could learn about one of the most celebrated sportswomen, Serena Williams. Learning about one of the most successful tennis players in the world is a great way to get interested in learning about the contributions of the Black community. There are plenty of videos of Serena Williams, and her inspiring story is available on many websites such as YouTube. You can also get into a discussion about eating right and staying fit to beat the impossible, using her as an example.

#### **4. Check out local events**

Many museums, playhouses, public libraries, and more offer classes and storytime events based on several topics around Black history. Around the month of February, you can look for these events, as they are a wonderful way to learn about African-American art. There will be many events around town, so check your local newspaper or venues for more information.

### Important Dates and INFORMATION

**2/8/2021:**

**2/9/2021:**

**2/10/2021:** Boys' swimming @Unis

**2/11/2021:** 6pm – Girls' Basketball Parent Meeting

**2/12/2021:** NO SCHOOL MID-WINTER BREAK



GET TO KNOW  
TEACHERS & STAFF



Hello, my name is Ms. Wooton

I am a 7th grade ELA teacher.

Birthday: December 30

I enjoy working Out, Traveling, Reading, Dancing. I am an aunt to two handsome nephews, Brendan (8) and Jacob (5). I have a cat named Tia that I rescued last summer after she showed up, starving, to my gym. I swore I wasn't going to have a pet, but she is so sweet and comical and has been really good company for me, especially now!

I am a bootcamp fitness instructor (I coach two mornings a week and one evening). I've been bungee jumping twice, love white water rafter, and can usually be talked into going on any sort of adventure. I've always wanted to be a teacher, and I'm lucky to be able to fulfill that dream!

SOCIAL EMOTIONAL  
*learning*  
RESOURCES

**Yoga P.E. (Physical Education) is a series of short mindful movement breaks designed for young virtual learners!**

**This Yoga P.E. Body break offers a fun set of movements and poses that can improve focus, increase flexibility, boost energy, balance your mood, increase coordination, counter screen fatigue, and decrease anxiety or stress. Take ten minutes to shake it out, get your heart rate going, stretch, and find your balance. No materials required, just a body and your breath. 😊**

**[Click here for video.](#)**



Poetry Contest

**[KidsPost Poetry Contest: 'Poetry of the Pandemic'](#)**

**Kids ages 6 to 14 are invited to write one original poem of 100 words or less in any form.**

**[Click here to get started:](#)**

**WEEKLY RIDDLE**

What did the hamburger buy his sweetheart?

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



Last week's riddle answer:

You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune.

What am I?

—If you guessed  
**"the letter R"**

You are correct!