Soaring to new levels
Throughout the third quarter, many Alpha students have been promoted to the next level by working daily on their contracts and skills. Congratulations to these students for their hard work and dedication!

1 - 2a
Chase B. Crystasia C.
Detoine D. Mykentzie E.
Anthony G. Gregory L.
D'Mariaun S. Elijah W.
Jeremiah W. Kelvin W, Jr.

2a - 2b
Bowen F. Bakar I.
Ricky K. Carlos S.
Brend’n W-B Dante W.

2b - 2c
Derek F. Trenton T, Jr.

2c - 3
Atalame C. Anthony C.
Alec H. Elijah M.
Gabriel S.

3 - 4
Kamil F. Dyllan M.

Students of the week
In order to achieve student of the week, students are required to maintain perfect attendance, have their skill card signed daily, make their daily goal, and have no time outs or time after school. Congratulations to those who have made it!

Mykentzie E. Bakar I.
Detoine D. James F.
Jeremiah W. Dana L.
It's hard to believe that the school year is almost over. The year has gone so fast with lots of students transitioning back to public school and moving up through the level system. We also had a large number of new students and their families enter the program during third quarter. I would like to welcome them all and remind them that they are always welcome to contact me if there are any questions or concerns.

During fourth quarter we have lots of wonderful programs planned. In April we will be doing another book fair at Barns and Noble with a Clifford the Big Red Dog theme. There will be lots of fun activities. Hope to see each one of you there. We also have the end of the year assembly to award all students for their progress this year. This is normally topped off with the end of the year carnival. As you can see, we have a lot to look forward in the next few weeks. Take care and thanks for being a part of the Alpha School family.
Greetings from the Elementary classroom!

Third quarter has flown by, with many academic achievements, several student promotions, and fun activities! We have welcomed 3 new students, and have watched our Elementary class grow as a community.

We have continued to increase our spelling and vocabulary capabilities, and many students have earned "spelling coupons" by having 100% on their weekly tests. In math, we are getting stronger in multiplication and division, and practicing our money and time skills daily with our "Power Problems"—and "Word Problem Wednesday" is still a weekly event (and big hit)!

In English and reading, we are perfecting our language arts skills with our interactive notebooks, as well as improving our writing skills with "four square" paragraph-building. We recently finished the Newbery-honored novel ONE CRAZY SUMMER by Rita Williams-Garcia, a story about a trio of sisters, set in Oakland, California in the turbulent 1960s. Our students are now writing a book report on this captivating book, and are excited to begin reading the sequel. Our weekly SCHOLASTIC NEWS keeps us learning about, and discussing, current events in our country and the world.

And we have had lots of fun activities, too! We have had a "bingo party" (earned by tracking positive behaviors) and a Valentine's Day party. We also enjoyed a field trip to the Shrine Circus, where we had front row seats to the exciting acts. Students earned this field trip by having appropriate time outs (or no time outs) and completing their work every day.

We have had mild weather lately, and that makes us "think spring" as we move into 4th quarter—-who knows what adventures our last quarter will bring, but they are sure to be interesting!

Mrs. Kerst and Mrs. Derry

In elementary social studies we studied important African American figures in US history in honor of Black History Month. We also explored themes of what makes up a community and why they are important. In science we introduced the topics that begin to explain what the Earth is and how it works. We then looked at weather and the oceans which included the classic tornado in a bottle project. As we wrap up the quarter the students will make rockets in their art class which will then tie into the unit on space we are currently reading.

In Middle School social studies we looked at influential African Americans for Black History Month and have begun to memorize our states and capitols. In science we explored the themes of changing landforms, the oceans, and space. As we move into the last quarter of the year we will finish up on space with a rocket science project.

In Personal Growth in addition to working on contracts students demonstrate various relaxation techniques. Role-plays and readings are the basis of class discussion focusing on useful skills needed at Alpha, public school, and home. Middle School math focused on fractions; covering adding, subtracting, multiplying, and dividing them. We also continued to review the basic operations of math.
JH1 - Mr. Harkness & Ms. Essay

It's been another eventful quarter in Junior High 1! Mr. Freeman has been filling in for Ms. Essay for the majority of the quarter, but she hopes to return to the classroom on March 6. This quarter we had several promotions! D'Mariaun S, Chase B, and Anthony G were promoted to Level 2a, Brend'n W.-B. was promoted to Level 2b, and Jayson A. was promoted to Level 3. We are very proud of their progress!

In English, the students have been working hard on improving their skills in spelling and grammar. Mr. Freeman assigned a superhero project that required them to create their own superhero and describe him/her in two paragraphs. While still focusing on grammar and spelling, students have now moved onto a storybook project. They will be creating their own children's book based on what they are learning in their Social Studies class, and then illustrate each page with the help of Mrs. Husen and Mr. Jordan in their Art class!

In U.S. Geography they continued discussing the varies types of water land forms (rivers, lakes, and streams). They then moved onto climate and how it impacts different regions of the United States. In U.S. History they finished learning about the Revolutionary War. They then moved on to writing of the Constitution and the formation of the first political parties.

JH2 - Mr. Petersen & Mrs. Howery

I would like to start off listing our level promotions for JH2. We had one student move up from level 1 to level 2a, and two students move up from level 2c to level 3. We have had a lot of classroom movement as well this quarter. Three of our students moved up to high school 1. We also received two students from junior high 1.

We had many exciting classroom topics that we learned this quarter. In Personal Growth the students focused primarily on respecting others. The students focused on the term respect, and also a bullying unit as well. The students watched clips of real life students being bullied and the terrible outcomes that followed.

During Math this quarter the students learned about PIE! This was the students favorite unit so far. Students competed to see who could remember the most pie numbers. The winner of the competition was able to take brownies home. Science the students focused on the periodic table. We learned about the basic elements and where you can find them. We are finishing up the quarter with a basic biology lesson on cells. We are comparing and contrasting animal and plant cells.

Mr. Petersen and Mrs. Howery would like to thank all parents and guardians for all of the support they have given this quarter. We are excited to see what the rest of the year has to offer.
HS1 - Mr. Thiemann & Mr. Jones

Greetings from High School 1. The year is flying by, as we have cruised through the third quarter with a bunch of fun projects and exciting promotions for our students. To start, Kamil F. has been promoted from Level 3 to Level 4! This is such an awesome accomplishment for Kamil and High School 1. We all wish her the best of luck during her time at Benson. Atalame C. reached an important milestone, as he was promoted from Level 2c to Level 3. Derek F. was promoted from Level 2b to Level 2c, Ricky K. was promoted from Level 2a to Level 2b, and last but not least, Dante W. was promoted from 2a to Level 2b. Congrats to all of the High School 1 students on their hard work and promotions.

Mr. Thiemann and his English students have taken on the huge task of a research project. Each student chose to write and research about a topic that they were interested in. Some students chose famous people to write about, such as Michael Jordan or Michael Jackson. Some students took on broad tasks like World War I and World War II. And some students chose topics like Native American History or informative topics such as hunting and fishing. English students also began work on the fictional novel, THE TESTING, a story of a dystopian future similar to THE HUNGER GAMES.

Mr. Jones and his Social Studies students are moving quickly throughout the history of the world and the world itself. In U.S. History, the students spent much of the third quarter analyzing a pivotal point in American History, the Reconstruction period after the Civil War. They are moving on towards the Industrial expansion of the U.S. and will cover World War I by the end of the quarter. World Geography students created their own countries using the lessons they had learned about other countries earlier in the year. They set up their own governments, created their own flags, and set up their own cultures. World History students learned about the Middle Ages and had a couple fun days watching A KNIGHT'S TALE to get a creative look at the life of a Knight in the Middle Ages.

High School 1 students have shown a lot of growth and development in Personal Growth. As a class, we are getting better and better at using relaxation techniques, taking advantage of cool downs, using our skills to make great decisions and be awesome in all situations that present themselves. Our promotions are a testament to how hard our students have worked on their level contracts.

Here is to a great 4th quarter!

HS2 - Mr. Crawford & Mr. Jackson

Greetings from High School 2!

We are ¾ of the way done. One more quarter left! Third Quarter we saw one student get promoted (Arias 2a to 2b) and several students inching closer to the next level. High School 2 currently have 7 students, who if they push themselves, could get to level 4 by the end of the year!

This quarter we focused on math that we used on a daily basis. Topics included personal care, health, getting around, managing time, community, thinking about the future, and thrifty thinking. In quarter number 4 we are looking forward to budgeting and banking and we were going to take a sneak peak on how we do our taxes.

Science, the students learned about different types of rocks and then moved to climate and weather. Students learned what kind of conditions are needed for certain weather events to happen.

We are starting to see some nicer weather so we look forward to having some lessons where we can go outside. We are continuing to play our review games. This quarter we played a game in the classroom similar to the basketball game “HORSE” and they would have to answer questions pertaining to what they went over the previous week.

Summer is almost here. Lets have a wonderful last quarter!
**Elementary** - The elementary students started off the quarter by working on Landscape drawings and paintings. They learned about foreground, middle ground, and background. They also learned about perspectives. Next they created a robot painting and then built a wooden robot. For black history month they created word collages that represented Martin Luther King Jr. They also learned about Louis Armstrong and then created a jazz themed chalk art. Lastly they painted rockets and they used a new medium called plaster strips to build a Rocket.

**Middle and JH1** - Both classrooms started off the year learning about One Point Perspective and created three different Landscapes. They learned how to make their objects appear to go back to one point in their picture. After their Landscapes they created abstract sculptures. They created some really amazing sculptures out of wire, wood, and Nylons. Once they were done with their sculptures they created a Black History Month Collage. The collage consisted of quotes by someone who was pivotal in the equal rights movement or someone who was the first African American to do something. They also filled their paper with images that represented their quote. They are currently working on Pop bottle creatures using a new medium which is plaster strips.

**JH2, HS1, and HS2** - The students worked on illustrations that represented each letter of the alphabet. They had to create an illustration that was in the shape of each letter. Next they created a Metamorphosis project where they turned and object into animal. They did some amazing work on this projects. After their metamorphosis drawing they create abstract sculptures. They created some really amazing sculptures out of wire, wood, and Nylons. Once they were done with their sculptures they created a Black History Month Collage. The collage consisted of quotes by someone who was pivotal in the equal rights movement or someone who was the first African American to do something. They also filled their paper with images that represented their quote. They are currently working on Logo Names. This is where they are taking a food logo and changing the name to their own name.
Literacy:

This quarter in Literacy we continued working with Mrs. Kerst and Mrs. Derry on vocabulary. We play a couple of different games when we do vocabulary. We have been working on writing. We have done some 4 square writing to practice the set up of a five paragraph paper. Right now we are working on doing some research about animals to make a powerpoint presentation.

Living Skills:

This quarter in Living Skills we started learning about sociology. We started out with a simple introduction to what sociology is. We have learned about different cultures around the world. We have learned about socialization and how it affects us all throughout our life. We have learned about diversity within our own culture. We are finishing up the quarter learning about racial and ethnic groups.
Ms. McFarland & Mrs. Steven’s Social Work Corner

Happy spring from the Alpha School Social Workers. As always we want to remind caregivers that we are here to support the students AND their families. This means YOU! It is tough to be a caregiver and have patience on even the best day, let alone when you have a child or children with behavioral struggles. So, here are a few tips from the Child Development Institute you may find helpful in your own relationship with your child :)

- Try to set aside time on a regular basis to do something fun with your children.
- Rather than tell them what not to do, teach and show them what they should do.
- Use descriptive praise when they do something well. Say, “I like how you _____ when you _____.” Be specific.
- Help your child learn to express how s/he feels. Say: “You seem frustrated.” “How are you feeling?” “Are you upset?” “You look like you are angry about that.” “It’s O.K. to feel that way.”
- Try to see a situation the way your children do. Listen carefully to them. Try to form a mental picture of how it would look to them.
- Use a soft, confident tone of voice to redirect them when they are upset.
- Be a good listener: Use good eye contact. Physically get down to the level of smaller children. Don’t interrupt. Ask open ended questions rather than questions that can be answered with a yes or no. Repeat back to them what you heard.
- Make sure they understand directions. Have them repeat them back.
- When possible give them choices of when and how to comply with a request.
- Look for gradual changes in behavior. Don’t expect too much. Praise behavior that is coming closer to the desired goal.
- Develop a nonverbal sign (gesture) that your children will accept as a signal that they are being inappropriate and need to change their behavior. This helps them to respond to your prompt without getting upset.

Alpha School Book Fair
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10 AM - 2 PM
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Crossroads
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Omaha, NE 68114

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