Soaring to New Levels
Throughout the first 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!

Jonnaya B.    1 - 2a
Miguel B-F.    1 - 2a
Isaiah E.    1 - 2a
Da’Vion J.    1 - 2a
Kenney R.    1 - 2a
Jaden S.    1 - 2a
Alonso C-B.    2a - 2b
Mykentzie E.    2a - 2b
Brian G-M.    2a - 2b
Dillon K.    2a - 2b
Sydney S.    2a - 2b
Bowen F.    2b - 2c
Zyta’e P.    2b - 2c
Jeremiah W.    2b - 2c
Cole B.    2c - 3
Bakar I.    2c - 3
Dante C.    3 - 4
Juan R.    3 - 4
Grant W.    3 - 4

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!

Adrian R.    Bowen F.
Dante C.    Jacoleby W.
Jayson A.    Mykentzie E.
I hope this note finds everyone doing well and preparing for the Holiday Season. It’s difficult to believe that the school year is half over. As they say “time flys when your having fun” and thats what the first half has been.

The staff and students have completed several creative and exciting projects. It’s great to walk into the classrooms and see all the wonderful things they are working on. We have had a number of new students join us since my last note and I would like to take the opportunity to welcome them and their families to Alpha School. Please feel free to contact me or the staff if you have any questions or concerns.

The staff and students want to wish everyone a great Holiday Season and the start to a Happy New Year.
Greetings from Elementary!

The second quarter of school has gone by so fast! We have had three new students, and several level promotions this quarter...there's never a dull moment in the elementary room!

Our students have improved in spelling, with more 100% tests than ever before. In math, we are continuing to master multiplication and division, and improve on word and money problems, plus working on estimation.

In reading and English, we are doing more creative writing, plus finishing JOEY PIGZA SWALLOWS THE KEY. It's a very funny book, with characters our students can appreciate and relate to. We are also polishing our grammar and vocabulary skills.

Personal Growth class finds our students learning replacement skills, and practicing role plays and relaxation techniques. We are also reading a book that teaches kids to find the positive side of a stressful situation, instead of dwelling on the negative.

As we go into the Christmas break, both Elementary and Middle School students are practicing for the annual winter program; this year, we are learning a song of peace along with sign language, and the students are doing an awesome job! Plus we have been working on a funny skit. Get ready for some great acting and singing from our students!

Happy Holidays, and see you in January!

Middle School had a great second quarter! During the quarter we saw promotions; a transition into public school, welcomed new students, and saw others move up to Junior High 1. It's good to see Middle School working together as a team.

Personal Growth continues to be the focus of our day: relaxation techniques, role plays, problem solving, and replacement skills. Our ultimate goal is, as always, to see our students all the way through their successful transition to public school.

In Math, students mastered basic computations including multiplication, decimals, and long division. Middle School worked on identifying factors, lowest common multiples, and addition of fractions with unlike denominators.

In Science, students dug deep into dinosaurs. They learned to identify various species by classifications and habitat. Ultimately, the students constructed their own diorama. Students also conducted units on light and heat before moving on to the states of matter.

Social Studies focused around map skills including geography, landforms, and bodies of water. Students also focused on current events through Scholastic Magazine.

Throughout the quarter Middle School completed a classroom contract to earn a movie and pizza on an otherwise regular school day. The contract required that students display appropriate behaviors including no time-outs and no aggression.
Junior High 1 has had another great quarter at Alpha School! We've welcomed three new students to our room; Jacob, Crystasia, and Jacoleby. Mykentzie and Alonso were promoted to Level 2b and Kenney was promoted to Level 2a! Jayson has completed over 50% of his Level 3 contract and was able to go on his public school visit this quarter and Jacoleby has started transitioning back to public school! All of our students have been working hard on their Level Contracts and several are expected to level up next quarter. As a class we've been working on our classroom contract which is focusing on avoiding negative peer interactions. Those that are able to successfully complete this contract will earn an afternoon to watch a movie and have a pizza party!

To finish up the quarter our students have begun researching how Christmas is celebrated around the world and are planning on presenting their findings during the school’s Winter Program before break. We’ve also been working on decorating our classroom door for the school competition and are keeping our fingers crossed for another win this year! Ms. Essay and Mr. Weigman are proud of the accomplishments our students have made this quarter and we’re hoping everyone has a fun and safe winter break!

The second quarter has been a good quarter for the students in Junior High 2. Many students have been promoted to the next level. The have been working hard on their contracts and making progress. The students completed a classroom behavior contract and earned food and a movie during the afternoon as a reward.

In Math, the students worked on many different skills. They completed problems on fractions, decimals, and percents. The students also completed a unit on graphing and learning coordinated pairs. Once they were proficient, they created a design and plotted the coordinated pairs.

In Science, the students completed their rollercoasters. They built a scale model of a rollercoaster they designed. It had to include a loop and a spiral. Then they attached a tube, and rolled a ballbearing through the tube to see if it could complete the run. Following the unit the students began a unit on Biology. They studied cell structures and made a diagram of plant and animal cells to compare and contrast.
What has been covered in English?
In English, High School 1 students have continued to write short stories including a scary story for Halloween, a persuasive essay, and an informative essay. Students in High School 1 English class have also started reading THE COMPOUND by S.A. Bodeen. The students are learning how to and have began to write their book reports on THE COMPOUND.

What has been covered in Social Studies?
Students in Mr. Harkness's US History II course have been learning about the Industrial Revolution in the United States after Reconstruction, Labor Reform, and Political Reform in America. Students covered some of the first titans of industry and politics in US History. US History II students are currently studying the beginning of World War I, and the United States' impact. Students in Mr. Jones's World Geography course have spent time learning about each of the continents on Earth. After spending time in North American during the first quarter, the second quarter lead us on a journey to South America and Europe. Students have spent time learning about the different cultures, their people, their economics, and the political issues in these areas.

Progress of Students on level contracts and Personal Growth
High School 1 has had a ton of success with our individual students being promoted to higher levels. All of our students are working very hard on their level contracts, but a few have made some special accomplishments. Several students like Trevor F. and Gregory L. are almost done with their contracts to become Level-3 and Level-2c respectively. Last but not least, Alec H. and Anthony C. are on their petitions to become a Level-4 students!

Many of our students have been making great gains in Personal Growth class also. We have worked on successfully completing cool-downs, guided imagery meditation practices, and passive relaxation techniques. Many of our students have successfully completed role playing situations to give them tools to be successful in stressful situations.

Happy Holidays from High School 2!
This quarter we saw four promotions! Cole went from 2C to 3. Juan, Grant, and Dante were promoted to level 4! We also will have three students graduate at semester’s end. Juan, Gabriel and Grant will be leaving Alpha with a diploma from their respective schools.

We are half way home with the school year. In Math students are working on finding the slope of a line and mid point of a line. We are also learning about how credit and financing works.

In Science, students are learning about the planets in our solar system and the stars in our galaxy. Currently we are going over the birth and death of a star. Students were amazed to learn that a neutron star just 12 miles wide has the same mass as our sun, and if you were to take one teaspoon of a neutron star it would weigh a billion tons!

Congratulations to our seniors who are graduating and we hope you have a wonderful break! See you next year!

Mr. Crawford and Mrs. Howery
NEWS FROM THE ART

MS. HUSEN & MR. PRICE

**Elementary**- The Elementary did several fall and winter themed projects this quarter. They learned how to create a pointillism style fall tree. They created a mixed medium coffee filter tree. They used their creativity and created a creature using a dice game. The Elementary students also refreshed on their coloring skills while creating winter mittens.

**Middle**- The Middle School students learned how to draw a spooky style house and finished it with a new watercolor technique. They helped create placemats for the Thanksgiving feast. They learned about a new style of abstract art called Cubism. They created two different styles of cubism animals. I was very impressed with how well they all turned out. The Middle School students finished the quarter off by doing several different holiday themed projects where they refreshed their coloring and drawing skills.

**JH2 and JH 1**- The Junior High school students learned how to draw a spooky style house and finished it with a new watercolor technique. They helped create placemats for the Thanksgiving feast. They learned about a new style of abstract art called Cubism. They created two different styles of cubism animals. I was very impressed with how well they all turned out. They finished of the semester by learning how to create word shapes. Word shaping is a technique graphic design artist use when creating logos.

**HS1 and HS2**- The high school students learned how to draw a spooky style house and finished it with a new watercolor technique. They helped create placemats for the Thanksgiving feast. They learned about a new style of abstract art called Cubism. They created two different styles of cubism animals. I was very impressed with how well they all turned out. They finished of the semester by learning how to create word shapes. Word shaping is a technique graphic design artist use when creating logos.
LITERACY AND LIVING SKILLS
WITH
MRS. RITTER AND MRS. HOUSTON

Literacy:

This quarter in Literacy we have worked on prefixes and suffixes. We have worked on a variety of different homophones. We have done a few different plays this quarter working on reading out loud and working together as a class. We have also worked on vocabulary throughout the quarter. In Literacy we play a couple of different games to learn each word and they get a reward if they can play appropriately.

Living Skills:

This quarter in Living Skills we continued learning about different job opportunities. We learned about different colleges and the various things you can study in college. We learned some basics information about technology. We learned what it means to be a good citizen along with different ways to give back to the community. We finished the quarter learning about household smarts. We have learned about the different kinds of households there are. We have learned about cleaning, organizing, and the basic responsibilities that come with living one your own.
Ms. McFarland & Mrs. Stevens’s Social Worker Corner

Depression
It's normal for kids to feel sad, down, or irritated, or to be in bad moods from time to time. But when negative feelings and thoughts linger for a long time and limit a child's ability to function normally, it might be depression. Depression is a type of mood disorder. The main sign is when kids are sad, discouraged, or irritable for weeks, months, or even longer. Another sign a kid might have depression is negative thinking. This includes focusing on problems and faults, being mostly critical and self-critical, and complaining a lot.

Depression can interfere with energy, concentration, sleep, and appetite. Kids with depression may lose interest in activities and schoolwork, seem tired, give up easily, or withdraw from friends or family.

When kids have depression, it's hard for them to make an effort, even when doing things they used to enjoy. Depression can make kids feel worthless, rejected, or unlovable. It can make everyday problems seem more difficult than they actually are. When depression is severe, it can lead kids to think about self-harm or suicide.

Getting Help
Depression and other mood disorders can get better with the right attention and care. But problems also can continue or get worse if they're not treated.

Talk with your child about depression and moods. Kids might ignore, hide, or deny how they feel. Or they might not realize that they're depressed. Older kids and teens might act like they don't want help, but talk with them anyway. Listen, offer your support, and show love.

Schedule a visit to your child's pediatrician. The doctor will probably do a complete physical exam. A full exam lets the doctor check your child for other health conditions that could cause depression-like symptoms. If the doctor thinks your child has depression, or a similar mood disorder, he or she may refer you to a specialist or evaluation and treatment.

Contact a mental health specialist. Depression can get better. But without help, it can last or get worse. A child or adolescent psychiatrist or psychologist can evaluate your child and recommend treatment.

Therapists treat depression and other mood disorders with talk therapy, sometimes medicine, or both. Parent counseling is often part of the treatment, too. It focuses on ways parents can best support and respond to a kid or teen going through depression.

Source: kidshealth.org

Resources For Help
Visit http://nebraskamentalhealth.com for links to local therapist information, basic mental health information, and other basic need resources.


Suicide Prevention Lifeline: 1-800-273-8255 for free and confidential support for people in distress, prevention, and crisis resources.

Dial '211' or visit 211.org for help with local resources.