

Communications from Brenda Scott, Principal

On behalf of the Cabell County Alternative School, I would like to welcome new students and parents to our school. It is imperative that while students are enrolled with us that they strive to do well in Academics, Attitude and Attendance!! I take this opportunity to extend an invitation to visit our school and also ask that you please join us in our efforts to provide the best educational experience while your student is enrolled with us. If you have any questions or concerns feel free to contact us.

Brenda R. Scott, Principal
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Stress and the Brain

Students at the Alternative School were visited by a developmental psychologist who is chair of the Psychology Department at Marshall University. Dr. Linz spent the afternoon with the students and had much to say about the effects of stress on the brain. She explained to the students that chronic stress can have harsh effects on the brain and body of individuals who suffer with it. She also shared some ideas to combat stress. Those ideas include mindfulness, distraction and focusing on the end goal. She even shared a mindfulness activity with the students in which they identified three things they could hear, see and feel. Our students could benefit from channeling their thoughts and feelings and focusing on the moment. The Alternative Learning Center wishes to thank Dr. Linz for taking time from her busy schedule to share such important information with the our students.

Tips for Reducing Stress

- ~Take a time-out
- ~Eat well-balanced meals
- ~Limit alcohol and caffeine
- ~Get enough sleep
- ~Exercise daily
- ~Take deep breaths
- ~Count to 10 slowly
- ~Do your best
- ~Accept what you cannot control
- ~Welcome humor
- ~Maintain a positive attitude
- ~Get involved
- ~Learn what triggers anxiety
- ~Talk to someone
- ~Count to 10
- ~Talk to a friend

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A Parent's Guide to

ENCOURAGING A GROWTH MINDSET

What is a growth mindset?

Growth mindset is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

What is a fixed mindset?

A **fixed mindset** is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

Why is having a growth mindset important?

Research has shown that children who have a fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

Children who have a growth mindset are more likely to:

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster



Good readers

have a purpose
for reading.

think about what
they already know.

make sure they
understand
what they read.

look at pictures
when possible.

predict what will
happen next.

form pictures
in their minds.

draw conclusions
about what
they read.

try to figure
out new words.

practice.



Japanese Customs Seminar

The Alternative School was privileged to have a wonderful guest speaker, Megumi Homma, in late November. Ms. Homma is the Japan Outreach Initiative Coordinator. She explained many Japanese customs, Japanese character writing, instructed students in how to use chopsticks and even led a competitive game of racing marshmallows down a line using only chopsticks. This was a valuable multicultural event for our students.



English Classes Focus on Black History

February is Black History Month! Ms. Broce's English Language Arts classes will celebrate the month by learning about and reading selections by revered black writers such as Maya Angelou, Gwendolyn Brooks, Zora Neale Hurston, and Langston Hughes. Additionally, for Career Literacy class, Ms. Broce's middle school classes will focus on research projects featuring black inventors.

Considering the revelation of invaluable STEM contributions to NASA made by West Virginia's own Katherine Johnson, alongside Dorothy Vaughan and Mary Jackson, as highlighted in *Hidden Figures*, it should be understood that black Americans have made many invaluable STEM contributions to the U.S. in terms of inventions, patents, and the like. Students are researching inventions and inventors such as the public mailbox, created by Phillip Downing; the wall clock by Benjamin Banneker; the potato chip by George Crumb (who also happens to be a WV native); 3D glasses by Kenneth Dunkley; and the SuperSoaker, along with many other patents at NASA by Lonnie G. Johnson. We plan to end the month with presentations on research in front of the whole school and, believe it or not, my students are really excited about sharing what they've found out for this task! I'm excited too!

Submitted by Kelly Broce

Upcoming Celebrations

February is a busy month for celebrating our US history. Presidents Day will be remembered by Mr. Redman, the history teacher. The history of Valentine's Day will also be taught. In addition to that on Valentine's Day the Alternative School Students will be making Valentine's Day cards to be delivered to a local nursing home that evening. During Black History Month the school will be having an interdisciplinary lesson that will focus learning in several famous black inventors and mathematicians. The celebration of Black History Month will culminate with a showing of the movie "The Autobiography of Miss Jane Pittman".





LifeHouse Recovery of Huntington



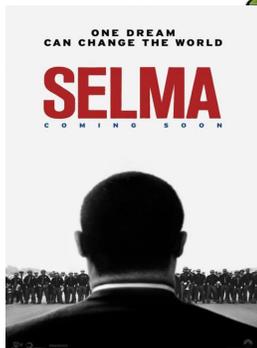
Addiction recovery workers from LifeHouse came to the center to speak with students about making the right life decisions. Rocky Meadows went to jail 37 times. He was a drug and alcohol addict. His life was a mess. He spoke of a change. He shared his experience with the Alternative School students. He told of a house he was able to purchase where he could teach others to turn from a life of addiction. He said that helping others makes his life so much better. He now helps people in 7 Life Houses. He repeatedly expressed that our students could make their own choices - they did not have to go down the wrong road and no matter where life puts you, you are responsible for how you deal with it. Students were encouraged to surround themselves with friends who would pull them up not down in life.

"Good Choices - Good Consequences!"

"Bad Choices - Bad Consequences!"

Brian Ramsburg changed his life and also works for LifeHouse after reaching an incredible low in his own life. He shared his story and even showed the students that drugs literally took his leg.

Finally these inspirational men shared pizza with our students which allowed students to interact with them and ask questions. What a good day!



*In Honor of
MLK Day
Mon Jan 16
Students Watched
the Feature Film
SELMA*

The unforgettable true story of "Selma" chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. The movie "Selma" tells the story of how the revered leader and visionary Dr. Martin Luther King, Jr and his brothers and sisters in the movement prompted change that forever altered history. Students appreciated the opportunity to learn more about the Civil Rights Movement and Dr. Martin Luther King and the other civil rights leaders of the 1960's.

Daylight Savings Time History

Daylight Saving Time has been used in the U.S. and in many European countries since World War I. At that time, in an effort to conserve fuel needed to produce electric power, Germany and Austria began saving daylight by advancing the hands of the clock one hour until the following October. Other countries immediately adopted this 1916 action.

The plan was not formally adopted in the U.S. until 1918. 'An Act to preserve daylight and provide standard time for the United States' was enacted on March 19, 1918. It established standard time zones and set summer DST to begin on March 31, 1918. After the War ended, the law proved so unpopular (mostly because people rose earlier and went to bed earlier than people do today) that it was repealed in 1919.

During World War II, President Franklin Roosevelt instituted year-round Daylight Saving Time, called "War Time," from February 9, 1942 to September 30, 1945. On January 4, 1974, President Nixon signed into law the Emergency Daylight Saving Time Energy Conservation Act of 1973. It continued in effect until 1975. After it expired, most states continued to use DST and finally the Energy Policy Act of 2005 extended Daylight Saving Time of all of the U.S. with Congress retaining the right to revert the law should it become unpopular or if energy savings are not significant. Going from 2007 forward, Daylight Saving Time in the U.S. begins at 2:00 a.m. on the second Sunday of March and ends at 2:00 a.m. on the first Sunday of November.



February 17, 2017—2 hour early release
February 20, —No School
February 23—Underground Railroad Seminar
February 27,28—TASC testing
March 3—2 hour early release
Sunday March 12—Daylight Savings Time Begins
March 14—End of Third Grading Period
March 20-24—Spring Break
March 27, 28—TASC testing
April 7—2 hour early release
April 24, 25—TASC testing
April 12-May 17—State Testing Window
May 15, 16—TASC testing
May 23—2 hour early release
May 23—End of Semester 2



Feb 15 Mac and Cheese/Fish Sticks
Feb 16 Baked Steak and Gravy/Mashed Potatoes
Feb 17 Ham & Cheese Hoagie/Roasted Potatoes
Feb 21 Beef Vegetable Soup/Hot Dog
Feb 22 Chicken Cheese Quesadilla/Chips & Salsa
Feb 23 Rotisserie Chicken/Cheesy Potatoes
Feb 24 Cheeseburger/Potatoes/Baked Beans
Feb 27 Chicken Alfredo/Broccoli Parmesan
Feb 28 Spaghetti & Meat Sauce, Salad

