

Lincoln Northeast High School

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<http://lne.lps.org>

LNE Rocket Messenger

January 2021

Hello Rocket Family,

I cannot believe the first semester is behind us already. I had to chuckle when I looked back at my message from a year ago and found these words, "Welcome to the start of second semester! It is good to have our students back for *what I know will be a great Spring semester.*"

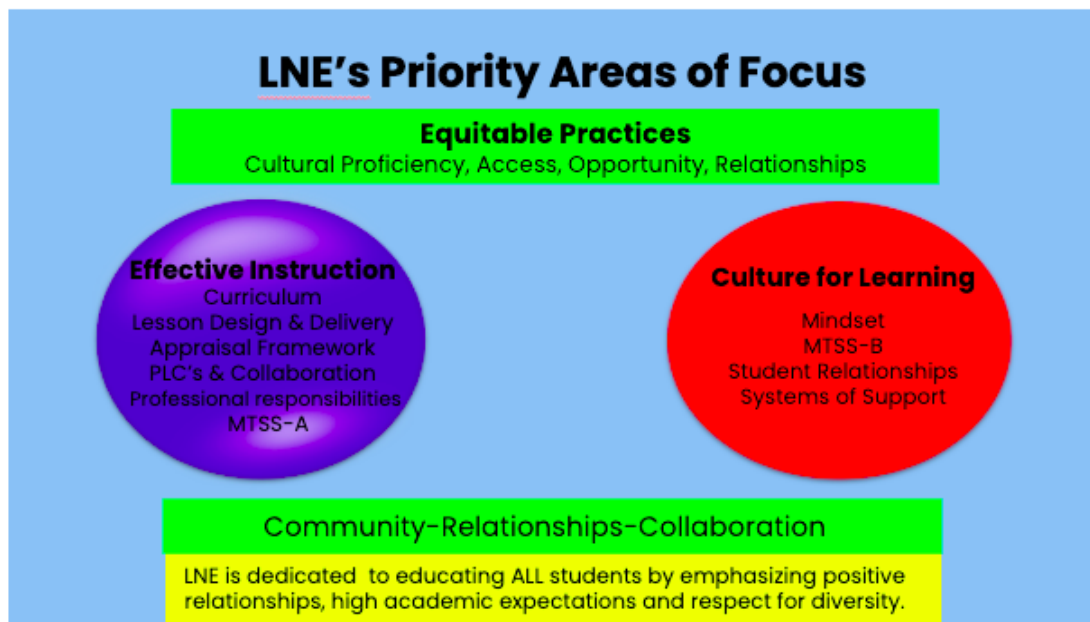
It was a wonderful semester indeed until about March 6th when there started to be mention of a pandemic. And, as you know, that was the point at which, "doing business as usual" drastically changed. Who could have ever imagined a year ago that we would still be doing school so differently in an attempt to keep students, staff and community members safe?!

With that being said, I have been impressed overall by the diligence with which our students continue to appropriately wear their face coverings. Thank you for helping our students understand the importance of this so that we can continue to be in school!

Our continued areas of focus for the 2020-2021 school year will again be: Effective Instruction, Culture for Learning and Equity.

As we begin a new semester we will also be re-committing to our R.I.S.E. expectations of being Respectful, Inclusive, Safe and Engaged so we can be sure we are maintaining a safe and effective learning environment for all students. Research shows that re-teaching and reviewing school-wide/classroom expectations creates predictable adult behavior across all settings, providing students with a sense of security. Providing this structure reduces stress and reminds students that it is "business as usual." This decreases the likelihood of problem behavior. Additionally, increasing our specific positive feedback will not only support students to demonstrate positive behavior, but cultivate a safe, successful and positive learning environment for all. This will include asking our students to:

1. Wear face coverings
2. Wear their ID
3. Not wear headgear such as hats, hoods, stocking caps, etc.



Thank you for allowing us to partner with you each and every day! Happy 2021!

Important Dates for Northeast High School

January 1	Happy New Year!
January 4	No School - Teacher Work Day
January 5	Students Return for Semester 2 - A Day
January 6	Wednesday - B Day
January 13	Wednesday - A Day
January 18	No School - Martin Luther King, Jr. Day
January 19	Future Rocket Night Virtual Presentation
January 20	Wednesday - A Day
January 27	Wednesday - A Day
February 3	Wednesday - B Day
February 4	Parent/Teacher Conferences – more information to come



Lincoln Northeast activities' information can be found on the LNE web calendar at <https://lne.lps.org/calendar/> or on the LNE athletic calendar at <https://www.heartlandathleticconference.org/public/genie/406/school/6/date/2020-01-27/view/we> .

Semester 2 Testing Information

AP Exams:

Students now have access to resources online for their classes at myap.collegeboard.org

Students who are enrolled in Spring Semester only courses will need to make their decision to test by **February 19, 2021** on the AP online system.

ACT Online Prep for Juniors (Class of 2022)

Although students are already preparing to take the ACT with what they are learning in school, the state is providing the Class of 2022 (this year's 11th graders) with the opportunity for additional practice using ACT Online Prep (AOP).

AOP course content is organized into 16 Study Plan Steps, starting with the most-tested (foundational) materials on the ACT and ending with the least-tested (advanced) materials on the ACT. Each Study Plan Step includes lessons and practice question sets for each of the four subject areas: English, math, reading, and science. The study plans are self-paced and will focus on

More information:

*Questions: Contact Angela Bates (abates2@lps.org) in the main office.

MAP test results:

Parents can view their students MAP test results in ParentVue. Here is a link to instructions on how to access MAP test results:

https://docs.google.com/document/d/1c28BDf1476sERXiue60UDkllicyatpYfoS6ko_Yz88/edit?usp=sharing

students' gaps in knowledge. Teachers will strive to provide opportunities during the school day to work on some AOP content, but students have the additional flexibility to work on their own.

[HERE](#) is more detailed information about AOP for students. To access the system from an internet browser (other than Internet Explorer), students can take the following steps to sign in and get started:

1. Go to <https://onlineprep.act.org/>
2. Select the Sign In button.
3. Enter your LPS E-mail address (#####@class.lps.org).
4. Enter "lpsstudent" for the Password.
5. Select the Sign In button.

Information from the LNE Counseling Center

Scholarship Information

Don't ever pay for scholarship searches! Use free resources such as [ScholarshipQuest](#) at [EducationQuest.org](#) with over 2,000 Nebraska-

based scholarships, or free national sites like [Cappex](#), [GoodCall](#), and [Chegg](#).

Susan Buffett Scholarship [LINK](#)

Application Deadline: February 1, 2021, 5:00 p.m.

Help Sessions: Help Sessions in person or via Zoom will be available for Essay revision, navigating the on-line application, and uploading the SAR.

Ken Jones Engineering Scholarship

Application Due January 15, 2021 to Mrs. Peaslee in the LNE Counseling Center. The application is

Foundation for Lincoln Public Schools

Scholarships [LINK](#) - Deadline February 22, 2021

Dual Credit Courses – Registration for Second Semester Dual Credit Courses will begin during the first weeks of the semester in January. Students will be given information from Southeast Community College (SCC) and Nebraska Wesleyan University (NWU) to bring home. Additional information will be available on the LNE Counseling Website. Students with financial need

Course Selection for the 2021-2022 school year will begin the last week of January and continue into the month of February. Registration Resources will be available on the LNE Counseling Website.

ACT Test (National Test Dates)

February 6, 2021	Registration Deadline: January 8, 2021 (The last ACT Test accepted by UNL for scholarships)
April 17, 2021	Registration Deadline: March 12, 2021
June 12, 2021	Registration Deadline: May 7, 2021
July 17, 2021	Registration Deadline: June 18, 2021

All juniors will take the ACT Test for the Nebraska State Assessment on Tuesday, April 6, 2021. This test will be paid for by the district and students will register for the test at school.

LNE Athletic Update

Are you in need of any Northeast Rocket gear apparel? Our on-line Rocket Store will be open from January 4th through January 24th in case you missed out the first time.

The link to the LNE Rocket Store is:

https://stores.inksoft.com/rocket_store/shop/home

The Zoom link will be shared in the Google Classroom 2021.

January 11 - 3:00 PM - Room to be determined

January 21 - 3:00 PM - Room to be determined

January 29 - 3:00 PM - Room to be determined

available in EducationQuest's ScholarshipQuest and the Google Classroom 2021 Scholarship Document.

Lincoln Community Foundation Scholarships

[LINK](#) -Deadline March 15, 2021

can use the Learn To Dream or ACE Scholarships to help with tuition costs. Learn To Dream Scholarship applications are available in the LNE Counseling Center and at this [LINK](#).

ACE Scholarship deadlines: For **Spring term classes** - Applications can be submitted now through May 15, 2021 on this [LINK](#). Funds are limited; DO NOT wait to apply!

Students will register through Synergy, and parents will be able to help with course selection and view their student's registration choices during the week of their registration.

All ordering and payment will be done through the website. Orders will be processed for completion after the store closes on January 24, 2021. Please contact the athletic office at 402-436-1337 if you have any questions.



Winter Sports Schedules

Because the winter sports season was delayed three weeks, there have been quite a few changes to the contest schedules. You can download the rSchool mobile app to your cell phone by following these instructions: For Android device: Go to Google play, search for Activity Scheduler app, click download. For Apple/i.OS device: Go to App Store, search for Activity Scheduler app, click download.

Helping Youth Manage Disappointment

As communities across Nebraska continue to feel the weight of the pandemic, it is important to acknowledge the distress that our youth may be experiencing as their lives continue to be disrupted. Specifically, youth are having to learn to deal with a number of losses that are hitting them all at one time. Missed opportunities to participate in extracurricular events such as sports or music competitions, cancelled homecoming dances and winter formals, postponed family trips, being unable to gather to celebrate important milestones like birthdays, and changes in holiday traditions with families may lead youth to feel an increased sense of sadness, frustration and disappointment. Even missing out on regular activities like going to the movies with friends, sleepovers or going on a fieldtrip can be upsetting for many kids. Considering everything individuals and communities have lost as a result of the pandemic, missing out on events, milestones and activities may seem like a small sacrifice; however, this doesn't make the feelings of disappointment less heavy or easier to process for youth. While many adults are dealing with some of the same let downs, they have more experience in processing challenges as well as a greater number of skills to cope with such difficulties. Parents and caring adults can help youth walk through their disappointments by offering compassion and empathy, while offering support to help kids manage their feelings and emotions.

Dealing with change and loss is an inevitable part of life but during a time when life seems increasingly unpredictable, experts recommend having more frequent discussions about coping with disappointment and overcoming obstacles. The following tips can help guide adults to help youth deal with feelings of disappointment and loss.

After installing the app, you will need to follow a setup that will allow you to choose your State and the correct Conference or School.

You do not need to login and will be able to view what is found on the school's public view calendar via the mobile app.

You can also check out the online schedule at <https://www.heartlandathleticconference.org/public/genie/406/school/6/>.

Listen Empathetically: Avoid minimizing feelings. For example, saying, "I am sorry your basketball season is cancelled, but at least you are healthy", may not be helpful in the moment. Instead, actively listen to how your child/teen is feeling and acknowledge their experience.

Validate: Validate feelings of disappointment. For example, you might say, "I know what you are going through is really hard." or "You'll get through this, but it doesn't make it any less difficult right now". Let them know it is okay to feel disappointment and to grieve their loss.

Provide Perspective: Remind youth that they are not alone in their disappointment. Emphasize that there are youth across the community who understand their feelings because they are sharing in similar experiences. Encouraging kids to talk about what they are going through with friends can provide opportunities to bond over their shared disappointment and help kids put things in perspective.

Provide Encouragement: Avoid giving false reassurance but emphasize that, while we don't know when or how it will happen, eventually our current circumstances will change. It might be helpful to share with your child/teen past experiences of change or uncertainty that you have gone through and how you dealt with the challenges.

Practice Coping Skills: Share with kids how you cope with disappointment and change. This is also a good time to have kids reflect on their own coping skills. For example, you might ask, "What has helped you feel better during hard times in the past?" Support kids in exploring new coping strategies such as journaling, taking care of a pet,

seeking support of friends/family, exercising, engaging in a hobby or starting a new project.

Encourage Self-Care: Now, more than ever, it is important for adults to promote mental health hygiene for our youth. This includes getting good sleep, eating wisely, exercising, getting fresh air, nurturing support systems and utilizing coping skills. Above all else, encourage kids to ask for help if they are feeling overwhelmed with feelings of loss and disappointment.

While this has been a tough year for many, it can also serve as a time of personal growth. According to the American Psychological Association, “the

References: American Academy of Child and Adolescent Psychiatry; American Psychological Association; Childmind Institute; John Hopkins Medicine (<https://www.hopkinsmedicine.org>); National Association of School Psychologists.

Library News

Did you know that LPS students have a robust collection of reference, magazine and newspaper articles available digitally? Gale is a huge database where you can find the answers to almost any question and explore topics of interests. It's also a great resource for

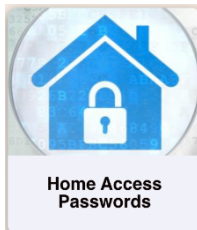


research. To access Gale, click on the link on the LPS Portal and choose the most relevant Gale Database for your needs.

Disclaimer: If you're accessing any database or digital resource from home -- begin with the HOME ACCESS page. These links and passwords work seamlessly for LNE patrons when they are away from school.

Digital Citizenship Tips

LPS teachers instruct students about digital law when they help students explore how terms of service agreements and privacy policies are important and have real-world implications.



Topics for a family discussion might include:

- What is a privacy policy? (Tells how an application or service will use your personal information, photos, videos, and may include age requirements for the application or service.)
- Why are privacy policies important? (It's important at a young age to decide how much information you want to share with an application or service and what information you want to keep private).

This [Common Sense Media site](#) provides additional information for parents concerning privacy and internet safety.

Personal Computing Devices

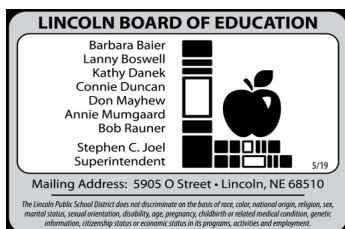
This time of year often brings questions about whether students are allowed to use personal computing devices instead of the district issued Chromebook. Where completing school work or participating in class is concerned, the answer to this question is “no.” There are a number of

reasons for this, but you should be aware that the LPS Chromebook comes with limits on the web sites that can be visited and the applications that can be accessed, even when the Chromebook is at home. You can support teachers' efforts in managing a consistent learning environment by encouraging your student to use the district issued Chromebook.

Remote Learning Supports

Stop by the LPS website and enter the word “remote” into the **Search, Keyword** field in the top-right.

The “Student Support” page on the Remote Learning site has links to valuable resources to support your student while learning from home.



Make sure your students are familiar with the information about how to successfully connect with their teachers using StudentVue.

The “Parent and Guardian Support” page is filled with valuable information designed to help you help your student. Familiarize yourself with the “10 Remote Learning Things to Know.”

LPS Help Desk is available

Is your student having trouble connecting to their classes? The LPS Help Desk is available to help! Call 402-436-1735 between 7:00 a.m. and 4:30 p.m., Monday through Friday.

High school 3/2 schedule for third quarter

The following is the planned 3/2 schedule for high schools while we are operating at 50% capacity (each group gets 21 days of in-person instruction):

Week	Monday	Tuesday	Wednesday (PLC Day)	Thursday	Friday
January 4th	NO SCHOOL	A	B	B	B
January 11th	A	A	A	B	B
January 18th	NO SCHOOL	A	A	B	B
January 25th	A	A	A	B	B
February 1st	A	A	B	B	B
February 8th	A	A	A	B	B
February 15th	NO SCHOOL	A	A	B	B
February 22nd	A	A	A	B	B
March 1st	A	A	B	B	B
March 8th	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL



Welcome to the Home of the Northeast Senior Class of 2025

Once a Rocket, Always a Rocket!

Lincoln Northeast High School became a reality in 1941 by uniting three northeast communities - Bethany, University Place and Havelock. These three communities, having had their own schools of Bethany High School, Jackson High School of University Place and Havelock High School, joined together to create Northeast High School as Lincoln's new rival to Lincoln High School.

The Rocket mascot was originally chosen from the Rock Island Rocket, a passenger train that came through northeast Lincoln. The school colors of Black and White were suggested as temporary colors as they could not be colors from the three combined schools. The Board of Education approved the temporary and neutral colors of Black and White and they have not been changed for 79 years.

Future Rocket Night

On January 19, 2021, Lincoln Northeast will be hosting a Virtual Open House to give you the opportunity to hear from and speak to the heads of our various curriculum departments, athletic coaches, and club sponsors. Please be on the lookout for more information coming soon from your student's middle school.

In the meantime, we are working to get information out to you and your student about the many things that make Northeast a fun, exciting, and unique place to learn. All of this information will be

communicated through your student's middle school, but you can also find it on the social media outlets like Facebook, Twitter, Instagram, and Youtube.

Please don't hesitate to contact us with any questions you may have by calling Northeast High School at 402-436-1303, option 2 or contact Ben Haney, Instructional Coordinator, at bhaney@lps.org.



Thrive at LNE

We provide students the opportunity to participate in a diverse learning community that prepares them for college and careers. We challenge students to push themselves academically, be involved in a variety of clubs and activities, and learn to respect diversity in our world. LNE students walk away prepared for wherever their journey takes them.



Experience The Tradition

"Once a Rocket...Always a Rocket" is a phrase heard not just around the Northeast community, but around our city and beyond. In our nearly 80 years, our alumni have demonstrated the values of what it means to be a Rocket. We pass those values on to the next generations as our students lead us into the future.



Make Connections Through Clubs & Activities

Northeast has over 50 clubs, activities and organizations to get students involved. Students are encouraged to participate in as much as they can. Participation in extra curricular activities helps develop character and skills that will benefit them in school, careers, and in life.



Earn College Credit

Students can earn college credit by enrolling in any of our 17 Advanced Placement courses in the areas of Math, Science, English, Social Studies, Computer Science, and World Language.

Unique Programs

We offer several programs that are unique to Lincoln Northeast.

- Through our AVID program (Advancement Via Individual Determination) students are challenged to participate in higher level course work and learn the necessary skills to be successful in a college environment.
- FEWS² is a partnership between Lincoln Northeast and the University of Nebraska with an emphasis on STEM education. In this program students have the opportunity to earn badges for career development or earn college credit in a STEM field.
- Our ROTC program emphasizes leadership and character-building. The objectives of the program are to educate students in citizenship, promote community service, instill responsibility, self-discipline, and provide instruction in the development of flight, applied flight sciences, military aerospace programs, and space exploration.





Choose classes that YOU are Passionate About

Students will need to earn 245 credit hours to graduate. They can select from over 100 different classes in the core areas below.

Art
Digital Art
Business
Career Education
Drama
Economics
ELL English Language Learners
English

Family and Consumer
Science
Health Occupations
Human Behavior
Math
Music
Oral Communications
Physical Education and
Health

Reading
Science
Skilled & Tech
Social Studies
Special Education
Technology
World Language



Let Us Be Your Guide

Our Counseling Program supports students by addressing academic, career, and social/emotional development. LNE counselors are advocates for their students encouraging them to reach their full potential. With the help of our teachers, parents and the community, they work to ensure that all our students are prepared to contribute as productive members of our society.



Be A Part of Our CLC

Our Community Learning Center (CLC) believes relationships and collaboration are the keys that create positive changes in students. The LNE CLC works to link the community, the neighborhood, and the school to achieve their key goal that learning is a community responsibility. Participation in the CLC is free for all Northeast students to enjoy a safe, positive environment with an emphasis on academics and school involvement.



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