In Main 211, we extracted DNA from strawberries. We did this for our experiment while learning about genes and traits. We used a bag,
strawberries, soap, salt, water, and rubbing alcohol. First, we took the leaves off the strawberries and placed strawberries into a bag. Next, we placed the strawberries into the bag and squished the strawberries. Then, we combined soap, water, and salt into the bag and mixed it up. Last, we poured everything into a science testing tube and poured rubbing alcohol into the tube. It took about 5 to 10 minutes for the DNA to be extracted! After the experiment, our class got to feel and see the DNA under a microscope. It looked like a clear glob and felt slimy. Our class had an amazing time learning about genes and traits and we cannot wait for more science experiments.

How to be Safe Online

By Louis

Nowadays everyone is on the internet and on social media. When you do anything online you need to be careful. There are many things you can do to keep yourself safer. You should create a secure password for your account because someone can hack your account, getting all of your personal information. On social media, you should be careful not to give out your address or your real name because people can try to find you with personal information. It is also important to stay away from bad websites.
When you create an account for anything at all you need a password and your password needs to be secure. On most websites, a password has several requirements so they can keep your account safe. Some of the requirements are a capital letter, a lowercase letter, and a number. Some websites require a security question in case you forget your password. A security question is a question that only you would know. You want to keep your account secure because your account can be hacked. If your account gets hacked someone can get all of your personal information.

If you have a social media account, you want to be careful. When you post on social media you don’t want to show anything of your private life. It’s alright to post pictures but you shouldn’t show your address because people can find out where you live. On social media, you want to watch out for cyberbullies. Also, if you meet someone online, keep that relationship online because it’s dangerous to meet with people you find online.

When you’re on the internet you should stay away from shady websites. If you do decide to go on any of them anything can happen like getting scammed or finding bad people. There are a lot of bad websites for bad people and normally if they end up on a bad website you will be alerted about it. So, if you ever get an alert about a bad website don’t keep going so you can keep your device and your info safe.

In conclusion, it’s very important that you stay safe online. You can start by creating secure passwords, keeping your online relationships online, and watch out for bad websites.
Reduce, Reuse, and Recycle
By Marques

Did you ever wonder what happens when you reduce, reuse, and recycle? Well, I can tell you. Reducing, reusing, and recycling is very good for the environment. It's important to take care of the environment because we live there. It's also important to take care of the environment because the plants and trees need to live and survive.

Reuse means to use something again. Reusing things helps the environment because when you reuse something you use that item more than once. So, don't go throwing it away because you think it's useless. Save it and maybe it will help you in the future. For example, you can buy a reusable water bottle instead of having to throw a water bottle away. Another example is you can
reuse cans and use them as art.

Recycling is good for the environment in many ways. Think about the trees. When you recycle, less trees get cut down. You can also recycle food by composting. When you recycle food, after a while it turns into new soil. You can grow new plants and trees with that soil. Some other items that we recycle are bottles, cans, and paper.

Reduce is another way you can help the environment. You can help by reducing waste that you don't need. Don't buy items that you usually throw in the trash like say for instance plastic straws. If I didn't want plastic straws I could go and get metal ones. Also, instead of throwing items away if you would prefer you could give the item that you don't to the community for someone else to have. A big way you can reduce is buying less things. You should be happy with what you have.

Reduce, reuse, and recycle are good ways to help the environment. If we all start to recycle, reduce, and reuse things I think that we could make Earth a better place.

You’ve Got a Friend in Me
By Gabby
This the beginning of the new school year. Many new students and staff have joined us at OSB. There are many ways to make a new staff or student feel welcome this school year. We want everyone to feel accepted. Staff and students greet everyone with a warm smile throughout the school.

This year the high school program has the pleasure of welcoming a new student from middle school. Her name is Ny’aziah! Something she is looking forward to this year is to be more creative. Some extracurricular activities Ny’aziah is in include swimming and cheerleading. Her favorite thing about Overbrook is everything and everyone at OSB. Her favorite subject in school is math. When she is not in school, during her free time she likes to sing. She has four siblings total: two brothers and two sisters. Her favorite color is gold. She has seven pets: three dogs, two cats, one bunny and a guinea pig. If you see Ny’aziah in the hall, make sure you say hello!

Some ways you can make a student feel welcome is that you can ask them if they want to sit with you at lunch or ask them if they want to exchange numbers. If they are on your bus, you can ask them if they want to sit with you on the bus. If they don’t know where they’re going, you can show them where they need to go if they get lost. It is important to make them feel welcome because they may need someone to talk to other than family. If they are having trouble with their homework, you can ask them if they want to do homework together. Some new students have trouble getting their schedule together of where they need to be at what time of the day. You can help them out by buying them a planner to write their things down.

It is important to have friends because they will not make you feel alone in life when you need them the most. Friends are the backbone in a relationship. They are what keeps you in a good mood and who lift up your spirits when you are down and in a bad mood. Friends help you deal with stress. Friends help you become mentally and physically strong. They are a positive influence. They can also open your friends circle by introducing you to new friends as well.

Our school community prides ourselves on friendliness. New students and staff are welcomed as new family members. We know everyone feels comfortable around their family. Please feel free to join our family and tell your friends so our family can grow larger.
Hurricane Season
By Angel

A hurricane is a big storm that is very scary. They can happen anywhere but not at any time. They can happen around the world. What happens during a hurricane can be unexpected.

Hurricane season is from June to November. First it starts off as a storm and then it becomes bigger. Hurricanes start in the ocean. By the time it is on land, you will tell if it will get stronger and become a hurricane or stay a storm. They can go up to 200 miles per hour. It can go 20 miles per second. It can destroy places based on how bad the storm is. You must have a plan to leave if and when you are told to. Hurricanes can also cause very big floods. There is a chance that a hurricane might not do a lot of damage, but it all depends on the storm and how big it is.

Hurricanes last for about a week. During that week a lot of things can happen like your power can go out. If that happens you better hope that you have bottles of water and food that is good so you can eat it because you do not know how long your power will be out for. While the hurricane lasts, it may slow down but there is a chance it may speed up. But do not worry; the hurricane has to stop sooner or later.
A hurricane is caused by a lot of wind. The wind starts to spin in a circle very fast. That is a big sign that tells you that a hurricane is coming. The part that is in the center of the hurricane is called the eye of the storm. It is the calmest part of the hurricane.

When you watch the news, you can learn more about hurricanes that are coming to your area. It is important to think of the things that you should do when a storm comes. Make sure you are prepared for the next hurricane!

My Goals for Senior Year
By Marques

Everybody has goals in life. People set goals to remind themselves what they want to accomplish in life. Goals are important because there might be
something you haven’t gotten around to doing so goals are like reminders. Goals can also help you keep track of what you want to do in life. I have three goals that I want to achieve in my senior year.

My first goal is getting my papers and work in on time. I could remind myself without having to be told twice. I could do my work and hand it in on time. I could set reminders to do my homework. Another way I can achieve this is doing my homework before playing.

My second goal for my senior year is to do my own laundry. This is important because I should be able to do my own laundry by myself. I would like to do my own laundry because it’s important to figure out how to do it for when I become an adult. I plan to live alone or with a girlfriend and I don’t want her to have to worry about doing it for me. Doing my own laundry is also important because to be a proper adult, you must learn things like that. I can achieve this goal by asking for help and trying it on my own.

My final goal is to keep my room more organized. This is important because you shouldn’t leave your room a mess. I can achieve this by putting everything where it should be. I can also achieve this goal by organizing items according to categories. I can also achieve this goal by reminding myself to clean my room in my planner.

You see, all seniors have goals in life. Some goals are easy, but some are hard. Goals are important in life. Everyone has goals. Goals are a part of life. These goals are special to me because at the end of this year I want to be able to say that I do all of my homework, that I do my own laundry, and I keep my room more organized.
How to Get a Job

By Ethan

For all of us teens who are getting older, it's hard to take on responsibilities and be more independent. But you can make it easier by getting a job. Getting a job will help you in the long run. It's not going to be easy though, but it'll still be worth it. You'll get through it eventually. It just takes some time.

One way to get a job is by looking on the internet to see what kind of jobs are out there. You can google job websites and a bunch of them will pop up. They range from Indeed.com to ZipRecruiter.com. Each website will provide you with the closest job in your area. They'll also have descriptions about what skills, education, and/or training that are required for that particular job.

The next step in getting a job is to fill out a resume. When you fill out a resume you need to include your first and last name, when you were born, if you had any jobs before, your current job and more. You also need to fill out a job application. When you fill out an application you need to include your name, date of birth, phone number, address, and other personal information.

The next step on getting a job is to have a job interview. You need to make sure the interview is perfect. You don't want it to go wrong. If the interview goes well, you'll need to wait a couple days before they call you to say if you
got the job or not. Questions might include tell me about yourself, and if you want, you can share that you have a disability and what accommodations you need to work. Again, it all depends on how you do on the job interview.

As you saw, it's hard work to get a job. But if you follow the steps above, you'll do just fine. Like I said before, it just takes a little bit of time and getting used to, that's all. I did that same method when I was in TVI. So I hope you do it too.

My Goals for Senior Year
By Louis

This school year, I have three main goals I want to work on because it’s my last year of high school. My first goal is to get a solo part in the concert. My second goal is to improve in managing my money. My final goal is to get more
organized. It’s important to set goals for yourself so you can do better. A goal is a plan or objective you wish to complete in a certain amount of time.

My first goal for senior year is to have a solo part in one of the concerts. I want to get a solo part because this is my second year in the choir and my last year in high school. I am going to the School to Work program next year, but I still want a solo because I want my family to see me sing on stage. I’m going to talk to Mr. Sap about getting a solo. He normally selects the singers that try their hardest to get a solo so that’s what I’m going to do.

My second goal for senior year is to learn how to manage my money better. I normally spend my money as soon as I get it. Sometimes I wait. I want to manage my money better because in the future, I will have expenses I’ll need to pay for, and I’ll have to be more responsible. I will try to budget my money by setting an amount of money I’ll use for the week. I can also put money away for later in case of an emergency. When I’m older and living by myself, I’ll put that money in the bank but for right now I have a jar I can put my money in.

My final goal for senior year is to get more organized. I want to be more organized because things are easier to find, and I feel better when my things are tidy. It’s also been one of my IEP goals for a while now, so I want to check this goal off my list. I’ll sort my papers by sorting them by each subject. I am also writing down events and homework assignments in my planner, so I don’t forget things.

I set three goals for myself for my senior year. My first goal is to get a solo part in the concert. My second goal is to get better at managing my money. Lastly, my final goal is to get more organized. I’ve set these goals for myself to be more independent and to be ready for the future.
Peanut Butter-free vs Peanut Butter
By Jessica B.

Should peanut butter be banned from school? We need answers. 1.6 million school-age children are allergic to peanuts. I will talk about if peanuts should be banned in school and why children are getting this allergy.

A peanut is not a nut. It is a legume. Your immune system in your body protects you from germs. But when you have food allergies, the immune system thinks it has made a mistake. Your body thinks there are germs and it will take care of it by attacking them. This causes an allergic reaction. Some things can happen to your body like rashes and hives, tight throat, wheezing, coughing, tingling lips, tummy aches, vomiting, diarrhea, and anaphylaxis. Anaphylaxis is when somebody has a lot of allergic reactions at the same time.

I interviewed Ms. Swazi and Ms. Dorazio at Overbrook to learn more about peanut allergies. Here are some questions ask her.

1. Do you think kids get peanut allergies when they are young or teenagers? Will they ever outgrow it?

Peanut allergies are on the rise and are most common in children, especially infants and toddlers. As you grow older, your digestive system matures, and
your body is less likely to react to foods that trigger an allergic reaction. Peanut allergies can start in the teenage or adult years but are more commonly diagnosed in children. This allergy tends to be lifelong; an estimated 20% of children stop having allergic reactions to peanuts as they grow older.

2. What are the reasons for this common allergy?
Researchers are not totally sure what causes peanut allergy but have identified that there may be a genetic link. Researchers also feel that we've become good at preventing infections by clean living and using medications, so the immune system does not have to do all it did before. Clean living and increased medication use leave the immune system more prone to attack harmless proteins in your body. Peanuts are also roasted frequently now, and roasting makes the peanut more allergenic.

3. Why is peanut butter not allowed in school if the kids are not allergic?
Most schools take the approach of being peanut cautious for safety reasons. A combination of caution and preparation, along with a comprehensive food allergy management plan – including education of students, parents, and training for all staff – helps reduce the risk of accidental ingestion and ensure that staff is ready in case a reaction occurs. Peanuts or nuts are only permitted in designated areas and handwashing is necessary if anyone has had peanut butter. Handwashing with soap and water removes the peanut allergen from your hands. For children who require an EpiPen for severe allergic reactions, nurses, teachers, and other classroom staff are trained and skilled in their use.

4. Should peanut butter be sold in-store or the supermarket? Or just ban it for good?
Until more research is gathered and conducted, it’s ok for now to sell peanut butter in the supermarket.

Yes, it’s safer to use Sunbutter in schools. SunButter is a brand of sunflower seed butter, promoted for use by people with nut allergies. It does have not nuts in it. It’s safe for all kids to have this kind. Sunbutter is good and safe for kids and teenagers when they have a food allergy. When you have an allergy, you should be safe with what you eat and if you are going out to eat, make sure you ask the person if they use peanut oil or peanut butter so you and everybody can be safe.