

Reminders, Refreshers, News and More!



What's your New Year's Resolution?

It's a new year and a time to reflect on the changes we want or need to make in the coming year. New Year's resolutions represent our commitment to make those changes a reality. Need a little inspiration to come up with a resolution for 2008? Here are 5 of the most popular goals for the coming year:

1. Spend more time with family and friends.
2. Make exercise a part of your daily routine.
3. Learn something new like a craft or a hobby.
4. Help others.
5. Get organized.

While it is easy to make a New Year's resolution, it is much harder to actually keep it. Experts suggest you create a plan immediately on how to achieve your goal. Write your plan down so you don't forget, and be flexible about your progress. Rome wasn't built in a day—and similarly, it might take a while to see progress toward your goal. Stay dedicated and focused and your New Year's resolution will soon be a reality!

Your health: Did You Know...?

A lack of sleep has been found to increase obesity in teenagers. In addition to raising the risk for becoming overweight, lack of sleep can lead to irritability, hyperactivity, and extremes in behavior. Make sure to get enough sleep!



Higher education has been linked to increased heart health. A recent study found that people who have higher levels of education may have healthier hearts. Stay in school not only to expand your mind, but also to potentially increase your heart health.

Student Art Contest

Thank you to all students that participated in the Hope Online Student Art contest.

Winners will be chosen from each of four grade level categories (K-3, 4-6, 7-9, 10-12), and they will receive a \$50 gift card to their choice of Barnes and Noble, Sports Authority or Wal-Mart.

Winners will be announced in the February edition of *The Hope Beat*, so stay tuned!



The Hope Beat Student Column



This is your chance to report on issues important to you, the students of Hope Online.

Remember, starting in February, *The Hope Beat* will feature the writing of a different Hope Online student each month.

Entries should be 200 words or less, and must be related to education or Hope Online. Always turn entries into Theresa Solano at Theresa.Solano@HopeOnline.org by the 15th of the month, and your column might be chosen for the next student newsletter.

Books of the Month

Recommended reading for Hope Online students:

(Grades K-6): ***And Now Miguel*** by Joseph Krumgold
Based on the true story of a 12 year old boy from New Mexico, this realistic novel presents accurate details of a shepherd's life.



(Grades 7-9): ***The Giver*** by Lois Lowry
This science fiction novel, set in a futuristic society, follows a boy that questions the supposedly utopian society he lives in.

(Grades 10-12): ***Invisible Man*** by Ralph Ellison
This novel follows an African American man who feels socially invisible due to his ethnicity prior to the Civil Rights Movement.

"The good life is inspired by love and guided by knowledge." -Bertrand Russell

You Said It!

What would your first item of business be if you were elected President of the United States?

There would be more math at Hope Online.

-Kaylee Rose Strehler, Redeemer

My goal if I were president would be to make peace.

-Noeli Fierro Trejo, Redeemer

I would put a stop to pollution, and no one would be allowed to drive in a car or truck that didn't get at least 20 miles per gallon.

-Omer Sarwana, Crescent View Academy

The first thing I would address would be fair treatment amongst races and different religions.

-Tanseem Alimam, Crescent View Academy



I would make homes for homeless families.

-Mahmoud Dumaidi, Crescent View Academy

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