

Reminders, Refreshers, News and More!

April is National Humor Month

Isn't it weird how you always feel better after a laugh, no matter how sad or angry you may be? It's true—humor, joking and laughter has been shown to improve health, boost morale, increase communication skills and relieve stress.



Joke: What did one eye say to the other eye?

Answer: "Between you and me, something smells!"

Joke: What do cows do online?

Answer: They instant MOO-sage each other.

Stellar Study Habits

- **Turn off the TV!** You might think you can multitask and watch your favorite shows while studying or doing homework, but you will focus and retain information better without the distraction of the TV.
- **Make a special place to study and do homework.** It could be your room, the kitchen table or somewhere else, but this area should have enough room for you to spread out your materials without distractions.
- **Take lots of notes!** Note-taking is a skill that will help you recall and retain the things you learn in school. As you are studying for a test, turn your notes into flashcards—it's a fun and easy way to quickly review your material.

Does testing make you nervous?



You're not alone—many people feel nervous and anxious when it comes to taking tests. It's completely natural to have these feelings, and here is some easy advice to help you ace your exam!

First of all, don't cram the night before.

Try to spread your studying out over the week before the test. Secondly, if you freeze up on the day of the big exam, just take a few deep breaths, try to relax and dive in!

exam, just take a few deep breaths, try to relax and dive in!

9th Grade Essay Contest

If you are a ninth-grader at Hope Online, and you like writing or just want some extra writing practice, submit an essay!

Montview Academy Learning Center is sponsoring an essay contest, and students from all Learning Centers are welcome to participate! Essays should answer this question:

"Juneteenth: Why it is important to our community."

Essays must be 800 words or less, and will be judged on originality, scholarship and presentation. Prizes for winning essays will be announced shortly, so stay tuned!

To participate, students will meet and draft their essays at Montview Academy, 9635 Montview Blvd., June 7th, from 10:00am-Noon. If you would like to take part in this contest, ask your Hope Online teacher, mentor or director to sign you up. Good luck!

The Hope Beat Student Column

by Alyssa Salazar, Grade 11, Center of Hope Academy

In my eyes, attending Hope Online at Center of Hope Academy is a privilege. We have a great curriculum that is set up to improve our study habits. I don't dread coming here at all. I love my teachers and the rest of the staff is great. We aren't just a school, we are a family. It's incredible that we can feel welcome here, and still have fun while we get a lot of work accomplished.

Did something funny happen in class? Are you a Hope Online success story? Tell us about it and continue to submit your Student Columns to Theresa Solano by email at Theresa.Solano@hopeonline.org or at the Hope Online office. Student Columns can be about anything (appropriate) that is on your mind.



Hope Online Poetry Contest

Thanks to all students that participated in the Hope Online Poetry Contest. Based on the quality of your poems, choosing winners will be a difficult decision! The winners will be announced in the May edition of *The Hope Beat*. You could be the winner, so be sure to check out the next student newsletter!

Books of the Month

(Grades k-3): **Green Thumbs, Everyone** by Patricia Reilly Giff.

When Richard and Emily chase Mrs. Elliot's dog into Mrs. Alonzo's prized garden, they make amends and fix the situation before the adults find out.

(Grades 4-6): **Timothy of the Cay** by Theodore Taylor. Young Phillip finds himself shipwrecked and blind on a Caribbean island with a kind old man and a cat. The three friends help each other survive.



(Grades 7-9): **Where the Red Fern Grows** by Wilson Rawls.

After saving for two years Billy earns enough money to buy two hound pups, Ol'Dan and Li'l Ann. The boy and his dogs develop a close bond during their many hunting trips.

(Grades 10-12): **The Picture of Dorian Gray** by Oscar Wilde.

Considered a modern classic of Western literature, this novel follows a corrupt young man who traded his soul for eternal youth and beauty. He keeps his youthful beauty, but a special painting gradually reveals his inner ugliness to all.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

-Anatole France