



**THE MOST IMPORTANT THINGS IN LIFE ARE THE
CONNECTIONS YOU MAKE WITH OTHERS.
-TOM FORD**



90 Seconds of Hope
"Connection" with Singer/Songwriter Tate Gifford



Mark

Your

Calendars!

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March 12th:

- ☘ Daylight Savings Time Starts

March 14th:

- ☘ Hope Squad Member Support Call
- ☘ March Madness Begins

March 17th:

- ☘ Saint Patrick's Day

Hope Squad Member Support Call March 14th at 4 PM (MST)


Each month on the 2nd Tuesday at 4 PM (MST), a support call will be hosted by the Hope Squad National Council for all Hope Squad members. The National Council will share a message about the monthly theme.

[Click here to register.](#)

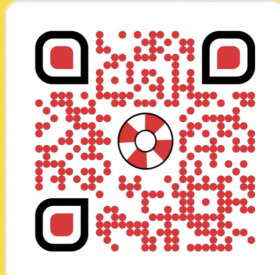


Please scan this QR Code or go to: bit.ly/hopesquadsupport to register

SHARE THE HOPE VIDEO CONTEST



If you are a current Hope Squad member, we want to hear from you! Share your interpretation of what it means to “Share the Hope” as a Hope Squad member in a brief 30 second – 2 minute video!



SCAN ME

[Click here to learn more about the video contest](#)

Hope Squad National Council Application

The **Hope Squad National Council** consists of Juniors and Seniors throughout the country who have served on their local **Hope Squads** at least one year.

They continue to serve on their local squad while also serving as **Hope Squad National Council members**.

Click [HERE](#) to download the 2023-2024 Hope Squad National Council Application

Awesome Hope Squad Ideas!



Have everyone write the name of someone or something that has given them HOPE on a strip of yellow paper. Then link them together and hang the chain in the commons!



**SURVEY
SAYS...**

**WHAT IS YOUR FAVORITE HOPE
WEEK ACTIVITY?**



SCAN THE QR CODE AND LET US KNOW!



February's Survey Results!



What Do You Do for Self Care?

"Read books
and go
Scuba Diving!"

"I put my
headphones on
and let the music
flow through my
head..."

"Go outside and
kick a soccer
ball around or
talk with my
friends..."

"I like to take
some time to
myself and
watch TV or
read."



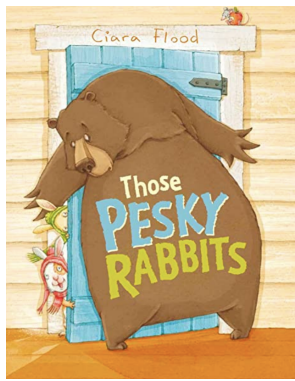
✿ TALK TO TWEENS ✿

Utah's Intermountain Healthcare has released mental health videos for no cost to the public and schools. Jocelyn Osmond, a sophomore at Lone Peak High in Utah is featured in the videos. Click the image to be linked to the videos!

For more videos like this one, click to links to learn about [Stress and Anxiety](#), [Emotional Health](#), and [Social Health](#).



FOR THE
ELEMENTARY
MEMBERS



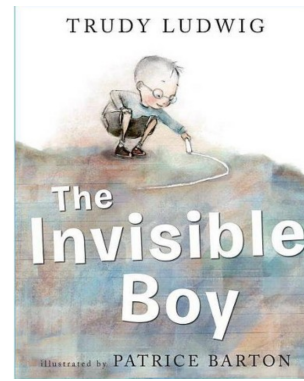
Those Pesky Rabbits

🌟 READ ALOUD BY STORIES 4 NAURU 🌟

&

The Invisible Boy

🐾 READ ALOUD BY MR. BAKER'S BOOKSHELF 🐾



Do you want to see YOUR ideas featured??



April's Theme is Mindfulness



Send us your poems, artwork, articles, squad ideas, etc!

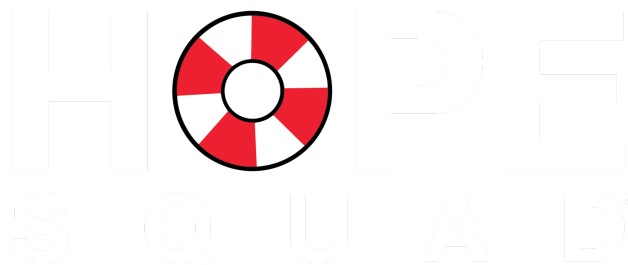
Email submissions to:

members@hopesquad.com

Email: members@hopesquad.com

Have you connected with us on our social media channels?

> > > Join us by clicking on the icons below.< < <



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Mailing address:

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Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.

If you have questions, contact your advisor.