Take a Deep Breath
By Ethan

We all have to take care of our bodies. We also need to learn about our bodies. One of the most important systems of the body is the respiratory system. Without our respiratory system, we wouldn't be able to live very long.

So, what is the respiratory system exactly? Well, the respiratory system is a system that helps us breathe better and helps us take care of our hearts. When we eat the right food and exercise, we can keep our respiratory system healthy.

There are 3 parts of the respiratory system. The first part is the trachea. The trachea is like a tube. It’s another word for windpipe. It breaks up into smaller tubes. The trachea pushes air through the lungs. The lungs deliver oxygen through the nose and mouth. Then they supply the air through the oxygen. The other part of the respiratory system is the diaphragm. The diaphragm is like a pump. It pushes air into the body and carbon dioxide out of it when you inhale. The process is reversed when you exhale.

To help keep your heart healthy, you should get enough exercise and never, ever smoke. You should also get enough sleep and eat healthier food.

Without the respiratory system, we wouldn't be able to breathe, get oxygen into our body, or pump blood into our body. So please
take care of your body, especially your respiratory system, every single day of your life.

Figure 1 Ms. Cheyenne's class holds up a sign to celebrate the opening of our new horticulture center.

**The Un-Princess (Mad Libs)**

By Breanna

![Mad Libs](image)

Figure 2 The prince had a not-so-happy ending.

There once was a **young** maiden named **Angel** who lived in a **dark** forest. One day, she learned that the prince of the kingdom was having a fancy ball. So, she spun a **beautiful** gown out of silken
sheets, jumped in a carriage drawn by four horses and drove to the palace. When she entered the ballroom, Prince Alex was awed by how pretty she looked. He gently took her by the hand and asked, “May I have this dance?” They danced till the clock struck midnight. When she cried, “I must go!” and she disappeared. The prince searched days throughout the land trying to find his true love. When he finally did, he dropped to one leg and asked her to be his wife she said “Oh, no way” and they never saw each other again.

Figure 3 Ms. Worsley’s and Mrs. Whartnaby’s classes attended the Walnut Street Theatre for a special sensory performance of "The Curious Incident of the Dog in the Nighttime".

Jokes

By Alex

Why did Miss Cheyenne cross the road? To get some coffee
Why did the cookie go to the doctor? Because he felt crummy.

Why did the mushroom party so much? Because he's a fungi.

How do you get a tissue to dance? Put a little boogie in it.

Why is Peter Pan always flying? Because he never lands.

Figure 4 Ms. Kelsey's class can't wait for summer 2019!

How to Be a Good Role Model

By Angela
Have you ever wondered how to be a good role model for family members such as your siblings, cousins, or your friends? Well, this article will give you information about how to be a good role model.

Being a good role model means a bunch of things. One way to be a good role model is to set a good example for people who look up to you. One way you can set a good example is to teach whoever looks up to you that you can do anything, even if you have a disability. You could also set a good example by letting whoever looks up to you see the behaviors that they should do, and hopefully they will do the good behaviors instead of the bad ones. The good behaviors you should show them are cleaning up your spot after dinner, listening to mom and dad, helping do chores around the house, not whining about things, trying new things, keeping the house clean, and using good manners when you ask for something. There are many other things that would be good to let the person who looks up to you see and learn.

You should also set a good example by not participating in bad behaviors that they should not do. This way, they won’t learn bad habits from you. The bad behaviors you should avoid include crying when you don't get your way, not helping around the house with chores, throwing tantrums when you are angry, breaking things, and many other things that should not be done. You should never participate in bad behaviors, no matter what the situation or the problem is because you never know when the person who looks up to you is watching.

Another thing you can do to become a good role model, and set a good example is to try new foods or try new activities. If you try something new, the person who may look up to you might think, “Hmmm. If this person likes it, maybe I will too!”
Another way to be a good role model is to let who ever looks up to you follow you around wherever you go. The reason that is a good way to be a good role model is because they may learn things from you that they did not know about. If they have any questions when they’re with you, let them ask. Then once they ask their question about whatever they are wondering about you can answer their question. Each day you set a good example; they learn something new.

Hopefully this information will help you know what makes a good role model and that this information you gather will help you become one. And maybe next year you can come back to show any stories about your experience of becoming a role model.

Figure 5 Angela competes in the dashes during the EAAB track tournament in New York.
My Favorite Memory of Overbrook
By Sean

My favorite memory of Overbrook is being outside with my friends. We go on the swings. I like to swing higher. I go to the swings at Whitehall.

“I love this school- I feel safe every minute.” – Nick

Student Council 2018-2019
By Louis

Figure 6 Student Council was BUSY this year! We used this bulletin board to keep track of all the fun events.
This year I was in the student council with Angela, Monae, Alex, Xavier, and Vincent. We helped make decisions about dances, fundraisers, and other events. This year instead of voting on a president, vice president, treasurer, and secretary we had class representatives. There was a student from every high school class.

At our first meeting, we discussed what we wanted to accomplish for the upcoming school year. We then decorated a bulletin board in the high school hallway. We all thought of positive words to start the year with a great attitude. The second meeting, we bagged candy for National Hard Candy Day. Everyone who was cleared walked around school giving each class a bag of hard candy. Our future meetings consisted of discussing the arrangements for the Valentine’s Day Dance and the Graduation Dance. We talked about the DJ and what music we wanted. Also, we completed two fundraisers. We raised money for our school library, by selling letters to Santa and raised $155, and then made special carrot-shaped treats for Easter and raised $101 for the ASPCA. One of my favorite things we did was in January, Game Day. We helped set up the games and all the students got together to play games and socialize. One of the most important jobs for the student council was to make sure that the Pledge of Allegiance was said, so we lined up classrooms throughout the school to get a chance to show their patriotism. I had a lot of fun being in student council and now we’re going to end the year with a pizza party.
Breaking Your Phone Addiction
By Marques

Phones are fun, but they can distract people from doing important things. But when people get carried away with playing with their phones, that's when it can become a bad thing because you won't be able to get important things done. So, I will try to make your life better. I will do my best to get you away from your phone for a while.

To break your phone addiction, you can start by not using your phone for a long amount of time. You can also delete some of the
cool apps that you usually love to play with. Take the time out of your day and stay off your phone for a couple of hours. Use this time to socialize with other people. It's important that you break your phone addiction because people stay on their phones for a long time and that's bad.

Another reason is you have to open your mind by not being on your phone. It's important that you spend time doing other things instead of being on your phone such as doing homework, spending time with people you love and doing things outside.

Breaking your phone addiction can help you get more things done. You can clear your mind. You can stimulate your brain by reading, doing a puzzle or creating art.

Breaking your phone addiction can be very hard. People may think it's impossible, but it's not. If you believe you can break your phone addiction, then I would advise you to do it. Remember phones are fun but it's bad when you spend the whole day on your phone. I hope you can use your phone once in a while, but not all day long.

Bittersweet
By Tierra

Figure 8 Thank you for everything, OSB!

Welcome to my story. I'll be talking about my high school years and how I feel about leaving. I started at O.B.S. in 9th grade. My first year of O.S.B. was scary but amazing. I met new friends and
reunited with old ones. The teachers I first met were Ms. Whartnaby, Ms. Donna, Ms. Eva, Ms. Vaughan, and Ms. McCallion. They taught me Math, Science, English and History. They taught me well. I was scared that I wouldn't succeed, but all my teachers made sure I knew I could do anything I put my mind to. I had other classes such as Living Skills and Library where I met Ms. Shannon, Ms. Bernadette, and Ms. Dobrowski. In 10th grade, I started working at the school’s Snack Bar. I also started track. I took Spanish One where I met Ms. I. She is an amazing teacher. I also started Choir where I met Mr. Sap. He's very funny and awesome at his job. My 11th grade year I didn't do much but take the same classes I took 10th grade but at a higher level. Although I did join Bell Choir with Mr. Palmer. Bell Choir is an amazing class. Now it’s my last year at OSB, I am sad to go but ready to start a new journey. I’ve learned so many lessons that I will keep using over and over. Lessons like: what real friends are or giving up on something because it’s hard is not always the right choice. OSB is not just a school to me, it is home. It is where I matured and found who I am and what I can do. It made me stronger and made me believe in myself more. Thanks Overbrook for everything you have taught me. Thank you for everything you have given me. Walking out the doors of OSB will be the hardest thing I will ever have to do. Before I leave I want to let everyone know that no one is perfect but be the best you can be. Never give up on yourself or your dreams. Never let anyone control your thoughts. Think your own thoughts and be your own leader. Thank you for everything. I love each and every one of you.
How to Set up an Email Account on the BrailleNote Apex
By Nicholas L.

1. Push e for key-mail menu and that is where you will always go to check your email and everything like that.
2. Push o for key-mail setup menu and then push d for directory of email accounts.
3. Push a for add account and then it will say, ‘database does not exist, would you like to create’ hit y for yes.
4. Now you are where you enter in a lot of information, push space to get to the first field.
5. It will say, ‘account name’, put the name that you want this account to be called and then push enter.
6. Then it will say, ‘user name’ type in your email and if you are using UEB the at sign is dot 4 a and then push enter.
7. Then it will say, ‘password’ type in your password and then push enter.
8. Then it will say, ‘your name’ type in your name and then push enter.
9. Then it will say, ‘your email address’ type in your email address and then push enter.
10. Then it will say, ‘pop server’ and if you are using g-mail the
pop server is pop.gmail.com and then press enter.
11. Then it will say, ‘secure connection for pop server’ and the answer is yes and then press enter.
12. Then it will say, ‘smtp server’ and then put in smtp.gmail.com and then press enter.
13. Then it will say, ‘secure connection for smtp server’ and then hit yes and then press enter.
13. Then it will say, ‘smtp authentication required’ hit y for yes and then press enter.
14. Then it will say, ‘pop port for g-mail’ and then type in 995 and then press enter.
14. Then it will say, ‘smtp port’ and for g-mail type in 465 and then press enter.
15. It will say, ‘end of list’ and to save that email record, push space with the en sign.
16. And that is how to setup an email account.

Figure 10 Monae uses technology to help her make purchases in the community.
It’s June and the school year is coming to an end. Summer is a time for rest and relaxation. Here are some inexpensive trips you can take to keep yourself entertained.

Wildwood, NJ is a great place to go to have some fun. Wildwood is 1 hour and 29 minutes away from Philadelphia by car. You can also take a bus, but that would take a little bit longer. They have many restaurants there that you can eat lunch with your family. You can go to Morey’s Pier and play the games that they have there. To let off some heat, you can go to Raging Waters water park. If you want to go sightseeing, you can visit the Wildwood beach ball sign where you can get your picture taken in front of it. At night time, you can always mini golf and grab ice cream to top off the night.

Another interesting trip for the family is to visit the Turkey Hill experience. The Turkey Hill experience is a tour that lets people tour their factory. The tour shows people how their ice cream is made, packaged, and prepared for delivery. The price for admission varies by ages. Adults (ages 13-61) will pay $10.50, seniors (ages 62+) will pay $10.00, juniors (ages 4 -12) will pay $10.00, and children (ages 3 and under) and military are free. The best part of the tour is that each person gets to make a pint of their favorite flavor of ice cream. Finally, before you leave there is a gift shop with many souvenirs you can buy so you remember your trip. If you want to do the taste lab or the tea discovery, there is an extra $4.50 charge for all ages.

Another idea for some family summer fun is to pick a park and have a picnic. A park I recommend is Fairmount Park. You can pack a lunch and some snacks. I recommend packing peanut butter and jelly sandwiches, potato chips, pretzels and cheese curls. You can also pack some juice boxes and some bottled water. A good
idea would be to bring some lawn games like darts and corn hole to keep you busy. If you want to have a contest, bring some pillow cases for a sack race. P.S. don’t forget the blankets and to also have a great time.

The places that I listed are not too far to travel to and not too expensive to do. My favorite trip was the Turkey Hill experience because I got to make a pint of ice cream and make it whatever flavor I wanted. If you pick one of these I hope that you have just as much fun as I did when I did these trips.

Figure 11 We ended the year with an adapted kayaking lesson. It’s safe to say Louis had a good time!
Finding a Best Friend
By Angel

How do you know you have found that one best friend that is perfect for you? Coming across a very nice friend is hard to come by. You may have a friend who is nice to you one day and mean to you the next. This type of friend you cannot rely on or trust. When you meet a person that is kind to you no matter what, that is a true best friend. You will know you found a best friend because you have things in common, you’re interested in getting to know them, and you hit it off with them.

One way to know you have a good friend is that you have things in common with them. Having things in common with someone means that you both like the same thing. Your friend may like things that you did not know that they liked. You may love the same subjects in school as your friend and be in the same classes as that person. You may do the same sports as a friend. Maybe you like the same video games, movies, or books.

Another way you know someone is best friend material is that when you meet them, you want to get to know them better. You can do this by spending time and doing things with your friend. You can also do the same projects together, sit with them at lunch, and ask them to hang out outside of school. Another way to get to know a new friend better is to ask them for their phone number so you can talk to them.

The last way to tell that a new friend may become your best friend is that you hit it off with them. When you hit it off with someone, they are easy to talk to. It feels like you have already known them forever. You feel connected with them.

If you are looking for a good friend try reading this article. Maybe these tips will be able to help you find that best friend that you are looking for. Also take note that you have to trust them in order for
that person to be your best friend. I hope you enjoy reading this article and have a nice day.

Figure 12 Daniela using her vision to watch the lighted train car.

Song of the Sea
By Kiley

As the song of the sea
Sings to thee
You hear soft lullabies
and are reminded of sweet memories
And as waves hit the edge of the sand
You hear violins playing
As storms rage around you
You hear mermaids singing
Calming the storm and creating peace
Telling the sea and sky to sleep
While they sing in perfect harmony
With every new song
Sung at the sea
Creates a pearl of melodies
An everlasting symphony
As moonlight dances on the waves
And the creatures of the deep
Fall asleep
With every melody
From the song of the sea

Figure 13 Ms. Kelsey's class explored The Morris Arboretum on a beautiful spring day.
Welcome to Philly, Bryce Harper!
By Jessica

We would like to welcome a new player on the team. Bryce Harper is a new player on the Phillies. I am going to talk about the history of how he became a baseball player.

He was 19 years old when he became a professional baseball player. Bryce Harper used to play for the Washington Nationals. He made a debut with the Nationals in 2010. He won lots of games on that team. Then he was traded to the Phillies.

Bryce Harper joined the Phillies in March 2019. His jersey number is 3. He is the right fielder which means he stand in an area of the outfield. He plays for the Phillies which are a team on the MLB. The MLB stands for Major League Baseball.

Bryce Harper hit over 11 home runs in 2019 so far. He was 25 years old when he joined our team. He played 6x MLB All-Star games in 2012 to 2018. On March 2019 Harper signed a 13-year, $300 million-dollar contract with the Phillies.

You will see Bryce Harper out on the field with the Phillies. We hope the Phillies win more games with him. Philadelphia fans hope he can stay with us. You can go follow Bryce Harper on Twitter, Instagram and Snapchat @Bryce Harper.
Maybe Love Can be a Cure for Cancer
By Tierra

This story is about a girl named Alexa who battles cancer but falls in love with her best friend and somehow survives cancer. It’s told in Alexa’s point of view.

Hi, my name is Alexa and I’m 16 years old in 10th grade. I’m a normal high school girl who battles cancer, but I feel strong because I have my best friend Katie by my side at all times. Katie is fun and adventurous and since I spend most of my time in the hospital she keeps me entertained. The doctors tell me I only have 3 more months to live and it’s sad to say but I’ve been counting down the days because I see the stress my mom and dad are going through worrying about me. They still have my little brother Alexander to take care of. Thanks to Katie I still have fun like right now as I’m writing this story we are playing Uno and I’m pretty sure she’s letting me win. It’s okay because that’s what I love about her. She does anything to make me smile and even when
she could spend her free time somewhere else, she spends it here with me. I keep staring at Katie because I find her very beautiful. She has long blonde hair and ocean blue eyes, and oh my her smile can light a fire that’s how bright it is. Katie’s laugh it’s so funny it always makes me laugh. Tonight, Katie is spending the night at the hospital with me. Right now, we are putting a movie in to watch which is my favorite part of hanging with Katie because it’s when I’m allowed to cuddle really close to her and fall asleep on her. My mom and dad know I like Katie more than a friend and thinks I should tell her. I’m scared because I’m afraid she won’t want to be my friend anymore. Katie is now fast asleep, and I decided to write her a letter and put it in her bookbag. It’s says, “Dear Katie. I know this maybe weird coming from the girl you think of as a sister, but I really like you. I hope that one day I can call you my girlfriend and never have to hide my feelings again. It’s okay if you say no I’ll always still be your bestie. From Alexa.” I slip it in her bag and fell asleep. The next day after Katie went to school and came back to the hospital and ran up to me and gave me a big hug and said, “Of course I’ll be your girlfriend.” I can’t explain how happy I was and how much I smiled. This made me happier than my, ‘Make-A-Wish’ did. We walked around the hospital telling everyone they were so happy for Katie and me but nowhere as near as how happy I was.

It’s a month later and the doctors says I’m getting better and if I keep getting better I’ll be able to go home and go to real high school. Katie is happy because we can be a couple in school and she wants to carry my books for me everywhere. I’m not only glad I’m approving but I’m glad my mom, dad and little brother are happier. Right now, Katie and I are eating pizza with my family and our friends at the hospital celebrating our one month.

It’s 2 months later and it’s the day I was supposed to die but instead I’m going home cancer free with my mom, dad, baby brother and girlfriend by my side. Tomorrow I get to go to normal high school and be around kids my own age. Last month Katie and
I had our first kiss. *FLASHBACK*. It was a hot day and we were sitting in the garden and out of nowhere she kissed me. I was so happy. *FLASHBACK OVER*. Anyways I’m going home with no cancer. Most people call it luck, but I call it love.

The End

![Image](image-url)

Figure 15 Farangiz, Ms. Nyoka, and Ela tear up the dance floor at the Graduation Dance.

Things to Do in Wildwood, New Jersey

By Tim

1. **Go to the Beach**: Don’t forget sunscreen, beach hats, swimsuits, sunglasses, beach towels, a beach chair, drinks, snacks, music, and beach hot dogs. Go in the ocean and swim
to cool off. Boogie board to catch some waves. Catch some rays in the sun!

2. **Go to the Boardwalk:** Eat funnel cake but be careful it’s messy. Water ice is good way to cool off. Play games, go on rides, shop in the stores. Don’t forget to stop and smell the oceans.

3. **Look for Seashells:** All seashells are nice. Find the shells and hear the ocean. It is fun to do.

*Figure 16 Monae, Ela, and Dante weed the garden in front of Lion’s Hall.*
How to Send, Receive, Read, and Write Emails on the BrailleNote Apex
By Nicholas

Writing Emails
1. To write an email you hit e for key-mail menu and then push w for write an email.
2. It will say, ‘send to’ type in the email address of the person you want to send it to and then press enter.
3. It will give you a choice to type in other email addresses, but if you want to skip over that press enter until it says subject.
4. This is where you type in the subject of your email and then press enter.
5. It will say, ‘attach a file to this email’ and if so, you hit y for yes.
6. If you choose y it will take you to your folders, you choose the folder file, press enter, and then it will say, ‘would you like to put in in a different file type’, hit y for yes and then hit space with dots 3-4 until you see the one you want.
7. Then press enter and then you can type in your message, then when you are done press space with e.
8. It will say, ‘ready to send this email’ hit y for yes and it will say, ‘save a copy’ hit n for no and now you are back at the key-mail menu.

Sending Emails
There are two ways to send emails here they are.
1. Push s make sure you are connected to the wifi and it will say use which account.
2. If you only have one email account, it will just start downloading your new emails.
3. After it finishes downloading your new ones it will send the emails in your outbox.
4. To just check your email hit r for read and then push space one time.
5. Push enter it will say, ‘check for new emails’ hit y for yes and then it will download your new emails.
6. If you already checked your emails and you just want to read them push n.
7. The other way, is to just send emails when you are at key-mail menu push backspace and it will say there are the number of emails you have in your outbox.
8. Then it will say, ‘send now’ to have them sent press y for yes and it will send one by one or if you don't want to send them right then press n for no and that is how you do that.

Hope you learn a lot about the email and if you have any questions just ask Nicholas.

Now Introducing... Overbrook's Class of 2019

Figure 17 Graduation photos of Jasmere, Joseph, and Julius.
Figure 18 Graduation photos of Jayson, Eva, and Nataysha.

Figure 19 Graduation photos of Tierra, Monae, and Faith.
Figure 20 Graduation photos of Sean, Annelizabeth, and Michael.

Figure 21 Graduation photos of Tyler, Thomas, Erick, and Brandon.