

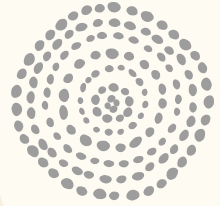


Welcome to WCTA HOSA

9th General Meeting



Yearbook Photo



General

● Announcements

SEMESTER 2 SERVICE HOURS:

- 4 hours & 2 events DUE **MAY 6TH 11:59 PM**
- Reminder that Outside Hours **DO NOT** count for event credit, only up to 1 hour credit
- Members who obtained more than 4 hours last semester can have up to 1 hour transfer over to Semester 2
- ****There will be NO probationary period** if you have incomplete hours by the hard deadline**

HOSA SHIRT FORM REOPENED:

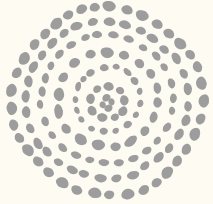
- HOSA shirt form reopened for members who didn't order one at the beginning of the year
 - **Shirt = \$15**
- Limited stock and only some sizes available
- First come, first serve!
- Fill out the form and we will contact you if it's approved
- **DON'T** go to the banker until we contact you based on the results of the form



NEW EXCUSED ABSENCE FORM:

- Excused Absence Form transferred into a Google Form
- Please fill out this form to be excused from a HOSA meeting
- Form must be submitted before 2:45 PM of meeting day following the one you are absent for
- **For example:** Absent for Jan 9 meeting, the form must be submitted before 2:45 PM on Jan 30
- Send us a remind or email us if you have any questions or need access to the google form

Excused Absence Form QR + Link



Updated Link:

<https://docs.google.com/forms/d/e/1FAIpQLSe1TEu3aibYuuRhCQ5ADjfsSYEfUTuoZMJEQe3Soql2GMyzFg/viewform?usp=sharing>

Semester 2 Meeting Dates:

February 13th

February 27th

March 20th

April 3rd

April 17th

May 1st - Last Meeting

PORT OF SUBS:



- Sold on **Tuesdays** during both lunches!
- **\$6** for cash and card
- Sold as a combo
 - sub, chips, and water





Service Event Recap

Rad 5K





Upcoming Service Events

Vegas Cares About Rares

- **Registration CLOSED**
- **What:** 5k raising awareness to the millions of people affected by a rare disease.
- **Date:** Saturday, February 11th, 2023
- **Where:** Cornerstone park
- **Time:** 6:30 am - 10/10:30 am
- Remind [@rares5k](#)

Scale the Strat

- **When:** February 26th, 2023
- **Where:** The STRAT Hotel, Casino & SkyPod
- **Time:** TBD (Likely late morning to afternoon)
- <https://tinyurl.com/mr4yw894>
- **Due:** Friday, February 3rd 11:59 pm



Optional World's Finest Chocolate Fundraiser

- If you see your name on the next screen please stay after the meeting to pick up your chocolate boxes
- If you're selling for **SLC**, you must be finished selling by **February 24th** since the payment must be submitted to the banker by then (total \$150)
- General members do not have a due date as of right now but expect it to be near the end of February
- If you finish selling you're boxes, drop off the money



Please Stay After the Meeting!

Nubia Angeles
Jemima Kayumba
Jari Navarro
Litzy Rosas
Kaitlyn Solis
Jolene Yeghiayan



First-Aid Kit Fundraiser Update

SLC Updates

- NV Tallo deadline for - **February 10th**
- Check if your event guidelines require you to complete a Tallo submission
- Don't forget we still have weekly progress check-ins
- You're excused if you qualified for your knowledge testing event
- If you **didn't qualify** for your knowledge testing event, you must choose another event to compete in!
 - Let us know if you need assistance in finding another event and then begin preparation asap

Check-In Dates

- February 6th
- February 13th
- February 20th
- February 27th

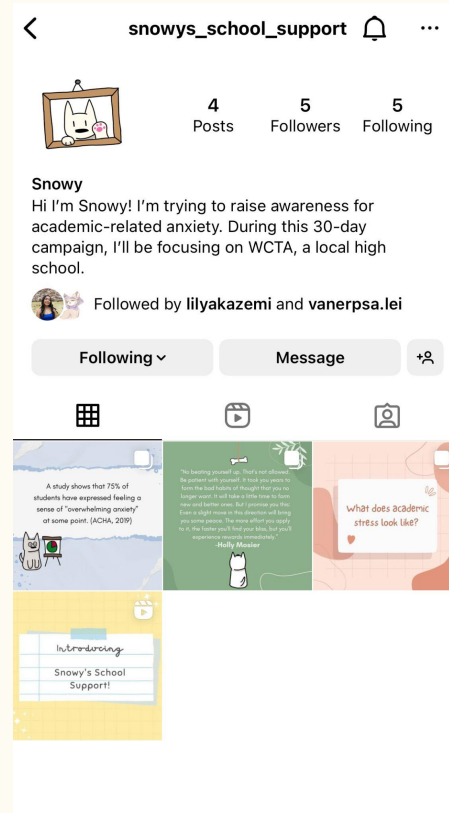
*Exact same days as mentorship

Mentorship Program Update

- Starts next **Monday, February 6th** in Mr. G's room D110
- If you're doing **BOTH** mentorship and SLC...
 - We'll have the quick SLC check in then begin mentorship
 - Please let us know in advance if you cannot make it

Mental Health Promotion

- Daily social media campaign focused on anxiety and stress due to academic competition
- Follow **@snowy_school_support** on Instagram for more information!
- We will be doing in-meeting activities to help reduce anxiety and stress as well as give tips on how to manage stress!



Why Focus on Academic Stress?

- Nearly 1 in 3 teens from ages 13 to 18 experience an anxiety disorder
- Especially in competitive schools like WCTA, there is constant pressure to perform well
- The US ranks first in the world for the country with the most stressed students
- We all experience academic stress whether we choose to share it or not

<https://www.crossrivertherapy.com/student-stress-statistics>

Ways to Combat Stress Due to Academics

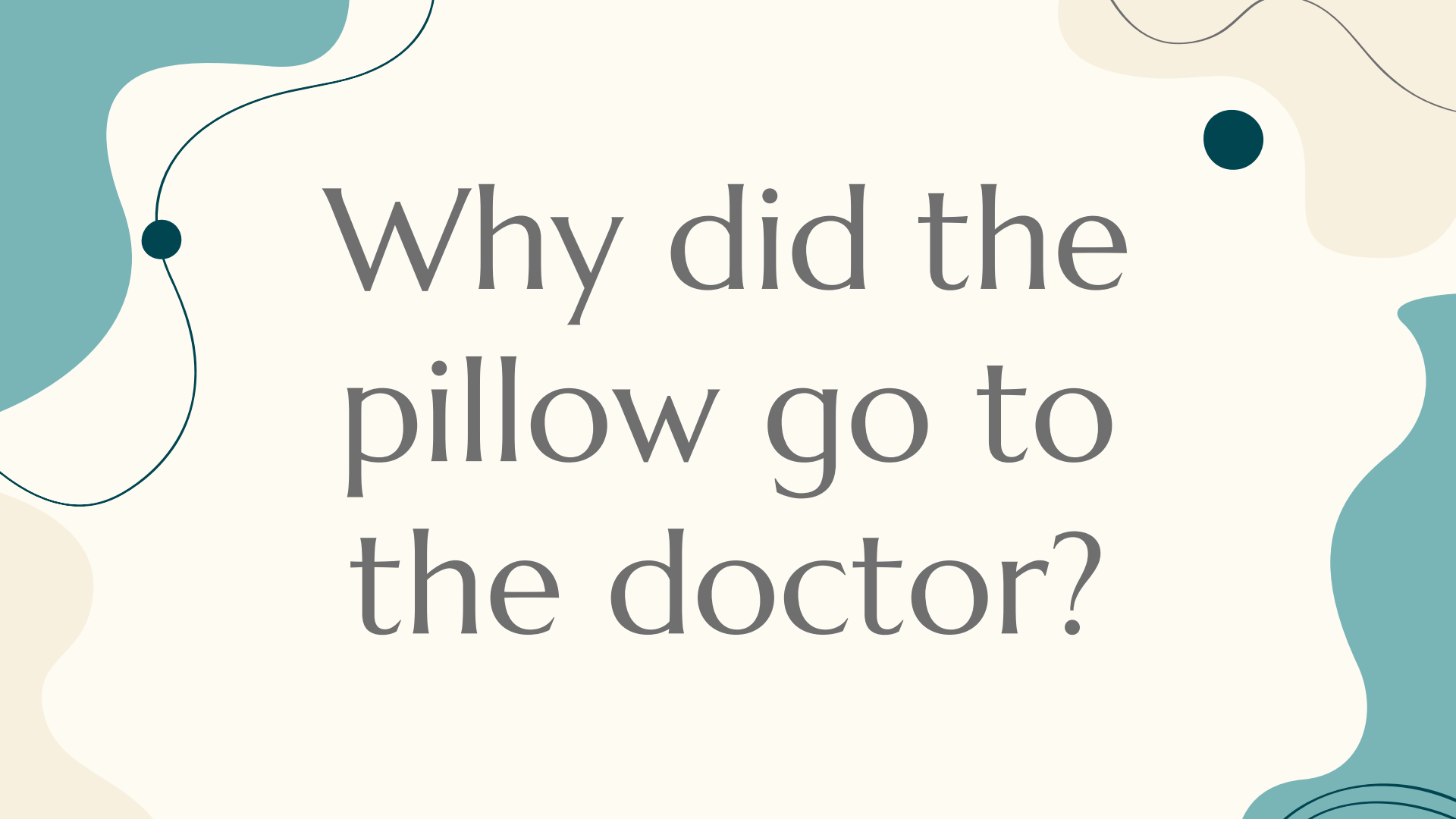
- Use school resources- school psychologist, counselors, trusted teachers, and Brioche the bunny!
- Use positive self-talk- we all are stressed and worried about being inadequate so choose to push away negative thoughts
- Focus on what you can control- if you are doing the best that you possibly can, don't be worried about the rest
- Take care of yourself- remember to eat, sleep well, stay hydrated, and be active
- Surround yourself with positive people- in order to reduce stress from your life, surround yourself with people who support you and cheer you on when you are struggling

<https://www.unh.edu/pacs/academic-stress-coping-strategies>

Medical Fact of the Day!

- More than 50 million Americans a year struggle with mental illness.
- Youth depression rates have risen from 12.9% to 25.2% from pre-pandemic to 2021. Depression symptoms can impact performance in school and interfere with personal relationships.

<https://www.dosomething.org/us/facts/11-facts-about-mental-health>

The background features abstract, organic shapes in teal and beige. A thin, dark teal line curves across the top left, ending in a solid dark teal circle. Another solid dark teal circle is positioned in the upper right area. The text is centered in a dark grey, serif font.

Why did the
pillow go to
the doctor?

He was feeling
all STUFFED UP!



Reminders

- Next meeting **Monday, February 13th**
- Register for **Scale the Strat** by February 26th
- **Stay** after today if you need to pick up chocolates
(we can take you down to pick them up)
- **Mentorship** starts next Monday, February 6th

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