


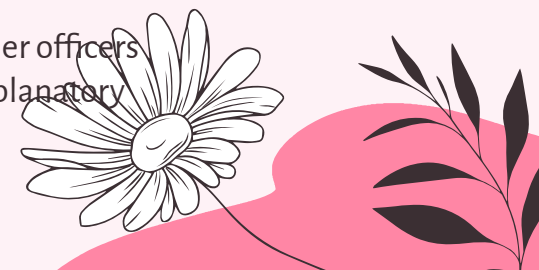


Welcome to WCTA HOSA

Tenth General Meeting



NOTES FOR MENTEES!

- Hi Angelina, Vicky, and Nikki!
 - You 3 just need to pick 1 of the slide options below plus your individual introduction slide under meet the mentees
 - semester 2 meeting dates, port of subs, medical fact of the day, medical joke of the day, and reminders.
 - We're going to add other slides, but don't worry about those, the current officer team will be presenting them ^^
 - Decide how you want to distribute them amongst yourselves and assign your name in the speaker notes
 - You may also add mini notes for yourself since we have speaker notes pulled up on someone's phone during the meeting
 - Slide distribution doesn't have to be fair, afterall, life isn't fair. Do what you want, so long as everyone agrees and speaks
 - We also use the comment feature while making slides to get feedback from other officers
 - FYI... the officer team has nicknames for each other... most are relatively self-explanatory
 - Bother preeyom the treeyom if you gots questions -van
 - Good luck!
- 
- 



Meet the Mentees!



Nikki Shi

9th Grade Biomed

HOSA is a place for making new connections and strengthening bonds, a place to discover strengths and grow alongside each other.





Vicky Fang

10th Grade Biomed

Why I Joined HOSA:

- To immerse myself with others with similar interests
- To make a difference in the community






Angelina Thach

10th Grade Biomed

Why I Love HOSA:

- Enjoy helping out in anyway possible.
 - Enjoy being able to help out the community and seeing a difference be made.
 - Improved my communication skills with other.
 - Able to help and have fun at volunteering events.
 - Great communication
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Yearbook Form


- Please fill out this form to have yourself identified in the HOSA yearbook photo!

- <https://tinyurl.com/ysecpuex>





Fundraiser Kits Have Arrived!

- For everyone who sold fundraiser kits we will be distributing them out this week **February 15 - 17** in D building hallway
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UNDERCLASSMEN:

Freshman & Sophomores

UPPERCLASSMEN:

Juniors & Seniors



WEDNESDAY

ALTERNATE DAY

Open to anyone who
can't come Wednesday
or Thursday

FRIDAY

THURSDAY






Backlogged Orders



If your order has been backlogged we will contact you once it has been received



- **Partially** Backlogged Orders:

- Kirsten Denina
- Scarlet Wu

- **Entirely** Backlogged Orders:

- Kate Bowler
 - Claire Hwang
 - Melody Li
 - Chloe Park
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Optional World's Finest Chocolate Fundraiser

- 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 try to get them in soon
- If you finish selling your boxes, drop off the money to the banker, then bring the receipt to Mr. G!

SLC Updates

- There will be a **MANDATORY** meeting for **ALL** SLC people including knowledge testers on **WEDNESDAY, FEBRUARY 22** in Mr. G's room, will take place instead of the meeting on Monday, February 20th (no school)
- We will be handing out blazers, grade check forms, and going over important information so be sure to plan ahead of time so you can come to the meeting
- If you cannot attend please let us know soon, but we would really like everyone to be there as important information will be covered

The background features several decorative elements: a large pink circle in the top left with black leaves and gold dots; a pink circle in the top right with a white butterfly; a pink circle in the bottom right with black leaves, a white flower, and a pink heart; and a pink shape in the bottom left with a white leaf. The text is centered in a large, bold, black serif font.

Service Event Recap

Vegas Cares About Rare 5K





Service Event Screenshot Confirmation

- Clarification: We only NEED the screenshot confirmation for events where you fill out an outside registration form
- (Ones where you register at the official event website)

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Upcoming Service Events



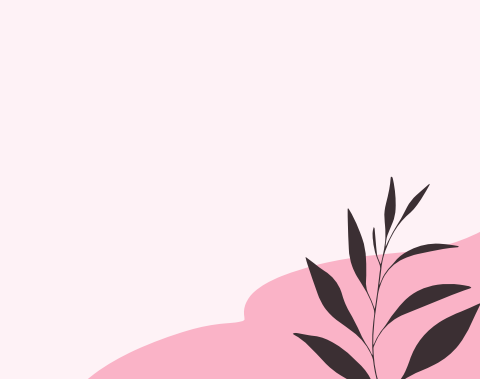


Ronald McDonald House Caring Cards

- Registration **CLOSED**
- Today, 2/13/2023 after this general meeting
- **3** decorated cards for an hour and event credit
- Limited to 30 spots!



Scale the Strat

- **Registration CLOSED**
 - **When:** February 26th, 2023
 - **Where:** The STRAT Hotel, Casino & SkyPod
 - **Time:** 10 am - 2 pm
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Bubble Run

- **Date:** Saturday, March 11th, 2023
- **When:** 6:30 AM - 2:30 PM
- **Where:** Las Vegas Motor Speedway
- **Remind:** @bubrun23
- ***Since it is an online registration process with only about 14 spots available, register soon to secure a spot!**

Registration steps



Walk for Wishes

- **When:** Saturday, April 29th
- Please fill out this interest form by **Sunday, February 19th**, 2023 so we can give the coordinator a ballpark number of volunteers
- <https://tinyurl.com/3mrkf89c>





Semester 2 Meeting Dates

February 27th

March 20th

April 3rd

April 17th

May 1st - Last Meeting





Port of Subs


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



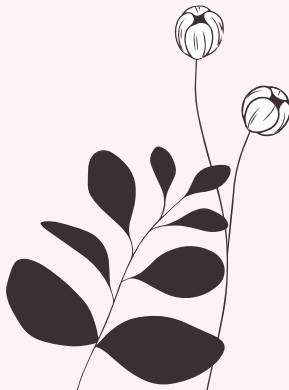



Medical Fact of the Day!

Infants are born with approximately 300 bones, but as they grow some of these bones fuse together. By the time they reach adulthood, they only have 206 bones.



<https://www.osgpc.com/amazing-facts-about-the-human-body/>



Ways to Relieve Academic Stress

- Talking to a trusted adult/friend
- Spending time with people who help you grow positively
- Get active!
- Do activities that bring you joy
- Do a self care night and take care of your body
- Do a fun activity like color!
 - Coloring is medically proven to calm your brain and help your body relax
 - It relaxes the fear center of your brain called the amygdala

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health#:~:text=Coloring%20is%20a%20healthy%20way,feelings%20of%20depression%20and%20anxiety>
<https://www.beaumont.org/health-wellness/blogs/health-benefits-of-coloring-for-adults#:~:text=REDUCE%20STRESS%20AND%20ANXIETY,a%20long%20day%20at%20work>

Follow @snowys_school_support on Instagram!

Mental Health Padlet



The background is white with decorative elements: a black leaf branch in the top-left, a pink heart in the top-left, a pink abstract shape in the top-right, a pink heart in the top-right, a pink abstract shape in the bottom-left, a pink heart and a gold heart in the bottom-center, and black leaf branches in the bottom-right.

Guest Speaker

Brioche the Bunny



Name: Brioche

Gender: Female

Age: 2.5 years old

Breed: Flemish giant

Instagram: @rexrabbitrex

Certification

Love on a Leash

- Pass control evaluation (conducted by a vet for rabbits & includes health screening)
- Complete 10 hours of supervised visits (limited to 1 hour per day)
- Supervisor completes visit evaluation form
- Submit application (includes background check)

Pet Partners

- Take handler course
- Complete health screening form (conducted by a vet)
- Pass intensive team evaluation
- Submit application (includes background check)









Benefits of Pet Therapy

- Animal Assisted Activities - reduces stress & provides something to do
- Animal Assisted Education - provides education in engaging way
- Animal Assisted Therapy - reduces stress & promotes buy-in








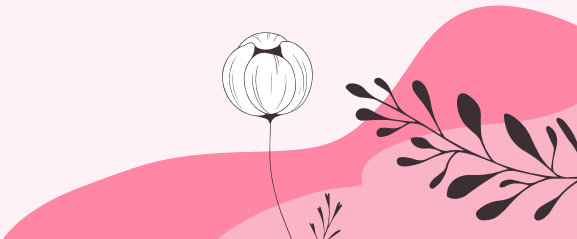



Reminders

- Next meeting is **FEBRUARY 27th** outside in the quad
 - Fill out the Yearbook Form
 - Chocolate Fundraiser due **FEBRUARY 24th** for SLC people!
 - Mandatory SLC meeting next Wednesday, February 22
 - Bubble Run and Walk For Wishes Registrations
 - Fundraiser Kit Pick-Up Wednesday - Friday in D building
 - Stay in cafeteria for Mentorship, SLC Check-ins, and Ronald McDonald cards only **IF** you registered
 - Come up to say hi to Brioche
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Medical Joke!

Why are doctors
always calm?



because they have a
lot of patients!



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After Meeting Events

Milena + Chloe: Mentorship

- Going to Mr. G's room

Logan + Preeyom: Caring Cards

- Wait for a bit while materials are distributed

Lily: SLC Check-ins

Vanessa: Pet Therapy



The background features a white base with pink wavy shapes at the top and bottom. Scattered throughout are black line-art illustrations of various flowers and leaves. There are also small pink hearts and a gold glitter heart. The text is centered in a large, bold, black serif font.

Ronald McDonald House Cards

Caring Cards

- Sign In with Preeyom or Logan to get your index cards
- Decorate **BOTH** sides with a lot of color and put a greeting on the front
- 3 CARDS = 1 HOUR & 1 EVENT credit
- Cards must look like you spent time and effort or we won't accept them for the service hour
- If you don't finish, get it in by this **FRIDAY the 17th!**

EXAMPLE MESSAGES:

- You are Strong
- Keep Smiling
- Enjoy Your Lunch
- You Have Strength
- Feel Free to Add Puns/Jokes
- NO Religious Messages

Examples:

