



HUMAN SERVICES ACADEMY NEWSLETTER AUGUST 2013

Ventura County Explorer Academy



Aaron Buenrostro and Jose Mercado participated in a two week summer program located in Camarillo. They were required to wear a uniform consisting of an ironed shirt and pants along with shined shoes. In the morning, they learned cadence and marched in

unison. In the classroom, they listened to guest speakers discuss topics such as: narcotics, police dispatching, ethical behavior, SWAT Training, and defensive tactics. Explorer Recruits gave presentations on several scenarios that might occur on the job. The obstacle course was very rigorous; it included climbing walls, endurance running, going through tunnels, and maneuvering through open windows. Writing memos had to be "perfect" in penmanship, format, and detail which related to specific event that occurred. Team work was emphasized and if an individual performed poorly...the entire group was yelled at and then disciplined. The common forms of discipline were: push-ups, running, sit-ups, and holding a squat position.

As a result, the new recruits learned to perform under pressure, be neat, and to be a team player. The ceremony took place on July 27th where they received their explorer badges from the Santa Paula Chief of Police, Steve McLean.



H.S. ACADEMY LINK

Mr. Brian Blevins asked the Human Services Academy juniors to join his Link Crew Training over the summer. Students took three days to learn techniques for working with the incoming freshmen. Ice Breaker skills were practiced. Juniors will be meeting twice a week with the Link Buddies. Student Connect will bring awareness to their absences and grades in classes. The upper classmen will tutor them once a week before school, at lunch, or after school. The students will join a club and together participate in the activities throughout the year. Juniors are encouraged to meet frosh at sporting events if grades look good. It is always difficult to plan these sessions but their agenda books will help them to stay on task.



C.A.U.S.E.

The Central Coast Alliance United for a Sustainable Economy offered paid internships over the summer to Academy students: Stephanie Lopez and Ana Tellez. Their job was to assist with policy research, leadership development, organizing, and advocacy. Their vision is to create a global community that encourages everyone to contribute to and therefore benefit from a flourishing economy that promotes health. Both interns strengthened their leadership qualities by attending the chapter meeting held at Oxnard College. The local group collected over 300 signatures to fix an unsafe crosswalk on 10th Street.. Stephanie expressed her feeling about the alliance, stating, "I learned how to organize a meeting, fundraiser, persuade elected officials, and to become a better leader."

Family Health Fair



This event was brought to town by Assembly Member Das Williams. It was held at the Boys' & Girls' Club in Santa Paula on Saturday, August 24th from 10:00-3:00. Eighteen H.S.A. juniors volunteered to help set-up and teardown the booths. Useful information was provided for people of all ages. Several Ventura County Health Department booths emphasized the importance of balanced diets. One local business, Fit Fusion Family Studio was based around the need for more exercise to improve physical health. The Behavioral Health Department had handouts with numbers to call in the event of a mental health crisis. The Fire Department had a house for the kids to climb through that reinforced safety factors. First 5 will be allowing juniors to job shadow and do service learning at their site in the spring.

Guest speakers, Zumba and Yoga classes, along with musical entertainment added to the fun activities not to mention the bags of fruit that were distributed.



A.S.P.I.R.E.

Kimberly Ramirez, from Big Brothers/Big Sisters of Ventura County visited all of the H.S.A.

classes the second day of school to distribute applications. Students were encouraged to fill out one form, have their parents sign one form., but the hardest part was getting a recommendation signed by a coach, club advisory, or possibly by someone in their church.

She returned on Tuesday, August 27th to due training in the Introduction to Human Services classes period 1 and 4. Discussions included how to tutor the "Little" at the elementary school. Each will be encouraged to participate in the educational activities. The goal is to have the high school student meet one time a week for two hours as a mentor. They provide one-on-one support for homework assignments.

At the same time, the juniors are learning the importance of volunteerism. First, they gain valuable experience and skills while working with the children. Second, Big Brothers/Big Sisters is a great reference and if they participate all four years, they will write them a letter of recommendation. Some students acquire over 300 hours. Last but not least, the juniors will need this to write on their applications for scholarships, four-year colleges, and jobs. Thanks to our great working relationship with Big Brothers/Big Sisters of Ventura County, students at Santa Paula High School have this wonderful opportunity to expand their horizons.



L.E.A.P Conference



Kimberly Ramirez, BB/BS of Ventura County provided an application for Karina Olivares and then processed it.

Karina got a scholarship to attend the six-day conference entitled "Leadership. Excellence. Accelerating Potential." held at U.C.L.A. June 28-Aug. 3, 2013. She stayed on campus in the dorms and ate in the cafeteria.

The goal was to inspire and teach young adults to maximize their potential through three objectives: goal setting, leadership, and motivational messages.

The objective is to give the participants a seven year career head start. They exposed them to non-traditional skills by contacts with local mentors and suggestions on how to reach out to them via the internet. They were taught techniques that are not commonly practiced to help them stand out in a crowd.

There were guest speakers every day on topics such as: time management, getting a job, study skills, and personality profiles. They showed inspirational clips to motivate them. They were divided into groups of kids with two coaches. They summarized activities daily and reflected on the benefits. Feedback on how to make the event better was openly encouraged. They produced a visual board that contained their core values and goals to be used as a reminder that these aspirations are possible to reach. She met students from other countries!