



## HUMAN SERVICES ACADEMY NEWSLETTER SEPTEMBER 2013



### **Smokey Sue Smokes for Two**

The sophomores observed a lab about a pregnant mother that smokes as part of the curriculum for their Child Development class. The simulation uses an actual cigarette and the tar collected around the rubber model of a 7-month fetus. Pollutants

went directly to the unborn baby. The dangerous chemicals from tobacco products reduce the oxygen flow to the fetus and can damage their lungs, too. Babies are often times born premature and even those that are born full term, are often low birth weight.

These students have also begun researching birth defects. So when they discovered that these babies are more likely to have cerebral palsy, cleft lip, and learning problems, it correlated the two assignments and made the learning more relevant. They viewed a video on Sudden Infant Death Syndrome (SIDS). The realities of smoking during pregnancy was very obvious!



**COAST GUARD**

*Students in Ms. Gregory's Enrichment Period met with Recruiters, Vasquez and Lamborn. The video was very informative.*



### **H.S. ACADEMY LINK**

The juniors handed their frosh link "Buddies" an invitation to attend the Tailgate Party. After school on Friday, September 13th, the groups met in room 215 and walked over to Renaissance High School for the activity.

From 3:30-4:30 they ate food, listened to music, and won prizes. Just before the Junior Varsity Football game,

the kids walked onto the track and entered the stadium. They watched the game and cheered on the players. It was a great event that allowed the upperclassmen to get to know their links better. The underclassmen were



able to attend their first football game of the year! All of this was provided free thanks to ASB, Link Crew, and SPHS Administration.

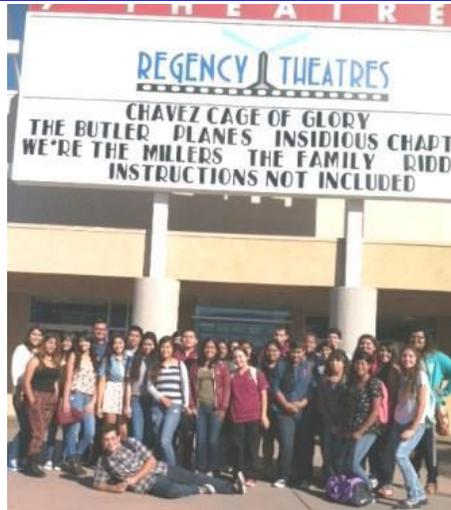
## EATING HEALTHY



The freshmen in Introduction to Human Services have been raising their awareness about eating healthy. My Plate is the new government push to teaching how foods fit into our diet. Students listed all the foods they ate for one day. Then they fixed the menu to meet the nutritional standards. The Bread Group provides energy for work and play. The Meat Group has protein for growth and repair. The Milk Group has calcium for bones and teeth. The Fruit and Veggies provide vitamins and minerals for repair and maintenance of the body. Students are encouraged to eat sparingly from the Junk Food items which provide calories and fat but very little nutritional value.

Teenage eating disorders were discussed: anorexia and bulimia. Teenage girls are number one with boys in athletics coming in second. Most eating disorders are disguising stress and anxiety problems. Teaching awareness is one way to help combat these challenges.

## THE BUTLER



The Butler is a historical fiction film based on the life and family of Eugene Allen. Allen became a butler for the White house during the Eisenhower administration and he is portrayed as Cecil Gaines in the film. The movie recounts the events of his life, beginning on a cotton plantation in the south in the 1920's and ending with him going to meet the President Obama. As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.



## Book Fair Volunteers



Juniors have been logging volunteer hours during Open House at other schools in the district. On Tuesday, September 24th at Bedell Elementary School, three 11th graders helped to reorganize the shelves and straighten the displays of books at the Book Fair. Student spoke to the parents about donating books for teachers to use in the classrooms. The elementary students were guessing how many gummy worms were in a jar. If they guessed the correct answer, they took the jar home. Amy Rodrigues sold baked good that brought in additional funds. Mariza Rodriguez sold Bedell Elementary T-shirts and sweatshirts.

Another group of upperclassmen volunteered at Isbell Middle School on Thursday, September 26th. Jennica Onstot helped to run the register. Abdealy Vazquez sold the T-shirts and sweatshirts with the school logo. Amy Rodriguez distributed erasers, pencil sharpeners, and pencils that were purchased. Three other students assisted parents by locating specific books.