



HUMAN SERVICES ACADEMY NEWSLETTER OCTOBER 2013



NATIONAL PLUG-IN DAY

Eight students gathered at The Collection in Oxnard on Saturday, September 28th. Amisha Dominguez, representative for Das Williams, put them to work immediately directing traffic, setting up displays, and marking the streets for the cars that would be on display. Students learned about the amazing benefits related to the latest electric vehicles. Sales have doubled from last year.



HANDS ACROSS SANTA PAULA

This event was organized by Beverly Frady and took place at Veterans Park on Sunday, September 29th. Elementary students acknowledged the love from parents and teachers in handprints and artwork. Ten students helped to place them on trees and fences in an effort to Remember the "Spirit of Kindness." The major and Chief of Police both spoke. The Isbell Choir sang. Sargent Fogata's dog, Evan, was remembered with a bagpipe song Danny Boy.



PERSONAL FITNESS PLAN

The freshmen began the assignment by stepping on the scale to get their height and weight. They worked for one week straight writing an essay on their life long fitness goals. They identified four physical activities that they could be actively involved in during their adult life. The health benefits and skill components were noted. They have learned that variety really is the key to maintaining fitness:

- ◆ Different activities each season,
- ◆ Vary the days of the week that they actively participate for 30-45 minutes.

8th ANNUAL YOUTH CONFERENCE

Nine juniors and five seniors from the Human Services Academy attended the conference at Oxnard College on Friday, October 11th. Cabrillo Economic Development hosted the event. The principal provided the transportation while Rosa Limon and John Merrill chaperoned. Upon arrival, they received their Educational Passport which identified which workshops to attend:

- ◇ Careers in Sports,
- ◇ Silence, Noise, Creative Thinking,
- ◇ What makes a Student Successful in College, & Employment,
- ◇ Working Outside the Box, along with
- ◇ University Culture.

After lunch, stickers were placed on their passport as they visited the Resource Fair exhibits!



SPHS HIGHER EDUCATION DAY



Glenda Learn lined up this wonderful event that took place on Friday, October 11th. Students were fed sandwiches and then sent to various locations around campus. Several of the Academy students took advantage of the afternoon off to listen to guest speakers from all around the state. Those going to a University of California met in the library for a presentation by Oralia Razo on Personal Statements. Four representatives from CSUCI spoke to the students that plan to go straight to a California State University.



Seniors that planned on going to a community college met in the Career Center. During the last hour, kids visited various college booths set up on Center Courts. Representatives passed out folders, pamphlets, and business cards so students could contact them in the future. Most of the Health Career Interns were seen at the California Preparatory College booth which has a location in Oxnard that offers a Pharmacy Technician Program.

AMERICAN RED CROSS



Sixteen Health and Human Services students met on campus Saturday, October 12th for First Aid Certification. Ms. Gregory, lead Academy teacher, and Ms. Ortiz, Assistant Principal at Camarillo High School, were the instructors. Students reviewed the book and highlighted the important information. They followed along in their pamphlets when demonstrating skills such as: glove removal, checking an unconscious person, conscious choking person, controlling external bleeding, and applying a sling to an arm injury.

Then students took two multiple choice tests; Before Giving Care had ten questions, and First Aid with fifteen questions. Students left with their laminated certification cards in hand. These are good for two years and then they can update online. Congratulations!



YOUTH BASKETBALL SIGN UPS



Steven De Fratus, City of Santa Paula Recreation Supervisor, had four juniors assist with the Youth Basketball Sign-Ups on Wednesday, October 9th from 5:30-8:00.

PUMPKIN PATCH

Krystal Sarabia, SPHS Interact Advisory, requested the assistance of six sophomores and nine juniors from Human Services Academy for the Pumpkin Patch event at Faulkner Farm on Saturday, October 12th and Sunday October 13th.

