



HUMAN SERVICES ACADEMY NEWSLETTER SEPTEMBER 2014



Ventura County Public Health

Emperatriz Pinedo spoke to the juniors about the importance of good nutrition. They discussed how food intake affects their ability to perform optimally while out on their internships. They understand that the poor nutritional intake of patients, with appointments at local health care providers, is having a direct correlation causing negative effects on their health and well-being.



*US MARINES
Sgt. Housley highlighted several careers in the Marines that relates to H. S. A. Such as: medical, security, and education. Physical training must be maintained in order to handle the rigor of*

thirteen week boot camp. He meets with students after school to encourage the physical endeavors along with discussions related to their grades. He mentioned that housing is available on the base for a reduced rate. However, military personnel are on call 24 hours a day!



Police Canine Unit On Thursday,

September 4th, the sophomores were surprised when the assistant principal came into the room, requested students to stand, and exit the class. Two SP Police Officers along with a canine then searched room 215 for drugs, alcohol, and weapons. We were not really too surprised to come through with flying colors.



ACADEMY LINK

The juniors met their frosh after school on Friday, Sept. 5th. They walked over to Renaissance High School for the Tailgate Party. Hot dogs, nachos, and beverages were consumed. Loud music was played for entertainment. Two frosh won t-shirts at the raffle. At 4:30, they walked around the football field and over to the SPHS bleachers. They got into the game for free. Overall, it was a great way to start off the sports season.





On Friday, September 5th, Matthew Ramirez received the student award for his commitment to sports and clubs at Santa Paula High School. His speech was outstanding and set a high standard for those that followed!



Ms. Gregory got the Educator Award. It was based on dedicated hours to help students maximize their potential in addition to lining up the community-based job shadowing, service-learning, and internship experiences.

Both were presented with certificates signed by: Senator Hannah-Beth Jackson, Congresswoman Julia Brownley, Assemblyman Das Williams, and Supervisor Kathy Long.



The freshmen in the Introduction to Human Services classes had two guest speakers come into the classroom on Monday, Sept. 8th. Lizet Garcia and Gladys Sagastume visited from Ventura County Public Health. They began by introducing a handout Read It Before You Eat It! Nutritional facts on the labels were emphasized by handing out 8 packages of commonly eaten snacks. Serving size was identified along with the amount of fat or salt in them. Rethink Your Drink assisted the teens in calculating how much sugar was in various beverages. For example, Fruit Nectar has 1 serving per can. 44 grams of sugar divided by 4 = 11.25 teaspoons of sugar in this beverage. Another example, juice drink 2.5 servings with 17 teaspoons of sugar. Many of these beverages are 10% juice and 90% water and sugar. A common sport drink has 2.5 servings with electrolytes which are replenished if you exercise. It had 8.75 teaspoons of sugar in the bottle.



Robert Zhang will be the Santa Paula Coordinator for Big Brothers/Big Sisters. Thirty-nine frosh and two sophomores did the application, training, and interviewed. Forty-six Human Service Academy upperclassmen are returning.

They began mentoring at an elementary school in town offering the ASPIRE program:

- ◆ Barbara Webster
- ◆ Blanchard
- ◆ Glen City
- ◆ McKevev

They assist for two hours one day per week for the rest of the school year. They should end up with eighty hours.

Students get involved for various reasons. By participating, they make a big difference in the life of one child that needs the one-on-one friendship. Community service hours have become an important to stay competitively eligible for scholarships and colleges. During the junior year, many of the H.S.A. interns ask the case managers to write them a letter of recommendation. However, often times it is the extra curricular field trips and agency events that they think is the most fun.