



## HUMAN SERVICES ACADEMY NEWSLETTER OCTOBER 2014



### NUTRITION

The freshmen have begun to understand the importance of good nutrition. They know the items that fall into each of the food groups and what they provide. Most students did not know that the bread products, such as pasta and cereals, break down in the body into sugar that is used for energy. If we do not use the calories for work and play, then it is stored in the body as fat. Americans rank among the top nations of overweight people that are then at high risk for heart attacks and strokes.



### LABOR AND DELIVERY

The sophomores, in Child Development and Care, completed a unit covering conception to birth. Infertility was discussed along with perspectives on invitro fertilization. Child birthing techniques were detailed. The mid-term included keyboarding a list of items they would request of an OB/GYN. during the delivery of a baby.



### PERSONAL FITNESS PLAN

The freshmen have written their first essay. They began by highlighting four activities that they plan to continue doing as an adult. The health and skill-related components were identified. It is important that they vary several aspects of their workouts. All four seasons had to be listed along with the three months. Students noted two days a week for thirty or forty-five minutes of exercise. Everyone was encouraged to change the location of where they plan to workout. This was a challenging assignment since most cannot comprehend ever being thirty years old.



### HANDS ACROSS SANTA PAULA



Ten Human Services Academy students volunteered at the Veterans Park on Sunday, September 28th from 12:00-3:00. Remembering the Spirit of Kindness honored our "Quiet Heroes." Sammi Frady organized the event. Art work from several elementary schools was mounted and judged. The Blue by Morning Band played and Supervisor Kathy Long

was the keynote speaker. Several groups were recognized for services to the community. Entertainment was Polynesian dancers. A fun event for all involved.

# CALIFORNIA STATE UNIVERSITY APPLICATIONS



On October 1st, the CSU applications were available online. Tuesday, October 7th, Brenda Estrada, CSUCI outreach counselor, did a PowerPoint presentation for all seniors in the auditorium during Excel Period. She did a quick overview of the factual information that would be needed to complete the application. Deadlines were emphasized since not all schools have the same dates for submission. The impacted colleges were noted so seniors could make educated decisions on whether or not to apply.

Mr. Tonello brought his period 4 H.S.A. government class up to the computer lab in room 215. Ms. Martinez, SPHS counselor, projected the application and began to take the seniors through the meticulous process step-by-step. The CSU counselor was available to answer specific questions. They spent two days filling in the application. Students print it out so their counselor could make constructive recommendations prior to submitting it.

## FAMILY SCIENCE NIGHTS



Human Services students trained on Thursday, October 2nd at Isbell Middle School. Kristen Majda assisted Emma Posadas in coordinating everything. DC volunteers came in from the Thousand Oaks area to set up the event. Many hours were spent organizing the boxes. Lorenzo Moraza recruited Latino Town Hall adults. Mrs. Wilkinson took the Academy lab coats that made the students look so professional. Thirty-two SPHS H.S.A. students showed up around 4:30 on October 9th at Barbara Webster Elementary School. Children from the community began entering the event around 6:00 with their parents in tow. Ms. Garcia ran the bubble station. Mrs. Gillette took the photos to document the activities. This was truly a community project that got everyone who participated excited about Science. It was great to see the kids have fun while learning!



## H.S. ACADEMY ALUMNI GETS HIRED AT SPHS



A great, big welcome back to Miss Margarite Jackson who has joined the staff at Santa Paula High School. She was a member of the Health and Human Services Academy as a student. Her internships were with Doug Smith DDS and then Rite Aid Pharmacy. Her portfolio was developed and included samples from the community-based job site. After graduating as salutatorian, she attended the University of Davis majoring in Biology. One summer, she assisted with the SPHS Summer Algebra Academy and became interested in the Education pathway. In August, this young adult signed up for the Teacher Preparation Program at California Lutheran University.

Once again, she came back to do observations and lesson plans at SPHS. When a job opening became available in September...she applied, interviewed, and was chosen for the Biology and Health teaching position. Mrs. Gregory is excited to have one more alumni join the Cardinal staff.