

OCTOBER 2019 | VOL. 2

THE SYNAPTIC SUMMARY

Middleton HOSA-FHP's Official Newsletter

THIS MONTH'S RUNDOWN:

*Donating Blood,
Saving Lives
Feeding Tampa
Bay
Practice Makes
Perfect!
Advice from your
Fellow HOSA
Members
Upcoming Events
and Reminders*



MEET YOUR EXECUTIVE BOARD!

President: Rhea Pitale
(Telegram: @Reereeee)
President Elect: Siri Gavini
(Telegram: @sirigavini)
Vice President: Mauli Bhogade
(Telegram: @maulibhogade)
Secretary: Aleena Aji
(Telegram: @Aleenaaji)
Treasurer: Alisha Das
(Telegram: @alisha_das)
Historian: Nicole Londono
(Telegram: @memequake)
Reporter: Thanvi Narapareddygar
(Telegram: @thanvin)
Parliamentarian: Rishi Nair
(Telegram: @RishiNair)
Our wonderful Advisers:
Ms. Dodson
Mr. Thomas





DONATING BLOOD, SAVING LIVES

October Blood Drive | October 1, 2019

We are so happy to announce that the first blood drive of this year was a success! We had over fifty safe donations made. Thank you to all of the students and teachers who were able to donate! Additionally, we thank all of the committee leaders and volunteers for making sure the whole event ran smoothly, not only during the blood drive, but in the days leading up to it! If you were unable to volunteer or donate at this blood drive, the next one will be on December 5th, 2019. Keep in mind that you have to be at least 16 years old and weigh at least 110 pounds to donate.

MAKING AN IMPACT WHERE IT MATTERS MOST

Feeding Tampa Bay | October 5, 2019

On October 5th, Middleton's HOSA and MUN came together to volunteer at Feeding Tampa Bay! We had over 20 volunteers go to this event from both clubs. Volunteers spent time packing and organizing food to donate to those who are in need. Thank you to all of our volunteers for making this event a great success!



PRACTICE MAKES PERFECT!

General Meeting | October 23, 2019

General meeting are a wonderful time to prepare for your competitive event! We highly encourage all members to use their time wisely during these meetings! General meeting give members a time to quietly prepare for their event by studying and meeting up with team members. Moreover, crucial information regarding upcoming events, reminders, and service opportunities is given during meetings. If you need additional help for preparing, don't hesitate to ask any of the officers or teachers!



ADVICE FROM YOUR FELLOW HOSA MEMBERS

Tips and suggestions to help you succeed!

"Your guidelines should be your best friend; they'll be integral in preparing you to succeed in your competitive event!"

- Abigail Larnard (Senior)

"Outreach to previous members who have competed in your competition. They may have a lot of insightful information for you when you are preparing for events. If you don't know who to ask, reach out to an officer!"

- Mauli Bhogade (Vice-President)

"Study hard because the deadline will be here before you know it!"

- Alisha Das (Treasurer)

"For testing events, make a review sheet with all the main topics for the chapter you are studying for and condense it all on to one page so that you can only study off of that and not a bunch of notes."

- Tanu Bondu (Junior)

"Whenever you are studying, making your presentations, or preparing speeches, put your own creative spin to what ever you are doing! This will help you stand out in your competition and it will even help you remember material better."

- Thanvi Narapareddygar (Reporter)

IMPORTANT THINGS TO KEEP IN YOUR CEREBRUM...

Upcoming Events | Reminders

- **HOSA Week is next week: November 4-8th!** Earn points by participating and tagging @middletonhosa on Instagram stories and posts and sending officers pictures! The weeks outline is as follows:
 - **Monday:** HOSA Poster Day! (Show your support for HOSA by creating posters!)
 - **Tuesday:** Adviser Appreciation Day! (Show your thanks to our wonderful advisers, Ms. Dodson and Mr. Thomas, for all that they do for Middleton HOSA!)
 - **Wednesday:** HOSA Spirit Day! (Show your support for HOSA by wearing your HOSA shirts and any other HOSA merchandise!)
 - **Thursday:** White Out Day! (Raise awareness for lung cancer by wearing white!)
 - **Friday:** Grey's Anatomy Day! (Display your inner future health professional by wearing scrubs, lab coats, etc!)
- The second **Blood Drive** is on **December 5th, 2019!** If you are sixteen and older, you may be eligible to donate blood! Your donation could make a difference to those who need it! For more info visit: oneblood.org If you want to volunteer or have any questions, message Alisha Das on telegram (@alisha_das)
- Remember that **General Meetings** are every **Wednesday** in the Media Center from 3:30 - 4:30, after school. It is absolutely essential that every meeting is attended so that you receive vital information about upcoming service events, due dates, and earn points! If you are unable to attend one of the meeting please message one of the officers!!
- **Resources are now available!** Contact Alisha Das (@alisha_das) to receive your books if you haven't received them yet! Additionally, if you have any resources from last year, make sure to get them back to us as soon as possible!
- If you have any questions please feel free to message any of the officers on telegram, or post the question on Edsby!
- For more information visit: www.middletonhosa.org
- Make sure to follow **middletonhosa** on **Instagram** and join the **HOSA Telegram channel @middletonhosa**