

THE SYNAPTIC SUMMARY

Middleton HOSA-FHP's Official Newsletter

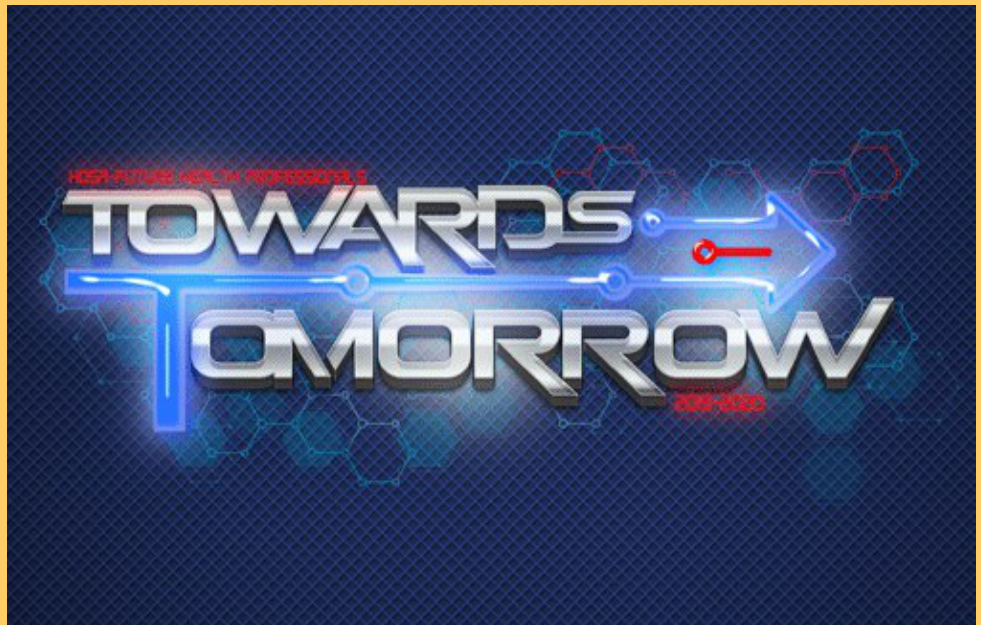
THIS MONTH'S RUNDOWN:

Donating Blood,
Saving Lives
HOSA's Got Spirit!
Project Drink Up
Advice from your
Fellow HOSA
Members
Attire for Regionals
Upcoming Events and
Reminders



MEET YOUR EXECUTIVE BOARD!

President: Siri Gavini
(Telegram: @sirigavini)
Vice President: Aleena Aji
(Telegram: @Aleenaaji)
Secretary: Thanvi Narapareddygar
(Telegram: @thanvin)
Treasurer: Alisha Das
(Telegram: @alisha_das)
Historian: Nicole Londono
(Telegram: @memequake)
Co-Historian: Abigail Larnard
(Telegram: @AddyLanyard)
Reporter: Shriya Buragadda
(Telegram: @shriyab)
Parliamentarian: Rishi Nair
(Telegram: @RishiNair)
Our Wonderful Advisers:
Ms. Dodson
Mr. Thomas





DONATING BLOOD, SAVING LIVES

Blood Drive | December 5, 2019

The second blood drive of this year was a success! We had 50 safe donations made! Thank you to all of the students and teachers who were able to donate! Also, thanks to the committee leaders, committee members, and volunteers who helped the blood drive go smoothly. If you were not able to volunteer or donate at this blood drive, the next one will be in February. Keep in mind that you have to be at least 16 years old and weigh at least 110 pounds to donate. You also need your parent's permission to donate if you are 16 or 17.

HOSA'S GOT SPIRIT!

Chipotle Fundraiser | December 12, 2019

The Chipotle fundraiser was a huge success! It was amazing to see our members showing their HOSA spirit by coming to Chipotle. With your support, we were able to raise about \$600 to pay for textbooks and supplies for next year. Thank you to everyone who came out and supported Middleton HOSA!



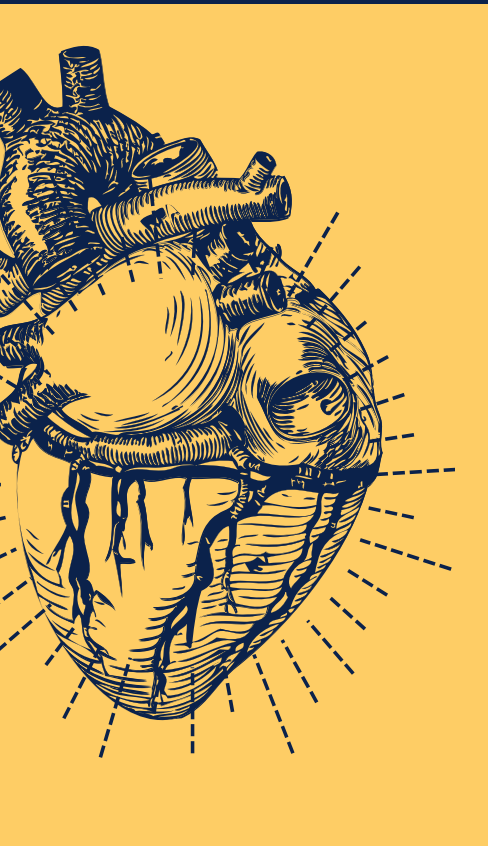
PROJECT DRINK UP

Community Awareness

We are Project Drink Up, an organization dedicated to teaching the community about the dangers of dehydration. As you may know, over the summer one of our incoming freshman died due to dehydration after not drinking enough water during a football practice. To try and prevent other dehydration related incidents, our mission is to educate the community about the dangers of dehydration and how to stay hydrated.

In order to do this, Project Drink Up has created community awareness of the dangers of dehydration by speaking to classrooms at Middleton High School, educating sports teams on why they should stay hydrated, and collaborating with community partners like Metropolitan Ministries to donate water and educate the public on what they can do to stay hydrated and warn them about the negative consequences of dehydration.

Project Drink up is going to do many more events throughout the year in terms of donating water, educating the youth and young adults about dehydration, and collaborating with community partners and other clubs.



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 (Co-Historian)

"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 (Regional Treasurer)

"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 (Blood Drive Committee Co-Chair)

"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 Narapareddygari (Secretary)

ATTIRE FOR REGIONALS

Girls

- White blouse (not deep, see-through, or with other colors)
- Black or navy blue suit
- Skirts must be knee-length
- Close-toed blue or black shoes
- May wear scrubs with tennis shoes if applicable (check guidelines)



Boys

- White button-down shirt
- Black or navy blue suit
- SOLID maroon or navy blue tie
- Blue or black belt
- Close-toed black shoes
- May wear scrubs with tennis shoes if applicable (check guidelines)

IMPORTANT THINGS TO KEEP IN YOUR CEREBRUM...

Upcoming Events | Reminders

- T-shirts are in! Officers have been giving them out to those who paid during the general meetings, but if you haven't gotten a chance to get your shirt yet, they are most likely with Mr. Thomas or Mrs. Dodson, depending on who you have.
- 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 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 so that we can excuse you!
- Collect pennies for Penny Wars! You can give the pennies to either Mr. Thomas or Mrs. Dodson. All of these pennies go towards the National Pediatric Cancer Foundation and help our chapter compete against other chapters at WLC!
- 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

TIMELINE OF UPCOMING EVENTS

