

# THE SYNAPTIC SUMMARY

*Middleton HOSA-FHP's Official Newsletter*

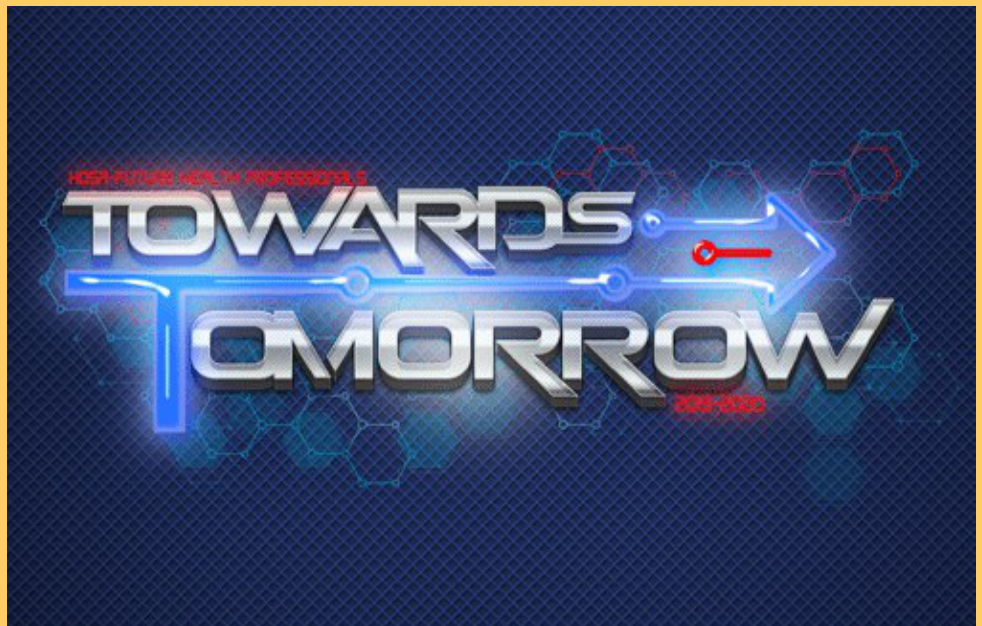
## THIS MONTH'S RUNDOWN:

Connecting with  
Future Health  
Professionals  
*Showing our HOSA  
Spirit!*  
Practice Makes  
Perfect!  
Advice from your  
Fellow HOSA  
Members  
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: @thanvin)  
**Parliamentarian:** Rishi Nair  
(Telegram: @RishiNair)  
**Our Wonderful Advisers:**  
Ms. Dodson  
Mr. Thomas





## CONNECTING WITH FUTURE HEALTH PROFESSIONALS

### Magnet Open House | November 2, 2019

On November 2, HOSA members and students in the Biomed program volunteered at the Magnet Open House and talked to incoming freshmen about Middleton's Biomed magnet. They showed the 8th graders different hands-on activities that they would do if they chose to enroll in Biomed, such as micropipetting and heart rate monitoring. We also had some volunteers talking to students about HOSA, and the various events that they could participate in. Overall, we were very excited about the turnout and it was great to meet prospective Middleton tigers!

## SHOWING OUR HOSA SPIRIT!

### HOSA Spirit Week | November 4-8, 2019

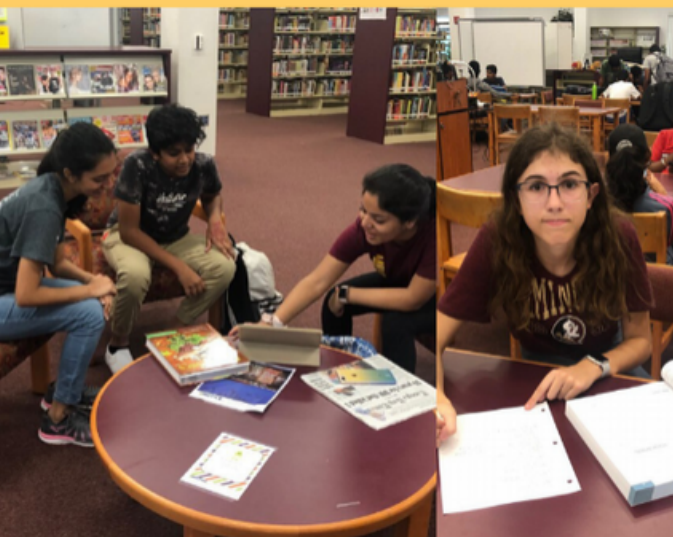
HOSA Spirit Week was a success! It was amazing to see our members participating and showing their HOSA spirit for each day! Monday was HOSA Poster Day, Tuesday was Adviser Appreciation Day, Wednesday was HOSA Spirit Day, Thursday was White Out Day, and Friday was Grey's Anatomy Day. Our chapter also participated in HOSA Week for Florida HOSA and International HOSA. Remember to send any of the officers any pictures you may have from HOSA week so that you can get points! Thank you to everyone that participated!



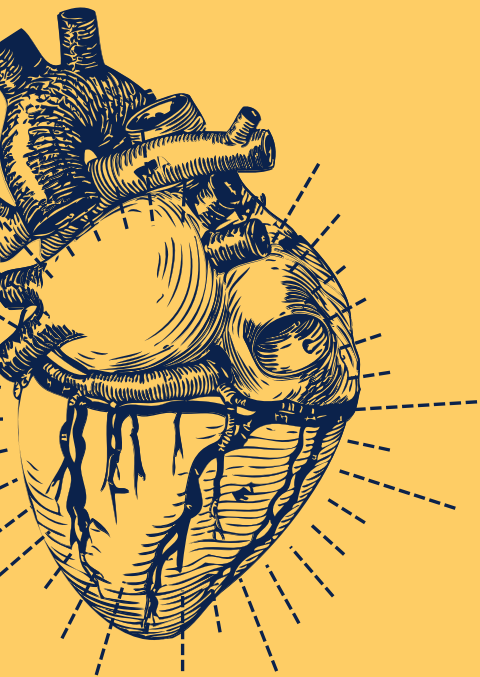
## PRACTICE MAKES PERFECT!

### General Meeting | November 20, 2019

General meetings provide you time to prepare for your competitive event, so we highly encourage all members to use their time wisely during these meetings! Members can quietly prepare for their event by studying and meeting up with their team members. Moreover, crucial information regarding upcoming events, reminders, and service opportunities is announced during meetings. If you need additional help for preparing, don't hesitate to ask any of the officers or teachers! Make sure you are preparing, because WLC is coming up sooner than you think!







## 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 (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 Narapareddygar (Reporter)

## IMPORTANT THINGS TO KEEP IN YOUR CEREBRUM...

### *Upcoming events | Reminders*

- 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](http://oneblood.org). Sign-ups will be held in the cafeteria during lunch on December 2nd, 3rd, and 4th. If you want to volunteer or have any questions, message Alisha Das on telegram (@alisha\_das).
- 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.
- Pre-Regionals sign-ups are now available! You can sign up at [tinyurl.com/rba5la2](https://tinyurl.com/rba5la2) (the link is also on Edsby and Telegram). Pre-Regionals will be held on January 13th-17th after school for Hybrid and Presentation Events only, and we highly recommend signing up to help you prepare for your event. Teachers will judge, guide, and provide feedback on your performance based on your official judging rubrics so that you have ample time to improve before WLC. Make sure to bring 2 sets of guidelines to Pre-Regionals so that the teachers will have a rubric to judge from. This is a great opportunity to be as successful as possible in your event, so take advantage of it!
- 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!
- 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](http://www.middletonhosa.org)
- Make sure to follow middletonhosa on Instagram and join the HOSA Telegram channel @middletonhosa