

FIFTH
EDITION

Hey HOSA!

The NC HOSA monthly newsletter

HOSA REWIND

RLC LOOKBACK!

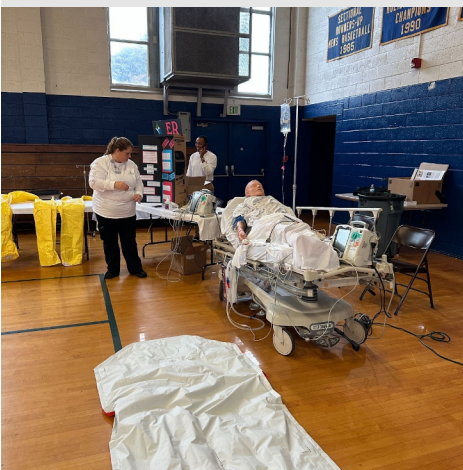
As North Carolina HOSA reaches the finish line for the 2022 Regional Leadership Conference season, we'd like to take a moment to reflect on the amazing memories we've made this fall with HOSA members across the state. Conferences were held in eight NC HOSA regions—Northwest, Southwest, Western, Piedmont-Triad, Sandhills, North Central, Northeast, and Southeast—with great success.

Competitors, please remember to find your ranked winners list on nchosa.org under your region's tab to review finalist placements.

At each RLC, regional officers were tasked with leading their respective opening and closing ceremonies. NC HOSA is grateful to have the help of these student leaders throughout November! We'd also like to thank every volunteer that helped make this RLC season possible. Thank you, HOSA advisors, expo presenters, and guest speakers for your dedication and support. As we move closer to State Leadership Conference, be sure to continue reviewing your competitive event materials each month.

Your state officer team looks forward to seeing members again this Spring!

Stay tuned as we have RLC Recap posts coming soon on instagram (@nchosa)!!



SCHOOL SPOTLIGHT

Hobbton High School

This month's school spotlight is.....

Hobbton High School's HOSA!
Advised by **Mrs. Connie Thornton**

Hobbton High School HOSA, located in North Carolina HOSA's Sandhills region, was established more than 5 years ago and has a longstanding history of dedicated HOSA members. Every year, Hobbton High School hosts a blood drive, among other service engagements with the International Service Project, Be the Match. Hobbton HOSA also strives to hold fundraisers for these service projects.



Recently, your state President Nick Ballard had the opportunity to conduct a virtual chapter visit with Hobbton HOSA, presenting on the keys to a successful chapter meeting, fundraising initiatives and increasing membership.

**CHAPTER
VISIT!**

Request a virtual or in-person state officer chapter visit today at [bit.ly/HOSACHaptervisit!](https://bit.ly/HOSACHaptervisit)

What is a Certified Child Life Specialist?

Certified Child Life Specialists are educated and clinically trained in the developmental impact of illness and injury. Their roles help to improve patient and family care, satisfaction, and overall experience. Throughout life, infants, children, and adolescents confront a wide range of stressful and potentially traumatic situations that can impact their ability to cope. These experiences related to even healthcare can lead to feelings of fear, confusion, loss of control, and isolation which can inhibit their development and in turn have negative effects on their physical and emotional health and well-being.



Overall, child life specialists provide evidence-based developmentally and psychologically appropriate interventions including therapeutic play, preparation for procedures, and education to reduce fear, anxiety, and pain.

How do you become a Certified Child Life Specialist?

Job training typically includes a bachelor's degree from any academic institution that is accredited by the US Department of Education or Council of Higher Education Accreditation. It is recommended that students complete coursework in child development, family system, loss/bereavement, and research. Upon completion of a bachelor's degree, students must complete a minimum of 600 hours of a child life clinical internship as well as a licensing exam.

Competitive events related to this career center around psychology and patient communications, Behavioral Health, Cultural Diversities & Disparities, Human Growth & Development, and Clinical Specialty, etc... would be a perfect competitive event.

To find out more information about these events please visit <https://hosa.org/guidelines/>

HANDWASHING AWARENESS

This month is **National Handwashing Awareness Month**. While handwashing may seem like a tedious task, it is a critical factor in personal hygiene that will greatly protect yourself and others in the long-run, especially preventing the transmission of viruses such as COVID-19. National Handwashing Awareness Month highlights the importance of handwashing and reminds the nation of the accurate steps to handwashing.



One such goal is to further promote the Four Principles of Hand Awareness:

- (1) wash your hands when they are dirty and before eating
- (2) do not cough into your hands,
- (3) do not sneeze into your hands
- (4) do not put your fingers in your eyes, nose or mouth.

As future health professionals, it is more than necessary for us to take the advice presented and utilize it in our future healthcare journey to provide the best and most hygienic care to our patients!

For more information, please take a look at <https://nationaltoday.com/national-handwashing-awareness-week/>.



STATE OFFICER SPOTLIGHT

LEXI DENNING SECRETARY



School: Topsail High School

Grade: Senior

Favorite Subject: Chemistry

Career Goals: Pediatric Oncologist

Competitive Event(s): Medical Terminology, Biomedical Laboratory Science

Hobbies/Interests: Reading, working out, hammocking on the beach, and spending time with family!

Reason for joining HOSA:

I began my HOSA journey in seventh grade, shortly after finishing up cancer treatments. I knew I wanted to pursue pediatric oncology to help kids like myself and a friend suggested that I join HOSA to get a better idea of what working in healthcare entails. I quickly fell in love with the organization, enjoying learning through competitions and making lifelong friendships with peers that shared my interests!

COMPETITIVE EVENTS SYNOPSIS

Public Health

This event provides a great opportunity for HOSA members to work together in a team to develop an effective, dynamic, and creative presentation that informs the public about important public health issues. This event is offered at the secondary and post-secondary levels and teams consist of two to six competitors. There are two rounds, the initial round is an opportunity for a team to convince a panel of judges of their need to view the presentation. If selected to move on to the second round, teams will now be able to present their entire presentation to the judges. Overall, this event aims to inspire HOSA members to be proactive health professionals by providing a presentation that educated the public about a selected topic in public health. To find more information about this event you can visit HOSA's website at <https://hosa.org/guidelines/>

Calendar

January 1-20th

State officer Application

Feb 18th

State Leadership Conference Registration Deadline

Apr 12th-15th

State Leadership Conference



MEET YOUR STATE OFFICERS

The 2022-2023 NC HOSA State Executive Council



Nicholas Ballard

President
Nicholas.Ballard@nchosa.org



Samantha Kamineni

President-Elect
North Central/ Sandhills Region Representative
Samantha.Kamineni@nchosa.org



Erin Greene

Post-Secondary/ Collegiate Vice President
Erin.Greene@nchosa.org



Leah Kim

Vice President
Piedmont-Triad/Southwest Region Representative
Leah.Kim@nchosa.org



Lexi Denning

Northeast/Southeast Region Representative
Lexi.Denning@nchosa.org



@NCHOSA



@NC_HOSA



@NCHOSA



NCHOSA.ORG



@NCHOSA

FOLLOW OUR SOCIALS!

Be sure to check out North Carolina HOSA's social media accounts! We will be posting weekly and want to keep you informed, you don't want to miss this!