

WILDCAT NEWS

Tomball Memorial High School HOSA Happenings



Leaving Our Print

By Jocelyn Auxier, TMHS Appointed Historian

Out of the 76 clubs at Tomball Memorial High, HOSA has proven time and time again to be one of the most participated in and successful student-led organizations. Coming in with 103 active members as well as 8 dedicated officers during the 2021-2022 year, the TMHS HOSA Chapter has left its mark on the home of the Wildcats.

Our members work hard at every bi-monthly meeting where discussions of upcoming fundraisers, community events, and competitions take place. Attendees get their paws dirty by participating in socials where they build valuable connections with fellow members and complete activities to benefit the local shelters and nursing homes.

Our program is always looking for new ways to leave our print at TMHS. Members interested in helping us complete this goal can visit the officers every day before school in room 2401. TMHS HOSA is more than just a club, it's a platform that encourages growth and opportunities!

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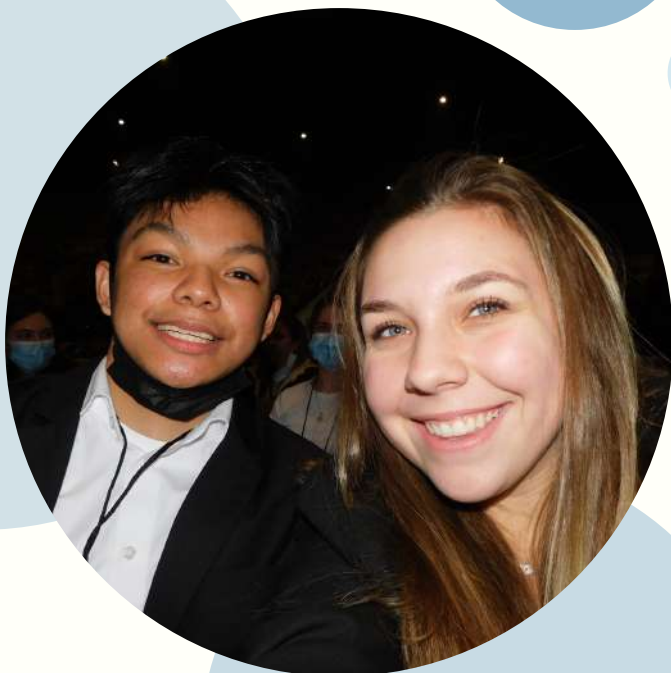
WELCOME OUR WILDCATS

OUR 2021-2022 OFFICER TEAM!

MEET THE TEAM!

On April 23rd, 2021, this year's officer team was inducted into office. Since then, they have created a program of work and year plan to bring our members quality opportunities to grow as future health professionals!

President: Brooke Stuckey
Vice-President: Marcus Deleon
Vice-President: Rheana Aldaya
Secretary: Mylan Le
Treasurer: Natalie King
Event Coordinator: Sydney Cooper
Parliamentarian: Jocelyn Auxier



PRESIDENT'S MESSAGE

No matter what path you take as a future health professional, we hope that your involvement in TMHS HOSA encourages you to open doors to new ideas and experiences. Our officer team would like to welcome you to our family and encourage you to reach out at any time throughout the year. HOSA, for me, has deepened my love for medicine and built countless friendships. I hope that this year will prove to do the same for each of you.

WILDCAT NEWS

PAST EVENTS AND NEWS



Our bi-monthly meetings are our main opportunity to stay informed and connected with our chapter. Members who take advantage of this opportunity are invited to socials following one meeting each month! Whether it is making cards, posters, or just socializing... members create a sense of community when taking advantage of these opportunities!



MONTHLY MEETINGS



Aug - Oct

Members started off the year strong by connecting with members through our introduction socials!

At these meetings, members enjoyed medical-themed information presentations over chapter news and events. After these presentations, everyone was encouraged to socialize with fellow members accompanied by food and drinks.

Nov - Dec

Continuing our service, members donated their time to spreading holiday cheer through card making socials!



To encourage a sense of community and help out nursing home patients during the holidays, members participated in card-making socials after these meetings. As a team, over 50 quality cards were made and distributed!

Jan - Mar



Celebrations took place, congratulating our successful members from SLC through parties and poster socials!

Following the Spring Leadership Conference, members celebrated our two new area officers, state-endorsed candidate, and PSA groups who placed first and second!

WILDCAT NEWS

PAST EVENTS AND NEWS



HOSA Kicked off the year by participating in the TMHS Homecoming parade! We had a total of 37 members help paint banners, decorate posters, and blow up balloons.

Thank you to all members who helped decorate the float and walk with us during this event. We had a blast and hope you did too!



CHAPTER EVENTS



Spirit Nights

Our main way to connect and raise funds for events!

Each month, members are welcome to join our officers at local restaurants during spirit nights! These fundraising events fuel our opportunities. So far, the most successful night was our December spirit night, raising \$107. Make sure to join us in April at MODS Pizza!

Food Drive

Partnering with Student Council to benefit our local food shelter!



As a whole, TMHS HOSA raised over 1200 cans for our local food drive. Thank you to everyone who donated! Your generosity made the holidays so one to remember for many families.



CERT Day

Many HOSA members got their CERT certification through this opportunity!

Congratulations to all members who participated in CERT Day! We are beyond proud of those who put in the time and skill to improve themselves as community members.

WILDCAT WINNINGS

CHAPTER ACHIEVEMENTS



This year, TMHS HOSA broke records through our blood drives! In the fall, we collected 86 units of blood. Which broke the high school record for donations received. In the spring, records were broken again with a collection of 100 units, saving a total of 300 lives! Thank you to everyone who made this possible!



MEMBER SUCCESS

Area Officers



Congratulations to Rheana Aldaya and Taylor Benard for being elected as Area 6 Officers!

These two members passed the Texas HOSA Officer Exam, went through credentialing at the Spring Leadership Conference, and were then elected through a majority vote at SLC. Congratulations to Rheana for the position of Vice-President and Taylor as Secretary!

State Endorsed

Congratulations to Jocelyn Auxier for being endorsed for a State Officer Position!



Jocelyn was endorsed at the Spring Leadership Conference for a state officer position! We wish her the best of luck in Galveston as she represents our chapter at the state level!

Competitions



Congratulations to our two PSA Groups for placing first and second at the spring leadership Conference!

These two groups showcased their skills by creating memorable PSA's over this year's service project, Be The Match. Good luck at State!

HEALTH ARTICLE

How can you balance stress and academic performance?



TESTING AND MENTAL HEALTH

by Jocelyn Auxier

With finals, AP testing, and SAT/ACT testing around the corner... student mental health is at its lowest. How can we combat the rising need for coping mechanisms?

Studies show that 16-20% of teenagers have testing anxiety. This means that without coping mechanisms, this time of the year takes a huge mental toll on those affected. To reduce the stress felt during this time, experts suggest creating routines and managing your schedule. Blocking a 30-minute walk between studying can greatly increase productivity as well as relieve the tension built when sitting for long periods of time. Being consistent will also help to reduce the amount of "purge studying", which can help you feel prepared for a test.

Balancing school and life are hard on its own. It is even harder when trying to do this solo. That is why reaching out to someone is vital. We suggest reaching out to your teachers. When asked if willing to extend due dates to students, 2/5 of teachers said they are more likely to work with kids who have expressed concerns ahead of time rather than those who wait. Creating a connection with instructors can help relieve stress knowing that you have someone supporting you.

Whatever classes you are taking, stress is almost inevitable. Hopefully, with these tips and tricks, you will pass your tests with confidence!

SOURCES:

<https://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/faq-20058195>

<https://www.cpr.org/2019/12/19/more-testing-means-more-stress-for-teens-and-theres-no-solution-in-sight/>

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>