



HOSA HAPPENINGS: Multimedia Chapter Communications Event COVER PAGE

Select and print the best chapter communication pages (maximum of eight (8) one-sided pages) and submit them as directed by the State Advisor, along with this cover page.

How was this communication shared with chapter members? (check all that apply; type or print neatly)

Printed newsletter

Electronic newsletter

Chapter website URL _____

Blog URL _____

Social Media Platform Palm Harbor Middle School Webpage

Other _____

Please complete the information below (type or print neatly):

School Palm Harbor Middle School

Chartered Association Florida HOSA

Historian (chapter designee) Alena McGill

Historian's (chapter designee's) E-mail Address D9.8K@pcsb.org

HOSA Chapter Charter Number 15252

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Advisor's Signature Deborah M. Porter

Please complete the information below (type or print neatly):

Advisor's Name Deborah Porter

E-mail Address Porterde@pcsb.org



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ABOUT US

While Palm Harbor Middle School is still fairly new to HOSA, everyone is welcome! We encourage people to join to help make a difference in our local community. Our HOSA Happenings highlights our school's recent news, along with HOSA-related events.

ONLINE

Website: www.pcsb.org

Palm Harbor Middle School

Facebook:

@PalmHarborMiddleSchool

Instagram:

@palmharbormiddleschool



MEETINGS

WHEN: Every Thursday

TIME: 8:30am

WHERE: 7-103

All are welcome!

LOCAL CHAPTER NEWS

Our local chapter of PHMS includes a few recent events, such as...

International Competition

These girls were two separate teams who placed 2nd and 3rd in the state competition and solidified their presence into the International Competition in Texas. They, sadly, did not place.



Tag Day at Publix to pump up Glam Run participation



These are our student volunteers and Mrs. Porter raising money and getting more participants for the Glam Run!



Glam Run on Feb. 8th! A great 5K with 400 participants!!!



On the left was our student and faculty volunteers for the Glam Run.

On the right is Mrs. Porter with three students who volunteered.



LICE

What are lice?

According to www.mayoclinic.org, they are tiny, wingless insects that feed on human blood. They can spread a multitude of different ways (as shown in Causes). There are three different kinds of lice, head lice (very common in schools), body lice (mainly affects people who fail to bath/wash clothing or bedding regularly), and pubic lice (also known as crabs). The female louse lay their eggs then produce a sticky-type substance for the eggs to latch onto the base of the hair. The eggs then tend to hatch in 6-9 days.



SYMPTOMS

- Intense itching
- Tickling feeling
- Bite marks
- Sores on neck, head, shoulder
- Lice/eggs present

Causes

- Closely stored belongings
- Contact with anything/anyone who has lice
- Head-to-head contact
- Body-to-body contact
- Sexual contact

How to prevent lice

- Do not share combs, brushes, or towels with others
- Avoid head-to-head contact
- Do not share clothing
- Do not share beds or pillows
- Use a fine-toothed metal comb to check for lice and eggs weekly
- Natural preventions such as: coconut, tea tree oil, lavender, eucalyptus, rosemary, lemongrass, and peppermint.

MENTAL HEALTH

How do certain disorders affect people?

There are a variety of disorders that affect the mind which can cause people to act differently, such as mood, personality, and anxiety disorders. These affect people by causing them to act or feel different. The average age range of people diagnosed with these disorders is between 18 and 25 years old.

MOOD DISORDER

A Mood disorder is a mental health condition that affects a person's emotional state.

According to [Mood Disorders: What They Are, Symptoms & Treatment](#),

these people experience persistent and intense sadness, elation and/or anger. Some symptoms of mood disorders are:

- Depression
- Mania
- Suicidal thoughts
- Lack of energy
- Insomnia

PERSONALITY DISORDER

People with Personality disorders tend to be inconsistent with their behavior, causing them to have trouble understanding or accepting situations and people around them. According to [Examples Of Personality Disorders With Distorted Thinking Patterns](#), personality disorders are characterized by patterns of behavior, thoughts and expectations that they don't seem to belong/fit in.

Anxiety Disorder

An Anxiety Disorder is a mental health condition that causes an excessive and persistent feeling of fear, worry, dread, and uneasiness. People who have anxiety disorders are constantly stressed, or anxious, causing them to have mood swings or act differently. In any school, home or work environment, learning coping mechanisms proves to be helpful.

How are we able to help?

We can help people that are battling mental health disorders by making them feel welcome and not making quick judgements. People with mood, personality or anxiety disorders always have a lot on their mind so it is important not to pressure them into uncomfortable situations. One never knows what is going on in these people's lives, so it is important to treat them fairly and respectfully.

OUR HOSA ADVISORS:

Mrs. Porter

Our main HOSA advisor, Mrs. Porter, is also our medical teacher here at PHMS. She oversees our weekly HOSA meetings. Mrs. Porter has been our HOSA advisor for 3 years now and she loves the Health Education event, as well as the creativeness of the students competing.

Mrs. Miller

Our other HOSA advisor, Mrs. Miller, is always at our HOSA meetings on Thursdays helping students out with projects and giving valuable suggestions for improvement. Mrs. Miller has been a HOSA advisor for 23 years between PHMS and PHUHS. Her expertise is truly appreciated!

Our famous Mrs. Porter!



Our wonderful Mrs. Miller!



REGIONAL COMPETITION

Courtesy Core	<ol style="list-style-type: none"> 1. KAELYN MATHIS 2. BRYLEE FRANKIE
Life Threatening Situations	<ol style="list-style-type: none"> 1. ZOEY SHERBURN 2. HAWK KIRKLAND
Exploring Medical Innovations	<ol style="list-style-type: none"> 1. LAUREN O'LEARY, CELESTE JENNE 2. SOPHIA SHARP, AUDREY KRAJACIC
Extemporaneous Health Poster	<ol style="list-style-type: none"> 1. JENNA WRIGHT 2. LANDON ZHU 3. MAKAILA COLEMAN
Foundations of Vet Science	<ol style="list-style-type: none"> 1. EMMALYNN MULLANEY 2. LILLIAN HYATT
Health Career Display	<ol style="list-style-type: none"> 1. ISABELLA VOJA, BAILEY KISTNER 2. JAMIE TOW, LILLIAN NEUBAUER 3. ELLYSE JOHNSON, PATRICIA CRONIN
Health Education	<ol style="list-style-type: none"> 1. CAMILA PONCE, ARIA HEAL, JOSELY BRAVO, KAILEY PAPPAS 2. REAGAN SIMPSON, JOSELYNN DIMARIA 3. GIANNA TAGARELLI, ISABELLA BRADFIELD, MADISON ELKIN, BROOKLYN ARMOUR, NAOMI CHOWDURY, DANIELA GUERRERO-MANRIQUEZ
HOSA Happenings	ALENA MCGILL, PATRICIA CRONIN, DOMINIC KOWALEWSKI
Public Health	SKYLAR DUGGAR, EMILY KITNER, ADDISON BISCHOFF, KEIRA COOK
Prepared Speaking	<ol style="list-style-type: none"> 1. ALEXANDER OCHOA 2. CARTER STRASSER 3. SOPHIA EMORY-VELEZ
Math for Health Careers	<ol style="list-style-type: none"> 1. MARVEL SORYAL 2. NAM LE

REGIONAL WINNERS:

1st place:

Zoey Sherburn

This is one of our 1st place winners. She competed in Life Threatening Situations.



Camila Ponce, Aria Heal, Josely Bravo, Kailey Pappas



These are our girls from last year that went to Texas. This year however, instead of being two different teams they decided to join forces and be one team. They competed in Health Education.

2nd place:

Isabella Voja, Bailey Kistner

These our one of our two top 3 winners for the Health Career Display.



Emmalynn Mullaney



Emmalynn competed in Foundations of Veterinary Science and did a spectacular job landing 2nd place.

Makaila Coleman



This is our last 2nd place winner, Makaila. She competed in the Extemporaneous Health Poster event and did a wonderful job securing her spot.

Reginal Winners Continued

3rd place:



Marvel Soryal

This is our singular person who got 3rd place. Marvel competed in Math for Health Careers.

Jamie Tow, Liliana Neubauer

These are our other girls who competed in Health Career Display.



Sophia Sharp, Audrey Krajacic



These girls are our last group of two in the top 3. They competed in Exploring Medical Innovations.

Gianna Tagarelli, Isabella Bradfield, Madison Elkin, Brooklyn Armour, Naomi Chowdhury, Daniela Guerrero-Manriquez

This is our biggest team complete with six of our HOSA members. They also competed in Health Education and placed 3rd.

