

SEQUOIA HIGH SCHOOL'S HEALTH CAREERS ACADEMY

SPRING 2018 REVIEW



The Sequoia Health Careers Academy (HCA) wrapped up the 2017-18 year commending our graduating seniors and reflecting back on a busy and productive Spring semester.

January saw the HCA begin our celebrated junior class mentoring events and a powerful guest presentation from Impact Teen Drivers on the dangers of distracted driving. Two of our seniors, Dez Frazier and Alex Rojo, were recognized as Youth of the Year nominees at the Boys and Girls Club of the Peninsula (BGCP), and six of our motivated seniors participate in a "Train the Trainers" for our HCA CERT Program. On an academy development front, we began our recruitment efforts for our incoming sophomore class and initiated discussions with Foothill College on developing some Dual Enrollment opportunities between our two programs.

We moved into February with an excellent, engaging, and informative visit to Foothill College where our juniors were exposed to the variety of Allied Health Fields. The juniors continued their impressive month with the completion of their CERT Skills Day, with 42 of



Rising seniors on the CERT skills day, demonstrating how to turn off gas to a home in case of emergency. The students in orange are our graduated HCA seniors.

our academy students becoming certified Community emergency responders. Our seniors began weekly visits from our partners at Future Profits where they would, for the next eight weeks, get practical and pragmatic advice on "soft" economic skills such as credit and investing. We continued our "What the Health?!" t-shirt campaign for all incoming sophomores, our anti-tardy program "I'm on Time, Time to Shine" sticker project, as well as designed and obtained HCA Klean Kanteen water bottles as gifts for our partner organizations

and for sale to HCA students. March and April were busy months as well. The HCA sent three teachers to Sacramento for the annual CTE Educating College and Careers Conference and we held our annual Advisory Committee Meeting (thanks partners!). On the student front, our juniors had their capstone event for the mentor program at the Skyline College Career Fair where they actively participated in career simulations, mock interviews, and student discussion panels. Our CERT trained seniors shined brightly in their green vests



Sophomores engaged in a team-building activity at Hidden Villa.

as they assisted school personnel with the evacuation drill. Additionally, we had an efficient team participate in our second blood drive of the year and had many of our students present at Judy Romero's/ Teen Resource Center's annual Health Fair. We also had field trips to San Francisco State University as well as an empowering sophomore trip to the Boys and Girls Club of the Peninsula.

The activities, events, and experiential learning continued into May as well. Our IB Senior English students stepped up for the exams and our sophomores excelled at the Oracle Social Innovation Camp. Led by exceptional HCA CTE teacher Mr. Greg Schmid, and with the generous help of our community partners, we were able to provide 42 juniors a CERT backpack filled with some of the most essential items that every home needs in preparation for an emergency. From Band-Aid's to flashlights and from emergency blankets and water pouches, each backpack was filled with well over \$100 worth of materials. Furthermore, all HCA juniors were trained by Stanford's Trauma Center on how to control major arterial bleeding in case of gunshot, stab wound or amputation. Students (and staff) learned how to properly apply direct pressure, how to pack a wound and how to use a CAT tourniquet on extremity wounds.

Other events in May saw the HCA again partner with Sequoia Dignity Health in the annual Make Time For Fitness Program and our newly formed HOSA Team initiated and put on an impressive lunchtime Health Panel discussion of four health professionals, an event attended by well over 40 students.

The entire HCA Team wants to thank and celebrate all of our terrific partners. Without the generosity of time and resources, the expertise and advice, the open doors and opportunities, we would not be able to provide our students with the aforementioned opportunities:

Boys and Girls Club of the Peninsula
Canada College
College of San Mateo
Foothill College
Future Profits
Impact Teen Driving
Oracle
Palo Alto Medical Foundation
Redwood City 2020
Redwood City Fire Department/CERT Program
San Francisco State University
San Mateo Credit Union
Sequoia Healthcare District
Sequoia High School Administration
Sequoia High School Teen Resource Center
Sequoia Hospital - Dignity Health
Sequoia Union High School District
Sequoia Union High School District Wellness Advisory Council
Sims Metal Management
Skyline College
Stanford Trauma Center
Target
The City of Redwood City
The Home Depot
Tim Hennessey