

SEQUOIA HIGH SCHOOL'S HEALTH CAREERS ACADEMY

SPRING 2019 REVIEW



The Sequoia High School Health Careers Academy (HCA) opened our busy and productive 2018 Fall Semester with our annual Welcome Back Assembly. We brought all of our students together for HCA faculty introductions, an outline of expectations, and preview of offerings for our students. We discussed volunteer opportunities, outlined big planned events, and introduced our HOSA leadership team program plan. At lunch, one senior, junior, and sophomore were grouped together for an icebreaker activity that promoted community between the classes. We reconvened for our keynote speaker from Decision Education Foundation. Chris Spetzler set a great tone for our school year as he outlined requirements for making good decisions in a fun and accessible manner for our students.

Making good decisions is a theme for the year, and extends to our students through several academic initiatives. For the first time, each HCA student was issued a Chromebook computer, protective case, and power charger to support their learning in the classroom and at home. For students without internet access at home, those students would be granted a “hotspot” so they could be connected outside of school. Additionally, the “Study Space” was revamped to serve students’ academic and tutoring needs at lunch time in most HCA teachers’ classroom, available every



HCA Seniors participating in the CERT Disaster Drill.



HCA student volunteers at the V.I.A. Heart Screening event held at Sequoia High School in November, 2018.

day. In addition to a release day for HCA faculty to plan the semester/year, the HCA teacher team met weekly to discuss best practices to serve academy students and regularly attended IEP and SST meetings to support students with special needs.

Students in all three grades went on field trips this past semester. Our sophomores had an incredible bonding experience at Hidden Villa and were turned onto the terrific services of our community partner, The Boys and Girls Club of the Peninsula. Juniors took a field trip to SFSU and our seniors visited Sonoma State.

Community service continues to be a priority for the HCA. In addition to students performing individual activities, as an academy, the HCA helped with the administration of another successful blood drive and our seniors put their CERT skills to practice in helping the administration during our school-wide evacuation drill. Woodside Fire and RWC Fire supported an additional mock emergency drill complete with realistic wounds and scenarios. Stu-

dents again utilized their emergency response skills of Search and Rescue, medical triage, injury evaluation and bleeding management. The HCA HOSA leadership team stepped up in their contributions of 184 hours of service with the VIA Heart Project Youth Heart Screening. During this important initiative, close to 300 young people were screened for heart related health issues, with many previously undiagnosed issues being identified. We ended the first semester and 2018 with the HCA Annual Coat Drive and were proud of our broader Sequoia community with the collection of 55 winter coats.

The HCA proudly looks back on our accomplishments from the Fall of 2018, but is even more excited about our upcoming Spring 2019 semester. Some of the many activities events we are looking forward to include: our juniors getting CERTified, mentor events, recruitment for next year's sophomores, partnering with Meals on Wheels to prepare emergency go kits, Career Fair, Health Fair, Health Panels, HOSA State Leadership Conference, Open House, Stanford visit, Blood Drive, Make Time For Fitness, Oracle Social Innovation, Marine Science Institute Field trip, and proudly seeing our HCA seniors graduate!