

SEQUOIA HIGH SCHOOL'S HEALTH CAREERS ACADEMY

FALL 2019 REVIEW



The HCA junior class at the Redwood City fire station, at the conclusion of their Community Emergency Response Team (CERT) certification.

The Sequoia High School Health Careers Academy (HCA) had a very busy Spring in 2019, punctuated by an unexpected and unsolicited award. The HCA was recognized as one of seven (of ~400) California Partnership Academies to earn the title of a Distinguished Academy. We were recognized by the California Department of Education for providing exemplary educational opportunities, challenging curriculum, and work with our amazing partners and within the community. Our HCA teacher staff proudly accepted the award in Sacramento in March.

While our Academy is certainly proud of the recognition this award brings to our Academy and school, we are more proud of what our students accomplished last semester in the classroom, with enrichment activities, and contributions to our community.

Our IB Senior English students stepped up for their IB exams last Spring, as well as getting fully engaged with Future Profits for eight sessions on economic literacy where they obtained practical and pragmatic advice on “soft” economic skills such as credit and investing. These seniors also maintained a high profile on campus as the CERT trained emergency responders when they assisted school personnel with the all-school evacuation drill.

The HCA juniors were especially busy, benefitting from the acclaimed Mentor Program as well as finishing their Emergency Preparedness training. After the successful completion of their CERT Skills Day, all 40 of these juniors became certified community emergency responders by the County of San Mateo! And, with the generous help of our community partners, we were able to provide

40 juniors a CERT backpack filled with some of the most essential items that every home needs in preparation for an emergency. 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.

After a number of field trips in the first semester, our sophomores shined at the Oracle Social Innovation Camp as well as having quite the first-hand educational experience on the SF Bay with the Marine Science Institute last Spring. We had representative from all three grades contribute to running our second successful blood drive of the year and had many of our students shine at Judy Romero's/Teen Resource Center's annual Health Fair.

We once again partnered 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.

And it wasn't just the students who were busy – in addition to their teaching loads and weekly HCA meetings, the HCA sent three teachers to Sacramento for the annual CTE Educating College and Careers Conference.

Thank You to Our Community Partners

Reflecting back on 2018-2019 and looking forward to this year, the entire HCA Team recognizes and 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. Thank you!

American Red Cross
Boys and Girls Club of the Peninsula
Canada College
College of San Mateo
Foothill College
Future Profits
Oracle
Palo Alto Medical Foundation
Redwood City 2020
Redwood City Fire Department/CERT Program
San Francisco State University
San Mateo Credit Union
San Mateo County Health Department
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
Sonoma State
Stanford Blood Center
Stanford Trauma Center
Target

HCA Sophomores showing off artistic representations of their cultures during an Ethnic Studies unit.

