



October 18th, 2022!



Welcome to the meeting!
Please sign in using the QR code.

HOSA Creed



I recognize the universal need for quality, compassionate healthcare.

I understand the importance of academic excellence, skills training, and leadership development in my career pathway.

I believe through service to my community and to the world, I will make the best use of my knowledge and talents.

I accept the responsibility of a health professional and seek to find my place on a team equally committed to the well-being of others.

Therefore, I will dedicate myself to promoting health and advancing healthcare as a student, a leader, an educator, and a member of HOSA-Future Health Professionals.

General Information



- **Don't forget your application and fees are due today!**
 - **These must be turned into Mrs.Saraber ASAP**
 - **Dues: \$40**
 - \$10 - National HOSA
 - \$15 - Texas HOSA
 - \$15 - Local HOSA
 - includes snacks!

Competition categories



Don't forget there is an event for each one of you to compete in! Scan the QR code to find a list of options, located on our website, as well as the Texas HOSA website.

At the end of this meeting please come to us with your event picked out in order for us to get your name and event down.

The Texas HOSA website also has provided resources to study for your specific event, but it is also a good idea to check a textbook out from Mrs.Saraber!

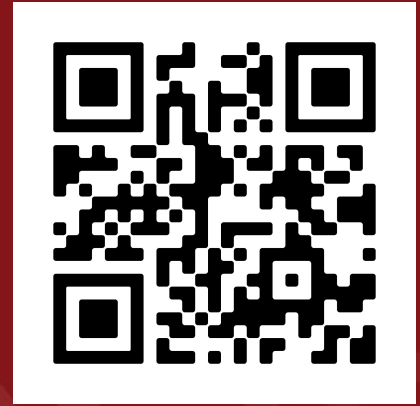


Competition

- **Fees**

- Competing: \$35-\$45
- Testing Fee: \$5-\$10

Competition will start at the end of November so get us your category asap.



Stay Connected!



↳ Remind Code - @23frhshosa

↳ Instagram: @hosaatridge

↳ Twitter: hosa_ridge

↳ Facebook: hosa.ridge

Missed a meeting? visit our website
for information you missed! ➡



Upcoming events

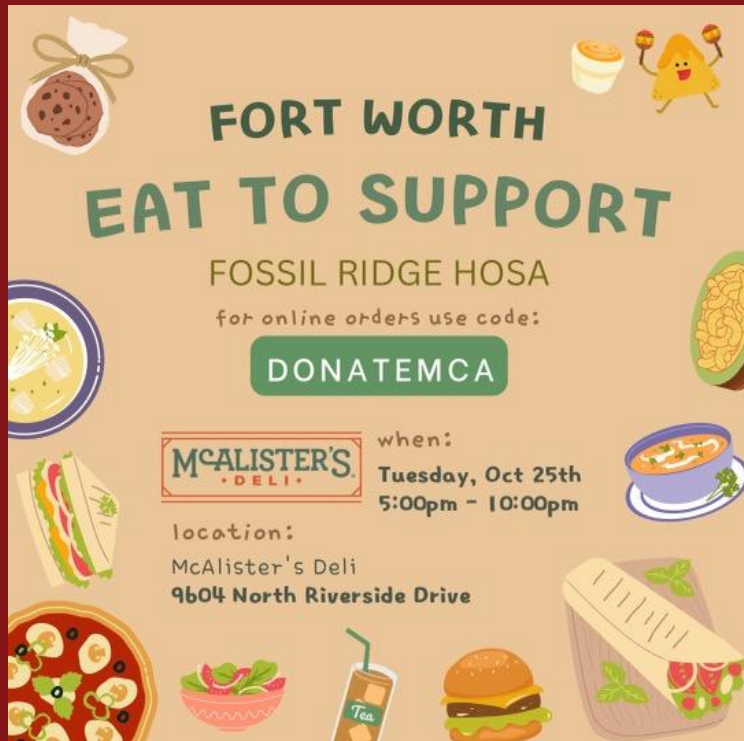


Want a super cute ticket like this one?

Purchases are starting this week

- **Bring \$5 to Mrs.Saraber by OCT. 20TH!**

Upcoming events



OCT. 25th we will be having a food night so please join us and share with your friends!

Upcoming events

Swipe to learn more

Donate Hygiene Items to Room 233 for Comm Service Hours!

Items donated will be given to a battered women's shelter.

To get hours you can:

1) Donate any of the following products: (All products must be sealed packages!)

- Shampoo
- Deodorant
- Body Wash
- Toothbrushes
- Toothpaste
- Razors
- Period Products

2) Write an encouraging note

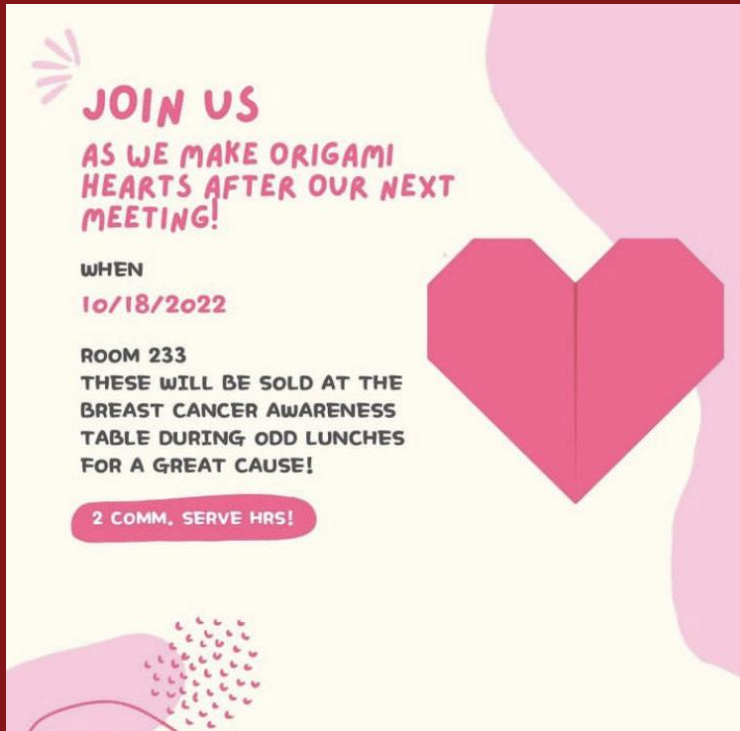
- Women in these shelters are going through incredibly tough times and need all the positivity they can get.

10 Products = 5 hrs

5 cards = 1 hr

10 Products + 5 cards = 8 hrs

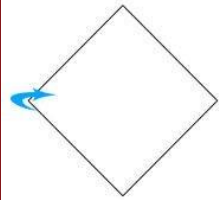
Upcoming events



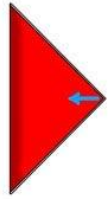
- Today, we will make the origami heart project to get fundraising by selling them in the breast cancer events at HOSA lunch table.
- Opportunity to receive 2 community service hours.

Upcoming events

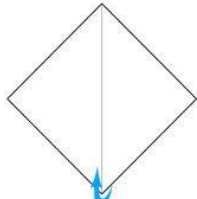
How to Make an Origami Heart



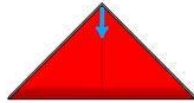
1. Fold a square paper in half



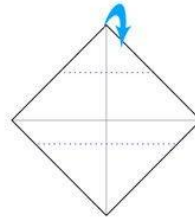
2. Open up the fold



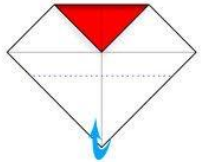
3. Fold the other half



4. Open it up



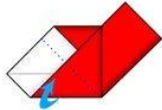
5. Fold along the upper imaginary dotted line



6. Fold along the lower dotted line



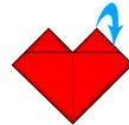
7. Fold along the dotted line to the right



8. Repeat with the left side



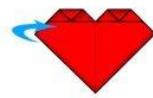
9. Flip the structure



10. Fold along the top right dotted line



11. Same goes for the left



12. Fold along the dotted line at the left edge



13. Repeat with the right side



14. Flip the paper form



15. The heart is made

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