

# HOSA HAPPENINGS

Canyon Spring High School  
Moreno Valley, CA



## CANYON SPRINGS HOSA

by Angelita Carungcong

During the 2017-18 school year, Canyon Springs' HOSA club welcomed many new members, as well as returning members into the organization. Students explored the various event opportunities and dedicated their time to studying & preparing to participate at the State Leadership Conference in Anaheim, CA in April.

This newsletter will give readers an insight as to what opportunities Canyon Springs' HOSA & Health Academy members were offered & what they were able to take away from each experience and lesson.



By: Angelita Carungcong  
Chapter Treasurer

# Loma Linda University

By: Kathy Bounnavongsor & Angelita Carungcong

## Health Careers Academy Seniors Visit Loma Linda University Medical Center

On November 03, 2017, the Canyon Springs High School Health Careers Academy senior class, visited Loma Linda University Medical Center. Upon arrival, the students were given an overview of what LLUMC has to offer. The students were then directed to the cadaver labs.

There they were taught about the anatomy of the thoracic cavity and muscle structure. HCA students also experienced simulations of a patient in labor, a patient who was under the influence, and the setting in which paramedics operate.



## HCA Students Get CERTified

By: Angelita Carungcong

This past January, Canyon Springs Health Careers Academy students attended Community Emergency Response Team training, where they were trained by the Moreno Valley Fire Department to provide aid to their community in the event of an emergency. Over the course of three days, students had the opportunity to extinguish fires, learn cradling, and first aid.





This certification has made it possible for HOSA students to compete in the CERT event. Throughout the year, members participating in CERT have practiced their skills and studied for their event test, leading up to SLC. Not only have students been looking forward to compete in CERT at the State Leadership Conference, all certified students are prepared to help out when needed.



# Freshman Preview Day

**By: Kathy Bounnavongsor**

Incoming Freshman Visit the  
HOSA Booth



On February 14, 2018, two Middle Schools arrived at Canyon Springs High School in Moreno Valley, CA for a campus tour.

Various clubs were stationed outside, welcoming the students and encouraging them to join.

Alex Pena (left) and Angelita Carungcong (right) welcomed the students at the HOSA Booth. Both Alex and Angie did a great job at describing what HOSA stands for and what potential members can expect to take away from the club.

The incoming freshmen were very eager to learn more about HOSA events and competitions as well as the idea becoming CERTified.

# Health Academy Senior Field Trip to Pantages

By: Angelita Carungcong

On March 16, 2018, Canyon Springs' Health Careers Academy and HOSA students attended the Pantages Theatre, in Los Angeles, CA. While there, students and staff enjoyed the enchanting atmosphere and the exquisite architecture of the theatre. The Health Academy has the opportunity to watch the well known play, *Aladdin*, which represented cultural diversity and many valuable themes seen throughout society.



# H.E.L.P. in The Community

By: Kathy Bounnavongsor



Each year, resident doctors from Riverside University Health Systems instruct the Canyon Springs Health Careers Academy students. This year was no exception. Sophomores learned about the importance of having a background in nutrition. Juniors and Seniors made presentations on various health advocacy topics and presented them in a clinical setting. To wrap up the year, the resident doctors held an informational panel about poverty and nutrition throughout the city of Moreno Valley, and how residents of the city are affected each and every day.





Canyon Springs High School

Jiselle Arana  
HOSA Chapter President  
2nd April 2018

**Dear Class of 2019,**

During my freshman year, I was a part of the pre-academy that Health Careers Academy provided. While in the pre-academy, I realized that I wanted to transition into HCA for the next three years at Canyon Springs. Health Careers Academy has molded me into the person I am today. This academy has given me the stability, strength, and courage to continue pursuing a medical career after high school.

Through this academy, I have been given several opportunities that have made me become successful. This academy has taught me how to handle responsibilities when given, and how to connect with others and work together to achieve our goals. It has also taught me how to handle stress and difficult situations with the support from our amazing teachers and students.

After being in the academy for one year, I joined Health Occupations Students of America (HOSA) my junior year. I was given the chance to be a part of the State Leadership Conference in Sacramento and I absolutely loved it. It is exciting and it really made me connect with other members in the academy, as well as other students from different high schools throughout California.

During my senior year, I was given an incredible opportunity to be our HOSA Chapter President. By being a part of HCA and HOSA, I have been motivated by my classmates to be the best person and president that I can be. There is so much dedication and determination shown through each and every one of our academy's students. Thank you for allowing me to be your 2017-18 HOSA Chapter President and for allowing me to be a part of your high school journeys within HCA and HOSA. Good luck class of 2019!

**Sincerely,**

**Jiselle Arana**  
**HOSA Chapter President**