

Table of Contents

1. Women's History Month
2. National Doctors Day
3. Is it luck? SLC/ILC study guide
4. HOSA NMDP Walkathon
5. AZHOSA Middle School Conference
6. AZHOSA SEC Playlist
7. Red Cross Month
8. St. Patrick's Day
9. Spring Cleaning Tips



MARCH IS WOMEN'S HISTORY MONTH

DURING THIS MONTH, IT'S IMPORTANT TO ACKNOWLEDGE THE CONTRIBUTIONS WOMEN HAVE MADE IN THE WORLD, ESPECIALLY IN THE MEDICAL FIELD. IN FACT, 8 OUT OF 10 HEALTHCARE WORKERS ARE FEMALE (NIH)!

March 30 is.... National Doctors' Day!



Help us celebrate our healthcare heroes, and show them your appreciation! National Doctor Day was first celebrated has been celebrated in 1933, in Winder, Georgia. Since then, it has become an event celebrated by health care organizations and institutions across the nation.



Is it Luck? SLC/ILC Study Tips & Tricks

1. Start studying as soon as you can for your test!! Do not procrastinate.
2. Use resources like quizlet for study sets, the library for textbooks, and your teachers for resources.
3. Switch it up! Study in different places to keep your productivity up while you're studying.
4. Peers! Use your peers to help you study. Hold each other accountable and test each other's knowledge (bonus points if they are competing in the same event as you)
5. Contact! Reach out to students you know have been successful in the event or contact Arizona HOSA's State Executive Council for help!



PVHS BIOSCEINCE HOSA

HOSA NMDP WALKATHON!

PVHS Bioscience HOSA hosted a Walk-a-Thon on February 23, 2024 to raise money for the NMDP Organization.

Each member raised a minimum of five dollars with our chapter raising \$2,000+ to support the cause.

Members spent an hour at the Walk-a-Thon and collected pledges or blanket donations to raise as much money as they could!



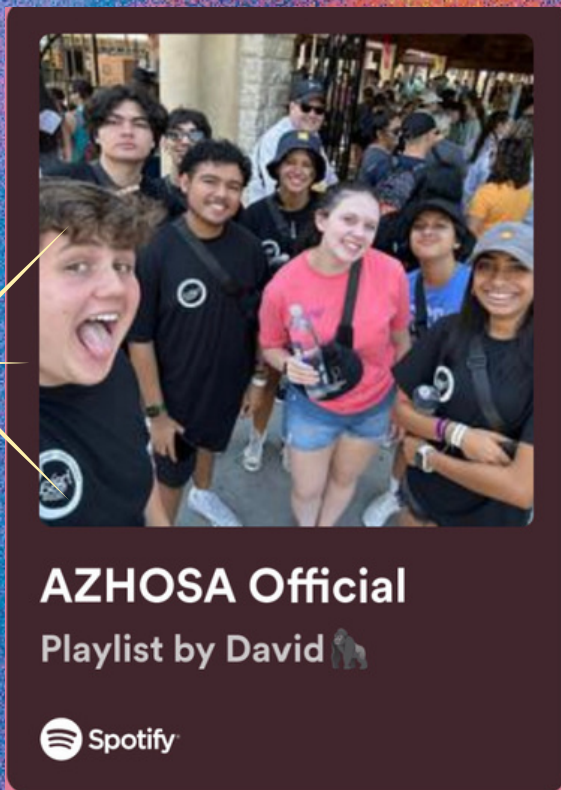
AZ HOSA Middle School Conference



Willow Canyon HOSA had the opportunity to be able to have a conference with the Dysart Unified school district middle schools throughout Surprise and El Mirage. The students come from all sorts of schools and backgrounds. The CNA HOSA members lead the presentation with the gifted middle school students with a double helix edible DNA hands-on session. The HOSA members were able to create a clear, concise and fun activity. Considering the scientific and biological aspects, while sharing facts about us and humans who have DNA related illness or diseases. With instructions from the HOSA members the kids were able to create not only their own DNA strand but were able to combine theirs to create a massive DNA strand. The HOSA students also talked about the HOSA program and what it has to offer. The HOSA members talked about what it was like being a HOSA member and all the fun and academic activities they were able to do. Many kids asked questions about HOSA and also about the Nursing Program that the HOSA members are in. After talking about HOSA the kids talk about what they wanted to do when they got older and about where they wanted to go to high school.



AZHOSA SEC PLAYLIST



See some of your
SEC's favorite
songs!!

MMARCH 2024

Red Cross Month

Maarch is Red Cross month, where time is taken to celebrate those who have supported their communities through the Red Cross.



Celebrating those who care for others

American Red Cross Volunteer Recognition Event

View the guidelines to be recognized at azhosa.org

Thank you to all Red Cross Volunteers!

In 1943 president Franklin D. Roosevelt issued the first Red Cross Month Proclamation to help celebrate those across the country who turn to help their communities in times of need. To celebrate this month either thank someone who has, or commit to helping your community yourself by donating blood or plasma, learning lifesaving skills, volunteering or making a donation.

As HOSA members we have the opportunities to volunteer and be recognized in HOSA for your contributions to the Red Cross through the Red Cross Volunteer Recognition Event. If you have contributed to the Red Cross Arizona HOSA thanks you and would love to thank you on stage in April!

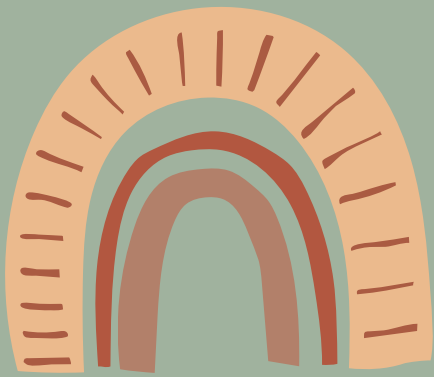
HAPPY
St. Patrick's Day



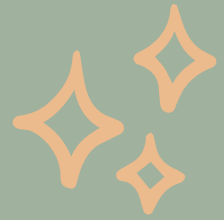
March

Sunday, the 17th

St. Patrick's Day is the day celebrating the life of the Patron Saint of Ireland, St. Patrick, and his duty of bringing Christianity to Ireland. Traditionally, people would wear green and have a feast to celebrate every March 17th.



Spring Cleaning Tip



Here are some spring cleaning tips:

1. Start with decluttering: Get rid of items you no longer need or use to create more space.
2. Set a schedule: Break down tasks into manageable chunks and allocate specific times to tackle them.
3. Use natural cleaners: Opt for eco-friendly products or make your own using ingredients like vinegar, baking soda, and lemon.
4. Clean from top to bottom: Start with high surfaces and work your way down to avoid re-dirtying areas.
5. Don't forget the hidden spots: Clean behind furniture, inside cabinets, and underneath appliances.
6. Focus on one room at a time: Complete each room before moving on to the next to maintain momentum and see progress.
7. Freshen up fabrics: Wash curtains, linens, and rugs to eliminate dust and refresh the space.
8. Organize storage spaces: Use bins, baskets, and labels to keep closets, cabinets, and drawers tidy and clutter-free.
9. Maintain a regular cleaning routine: Establish habits to keep your home clean and organized throughout the year.