



HEALTH CARE HEROES

Volume 2, Issue 3

January 2015

Health Care Info

2nd Quarter has ended and 3rd Quarter has started. We welcome our permanent 9th grade exploratory students.

 **Mark your calendars for Open House on Tuesday, February 10, 5-7 p.m.** 

9th grade students have received the Health Guidelines for this school year. Please take a moment to review, complete, sign and return them. Lastly and most important, have students bring in copies of their health insurance card(s), physical exam forms and immunizations. All Health students need to have an updated MMR, Varicella and Flu shot.

9th grade students will need to provide the \$10 payment to receive their own scrubs; color is Malibu blue and a white scrub jacket. We highly recommend that they purchase an additional set. Local merchants selling scrubs—Scrub Wearhouse (Holyoke), Work 'N Gear (West Springfield), and Walmart stores.

12th grade students have completed their Home Health Aide and Transitional Care certifications. Congratulations!!

Hygiene: As the students begin their clinical experience, it is necessary for them to practice good hygiene, including mouth care, showering, using deodorant, and wearing clean and wrinkle free scrubs. Additionally, scrubs should be washed after each clinical day to prevent the transfer of germs.

Career Day: is March 16th. EMTs and a lab technician will be here to discuss their career choices to the 9th and 11th grade students. Students will be able to tour an ambulance and view specimens.

Collecting for Dakin: 10th grade students will be going on a tour of the Dakin Humane Society. We will be collecting the following items throughout the month of January and February: canned and dry cat food, cat litter, cat toys, small ceramic cat bowls, dry dog food, rubber kong toys for dogs, and bully sticks. Monetary donations are accepted as well.

CPR: 10th grade students will be training to receive their CPR certification in January and February.

Tours: During November and December, 11th and 12th grade students toured local colleges. Pictures on reverse.

Volunteering: West Springfield Senior Center visitors were treated to a blood pressure and basic nail care clinic by the 11th grade students.

Dates to Remember:

CNA Exam for 12th	Feb 13
Winter Break	Feb 16-20
OSHA for 10th	Feb 11 Mar 2-5
Skills USA District	Mar 10
Career Day	Mar 16

Lunch Program

Career TEC's lunch is being provided by the Culinary Arts teachers and students this year. If there is a half-day at their home school, most times students will eat lunch here. The menu is posted in class. Lunch is \$2.50. If you receive free or reduced lunch at your home school, you will need to complete a free/reduced lunch form for Career TEC in order to qualify here. Please ask the teacher for a form if needed and return as soon as possible.

We're on the Web!
www.lpvctec.org

Lower Pioneer Valley Career TEC

174 Brush Hill Avenue
West Springfield, MA 01089
Phone: 413-735-6300

Health Teachers

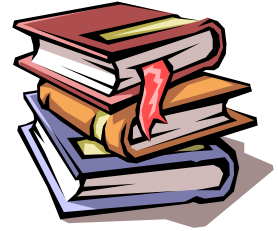
Meet the Teachers in the Health Program:

9th and 10th: Mrs. Bowler
dbowler@lpvec.org

10th and 11th: Mrs. Jarvis
mjarvis@lpvec.org

11th and 12th: Mrs. Westcott
rwestcott@lpvec.org

Technical Assistant: Ms. Sabine
psabine@lpvec.org



Above: 11th and 12th graders on tour at Springfield College.
Right: 10th graders at Feeding Lab



Above: 11th graders practicing skills at West Springfield Senior Center.



Planned Trips and Activities

Dakin Humane Society—March 13 for 10th

Forastiere Funeral Home—May 8 for 10th

Health Fair—Thursday, May 9 for 9th, 10th, and 11th. Health Fair requirements with due dates have been distributed to all students.

STCC—date to be announced for 11th

Resources

Students are issued a USB with textbook and workbook files.

Students are asked to create a *Quizlet* (www.quizlet.com) and *Khan Academy* (www.khanacademy.com) account for medical terms. Both are free and will help your students prepare for class.