

Welcome Back!



**September
Newsletter**



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*For more info, go to
<http://www.newyorkhosa.org>*

HOSA: CHAPTER CHALLENGES

These challenges are a NYS HOSA tradition to increase school spirit and involvement in HOSA. Every time your chapter completes a challenge, with photo or video proof, your chapter earns 5 points. The NYS HOSA chapter with the most points earned by the end of March 2025, will be awarded a plaque for “Chapter Newsletter Challenge Winner”, at the NYS HOSA Spring Leadership Conference, and hang it proudly in their classroom!

Challenge #1: Positivity poster

September is Suicide Prevention Awareness month. For this month's challenge, please make a chapter poster that displays positive words of encouragement. The goal is to motivate and reassure your peers that no one is alone and that if you need help, people are here for you. Include the national suicide hotline number somewhere on the poster: 988. Hang the poster somewhere in your school or classroom!

Submit a photo of the poster to NYSHOSANewsletter@gmail.com.

TO RECEIVE CHALLENGE POINTS AND RECOGNITION MAKE SURE YOU HAVE THE FOLLOWING IN YOUR EMAIL:

- Chapter school name and Chapter number
- Name of the chapter advisor and chapter president
- Name and description of the challenge



SUICIDE PREVENTION AWARENESS MONTH



Reminders:

September is National Suicide Prevention Month a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

Support:

Please remember that you should always try to reach out to your friends, families or associates that may be struggling with their mental health. Your support of listening & your kind actions can make a positive big difference in someone's life.

Advocate:

- Raise awareness about suicide prevention
- Break the stigma and end the silence around mental health differences
- Stick up for a friend you think may be struggling
- Stress to your peers that seeking help is okay.

Trustees

- Teacher
- Parent
- Counselor
- Friend

Sources for Support:

- Suicide & Crisis Lifeline: 988
- Text 'BRAVE' to 741741



State officer Training



In August, the state officers met in Albany for the New York State officer training.

While there, we planned the activities for the fall conference and participated in numerous team bonding activities, including an escape room earning a high score of 89 out of 99! We hope you all enjoy the fun activities and experiences we have planned for FLC.

Get ready for a great year!





FALL LEADERSHIP CONFERENCE

NOV. 21-22, 2024

ALBANY, NY

FLC is coming soon! Here are some things you need to know to start planning for your arrival.

Attendees will spend the day at Albany College of Pharmacy and Health Sciences. We will tour the college, get college application tips from their admissions office and participate in multiple hands-on workshops.

Attendees have the opportunity to earn the NYS HOSA Achievement Award.

Step 1: Before arriving at the FLC, you will take the online Achievement Award test and pass it with an 85% or higher. Make sure to use the NYS HOSA 2024-2025 study guide to get ready - find it on www.newyorkhosa.org or Click here: [HOSA STUDY GUIDE](#)

Step 2: At the FLC you must attend all sessions and activities.

Step 3: Recite the HOSA Creed (solo!) to one of the state officers, without notes!

Those earning the Achievement Award will receive a unique NYS HOSA pin.

All students and adults attending the Fall Conference are required to complete both the Medical Release and Code of Conduct forms. Don't forget to get all signatures for both forms!

The forms are posted on the [New York HOSA](#) website

A detailed packing list with everything you may need to bring, was emailed to your NYS HOSA chapter advisor.

Everyone must dress in official HOSA uniforms or business attire for all sessions and meals.

Registration & hotel reservation deadlines: 10/25/24



REMINDERS & UPCOMING EVENTS

To Do List

- COMPLETE YOUR HOSA MEMBERSHIP REGISTRATION USING THE HOSA MEMBERSHIP FORM: [HOSA MEMBERSHIP INFO](#) AND GIVE YOUR DUES TO YOUR CHAPTER ADVISOR
- REGISTER FOR THE FALL LEADERSHIP CONFERENCE AND BOOK YOUR HOTEL ROOM (DEADLINE: OCT. 25TH). SPACE IS LIMITED!
- SUBMIT YOUR NEWSLETTER CHAPTER CHALLENGES TO: NYSHOSANEWSLETTER@GMAIL.COM (DEADLINE: SEPT. 30TH)
- PLAN ACTIVITIES AND FUNDRAISING IDEAS FOR YOUR CHAPTER TO HELP SUPPORT YOUR CHAPTER'S ATTENDANCE AT THE NYS HOSA CONFERENCES AND TO SUPPORT THE HOSA SERVICE PROJECT: NMDP [HTTPS://BETHEMATCH.ORG/](https://betthematch.org/)



New York State HOSA Membership Application

Due to changes in Federal and New York Education laws you will need to provide your advisor with the information below as they are not allowed to get the information from school files. If you complete the application form we will be using this information only for HOSA membership registration, Fall Leadership Conference registration, Spring Leadership Conference registration, International Conference Registration, and use for newsletters and website (script, videos and pictures).

Welcome to HOSA! In order to complete your membership application, you need to complete this form:

First Name				Last Name			
Home Street Address							
City				State	NY	Zip Code	
Phone Number					Email Address		
Grade		Gender (Male, Female, Other)			Race (Asian, Black, Latino, Native American, White, Other)		
School Name					T-Shirt Size (shirts for SLC attendees only)		
School Address Street					City		Zip Code
Advisor's Name							
Advisor's email					Chapter #		
Student Signature					Date		
Parent Signature					Date		

For legal reasons you need the actual signatures do not select a font and sign it that way. You can either print this form and sign it or apply an electronic signature.

Dues for 2024-2025 are \$22.00* (\$10 for National HOSA Affiliation, \$12 for NYS HOSA Affiliation).

*Your school chapter may choose to add an additional membership fee for use at the local chapter level.

The form should be kept on file at the local chapter