

Pensacola Junior College Simulation Camp



FSU Summer Institute

My experience at the FSU Summer Institute was incomparable to any other. We all had so much fun and if I could, I would definitely apply again in a heartbeat! When we arrived we had team building exercises where we broke up into teams and had to complete games/tasks. We got to know everyone a little better. Over the next 4 days we learned a lot about how to prepare for the ACT, applying to colleges, where to look and how to apply for scholarships and grants, and even learned more about FSU through different lectures. We each signed up for a field we wanted to shadow in, and I picked surgery. I arrived at the hospital very early in the morning. I was taken to a room where a woman was having a hip replacement. It was so bloody! I also saw a knee replacement; that was brutal! I got queasy and had to leave though because the sound of the bone being sawed was too much for me to handle. I learned that orthopedic surgery isn't for me! One night we even got to go down to the cadaver lab! We wore gloves and got to touch them while our mentors partnered up and explained what certain parts were and how they worked. Before we went down there, Brian, a mentor, read letters from the families of the people who donated their bodies to the science lab. They were really touching, but we all got a better feel of just how brave those people were and we respected them that much more.

We visited an elementary school and volunteered at their field day. Another night we went to an old folks' home where they go to live because they want to and we watched the movie "Up" with them. They talked to us all about their lives and they were really amazing people. We had to practice vital signs, where they gave us our own stethoscope to keep, and our clinical learning skills, which is where you ask the patient lots of questions about what's wrong with them. We were put into simulation rooms of a doctor's office and we had to pretend to be a doctor's assistant and ask the questions. The night before the banquet, after all of our hard work, we were taken to The Fun Station, which we all know, and we played a ton of laser tag! My team came in second out of the four teams. We went to Sonic and everyone just laughed and had a really good night, though we got home really late and still had to wake up early. Before we went to sleep that night, all the kids sat in the hall and hung out for the last time where we could just goof off together. In between all of our lectures and activities, we were also making time for research. We had to make a huge poster board about tobacco.



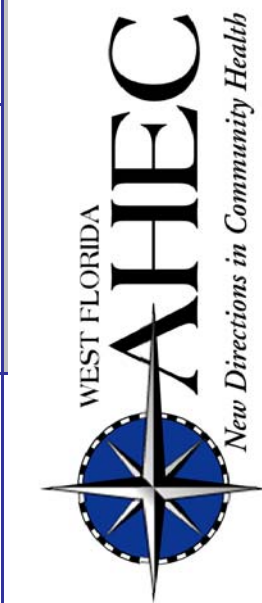
While we were there, we got the chance to live like a student. I lived in a dorm, which consisted of 3 bedrooms, a common room and a kitchen. Everyday we ate breakfast, lunch and dinner in the eating hall, except for a few times when we were given the treat of huge pizza and when we stopped at McDonald's. The night of the banquet the research groups presented their posters and then we sat in an auditorium where speeches were made and the winners were announced of the poster competition. We each received certificates for completing 70 hours of community service and for our clinical learning skills. Last, we ate dinner with our new friends and our families, then it was time to say good-bye.. It was so hard to do because I got so close to everyone there and it was such a wonderful experience. I wish I had to chance to do it all over again!

- Skyler Cross

Senior Okaloosa SSTRIDE student



~ October 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Cancer Awareness Month					1 Substance Abuse Training for 11 th and 12 th graders in preparation of Red Ribbon Week Presentations, 2 – 4pm	2
3	4 CPR Training, Davidson Middle School, 2pm	5 ACT Prep Class 2-4pm	6 HOSA Fall Conference	7 Early release – Lab Day Blood Pressure Checks – Chamber of Commerce Breakfast	8 Teacher Work Day – Blood Pressure / Sugar checks, CHS 9-11am	9 End 1 st nine weeks – tutoring assignments
10	11 CPR Training, Shoal River Middle School, 3pm HOSA Meeting – 2pm	12 ACT Prep Class 2-4pm Hospice Meeting – 2pm Parent Support Group Meeting – 6pm CHS	13	14	15	16
17	18 CPR Training, Crestview High School, 2pm	19 ACT Prep Class 2-4pm	20 Breast Cancer Awareness for School Staff, CHS, DMS, and SRMS	21	22 Assist with set-up of Chamber of Commerce Health Fair	23 Chamber of Commerce Health Fair – Blood Pressure Checks and Break-down
24	25 Red Ribbon Week Practice Presentations WFAHEC 2 – 5pm HOSA Meeting – 2pm	26 ACT Prep Class 2-4pm	27	28 FDLE Lab Tour, Pensacola AP Chem	29 Red Ribbon Week Presentations at Shoal River and Davidson Middle Schools by 11 th and 12 th graders	30



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Upcoming Events:
PLEASE CHECK THE WEBSITE FOR A FULL LISTING OF EVENTS

- Sept 27th: CPR Certification @ 2 pm at CHS
- Sept 27th: HOSA Meeting @ 2 pm
- Sept 28th: Induction Ceremony @ CHS—6 pm with Senator Don Gaetz
- Oct 1st: Substance Abuse Training for 11th and 12th in preparation of Red Ribbon Week Presentations, 2 - 4 pm
- Oct 4th: CPR Training @ DMS— 2 pm
- Oct 5th: ACT Prep Class @ 2—4 pm (every Tuesday until Nov 30th)
- Oct 6th: HOSA Fall Conference
- Oct 7th: Blood Pressure Checks—Chamber of Commerce Breakfast
- Oct 8th: Blood Pressure & Blood Sugar Checks @ CHS 9— 11 am
- Oct 8th: Teacher Work Day
- Oct 11th: CPR Training @ SRMS – 3 pm
- Oct 11th: HOSA Meeting @ 2pm
- Oct 12th: Parent Support Group Meeting @ 6 pm—CHS



Welcome Back!!!

I really can't believe we have already been back at school for over a month! Seems like we were just wishing our graduates good luck on their new paths! While we may have wished for a little longer summer to refresh and recoup, we will be happy to have the semester exams over prior to Christmas and even happier when school gets out May 19. The students have been working diligently in their new classes and other activities, and I am so proud of them. As you may recall from the interviews for SSTRIDE admission, one of the things I said multiple times was that the SSTRIDE program was hard and that it would require work on behalf of the students and support from the parents to assure that the goals are met. I thank you all for that commitment. If you feel the need for additional assistance, or if you have questions or suggestions, please feel free to contact me or your SSTRIDE teacher. We have a lot of events planned for this year and, as always, want this to be your student's best year ever! We will be welcoming our new students at the Induction Ceremony on Tuesday, September 28th at 6pm in the Crestview High School Media Center, and we are honored to have Senator Don Gaetz as our guest speaker. Information packets for this year will be available that evening. I look forward to seeing you all there.

— Penny Eubanks

Induction Ceremony September 28, 2010 at Crestview High School @ 6pm with Senator Don Gaetz

Parent & Parent Support Group Information

We Need Your Help as a member of the SSTRIDE Parent Support Group! We have 17 graduating seniors this year, so the time is now to begin work on some projects to help raise funds for our local SSTRIDE scholarships. We have been extremely blessed to give each one of our graduates a \$250-\$275 scholarship and hope we will be able to do so this year. For instance, our president, Russ Smith, said after our spring yard sale that we should do another this fall, so with your help, we can do that. What do we need? We need your time and your thoughts and your unwanted items. We need your help to plan it. We need your additional ideas to raise funds without the always dreaded "packaged sales"! The time commitment is small, but the return for our students is huge. You may have other things you wish to work on besides scholarships, but we will never know if you don't come and share those ideas. The first meeting is October 12, 6pm, Crestview High School. We will let you know the exact location as we get closer.

PLEASE COME!!!
 — Penny Eubanks