

2020 Oklahoma HOSA SLC Virtual Activities

Stay connected with OK HOSA SLC through Oklahoma HOSA FaceBook and Instagram

“Safer @ Home” Scavenger List--April 6-17

Something FUN to do while at home! Participate in the OKHOSA SLC “Safer at Home” Scavenger List.

Email pictures or video to the state advisor at Debbie.Bennett@careertech.ok.gov

Each day pictures/video will be posted on the Oklahoma HOSA social media pages with the participant pictures.

- An image of you while baking a delicious treat.
- An image of you in your at-home fort.
- An image of you while getting active (lifting weights, walking, running, yoga). This is a way to still participate in the National Pediatric Cancer Foundation Walk!
- An image of you with the craziest hairstyle
- An image of you showing some type of kindness.
- An image of you participating in an indoor picnic
- An image of you with as many layers of clothing as possible.
- An image where you are participating in a movie night
- An image or video of you singing a song while washing hands (There is a perfect song)!

"Tops and bottoms

Tops and bottoms

In-between

In-between

Don't forget your fingernails

Don't forget your fingernails

And your thumbs

And your thumbs"

- An image of you with your vision board (A regular size paper that has a layout of how you want your future to look.

OK HOSA Spirit Days—April 13-15

During this year's Oklahoma Virtual SLC we invite you to join in our Spirit Challenge. Please submit a creative and appropriate picture to

Debbie.Bennett@careertech.ok.gov with Subject: Name and School each day.

We will be choosing the top 5 pictures to post on all Oklahoma HOSA social media each day. The top 5 pictures will receive a pair of HOSA socks!

- HOSA Merchandise Monday-Show your favorite HOSA colors or HOSA merchandise
- Towards Tomorrow Tuesday-Dress in the attire of your future health occupation
- Western Wednesday-Show your greatest western gear

These Spirit Days are meant to be fun and so show use your best and most creative ideas.

Alumni and Advisor Days—April 20-23

Calling all OK HOSA alumni and advisors-----share with us your favorite picture of your HOSA time! Send the photo to our state advisor at Debbie.bennett@careertech.ok.gov

Virtual Silent Auction—April 20-22

Auction items will be posted on the OK HOSA website. Tickets for chances will be sold through PayPal. Each ticket will be \$1.00 and worth one chance for an item. Therefore, chances will be sold in \$1.00 increments. Additional deadlines will be shared as the event gets closer.

OK HOSA State Leadership Conference Session—May 1

Your state officers will be hosting this year's conference session on YouTube.

Recognition award winners, Star Chapters, Outstanding Advisors, Rebecca Needham Anderson Scholarship winners, and a special Keynote from Mr. Patrick Grady is planned to air on May 1. Time is TBD. All competitive event winners will be posted on the OK HOSA Website at www.okhosa.org on May 1, 2020.

Hair Donation to Children with Hair Loss

- 1.Go to childrenwithhairloss.us
- 2.Select donate your hair
- 3.Make sure you meet all guidelines provided

4. Scroll down to hair donation form, it will download as PDF
5. Print off form and fill it out
6. Then go back onto childrenwithhairloss and select salon/barber partners
7. Search the city you are in to find the nearest salon or barber that will cut your hair for free to donate
8. Make sure hair is clean and dry before you donate.
9. Once hair is cut, place in plastic bag tightly
10. Place baggy in padded envelope along with hair donation form
11. Address the envelope to 12776 Dixie Hwy S. Rockwood, MI 48179 then mail it.