

Your past doesn't have to determine your future, and where you come from doesn't have to determine where you're going!

Jamie Kern Lima

1. Is there a **new teacher at your school**? Please let me know if a new position opens up or if you've recently filled a position. We try to keep records so we know who might need help! There is no process at the agency to let us know when new employees are hired! Thanks!
2. **Are You Listening?** Have you ever sat across from your spouse, colleague or friend and realized that **while they may be hearing what you're saying, they aren't actually listening**? Poor listening can lead to arguments, hurt feelings, and fractured relationships. But the good news is that active, thoughtful listening can profoundly benefit both people in the conversation. This week, psychologist Guy Itzchakov helps us understand where interactions go awry, and how to become a more attentive listener. [Hidden Brain on Apple Podcasts](#); [Listen on Spotify](#)
3. Recent research has found that **78% of required or recommended school apps were "very high risk" in terms of student privacy**, suggesting a need for greater protections at schools, especially since the odds of digital tools going away are like Bluto Blutarsky's grade point average in *Animal House*: Zero. Point. **Zero**. **Full Story**: [Tech & Learning](#)
4. **Physical activity lengthens** the time of non-REM sleep phases at night, increasing the overall quality of rest; study adds quantitative support to anecdotal **link between exercise and sleep** ([More](#))
5. **Four at the Door and One More!** If you did one thing each and every day that research would show that you would **increase classroom engagement by 20%** in an average hour-long class- would you do it? [Listen in](#) for one of our favorite relational strategies.
6. Dengue cases in the Americas were up **three times higher** in January through March compared to the same period last year. The news comes as Puerto Rico issued a public health emergency this week over the **mosquito-borne illness**, infecting 100 million to 400 million people annually. Dengue is a virus carried by the *Aedes aegypti* mosquito, also known for carrying Zika and yellow fever. It is found in over 100 countries with hot and humid conditions, covering roughly half of the world's population. Three-quarters of those infected with dengue will be without symptoms, while a minority will experience fever and other symptoms. An estimated 40,000 people die annually from the disease. There is no cure, although there are **two vaccines**
7. **America Runs on Adderall** **Nine writers weigh in on the ubiquitous "productivity" drug amid soaring prescriptions, a global shortage, and a growing awareness of its drawbacks.** ([Read](#))
8. Have you ever wondered why **a piggyback ride** is called **a "piggyback" ride**?
9. **Birth control misinformation is trending on social media** as the U.S. Supreme Court weighs access to the abortion pill. Anecdotally, **physicians say the number of patients citing birth control misinformation from TikTok and other online sources** has accelerated in the last few years, Washington Post reporter Lauren Weber told [CBS News](#). One false narrative that's common to hear is that birth control affects long-term fertility. Falsehoods are sometimes spread by influencers peddling supplements or hormonal treatments or conservative commentators who link birth control with abortion, Weber said. When people engage with content on a particular topic, algorithms serve up similar videos, which can send social media users down a rabbit hole. With your students, discuss the following about health literacy and share resources of "good" information:
 - **Discuss:** How can you determine credible sources of health information? How does health misinformation spread on social media? Should tech companies moderate birth control misinformation? How can we counter health misinformation?
 - a. **Resources:** ["Be Health Informed," "InfoZones"](#) and ["Branded Content"](#) (NLP's Checkology virtual classroom).
 - b. ["Women are getting off birth control amid misinformation explosion"](#) (Lauren Weber and Sabrina Malhi, The Washington Post).

- c. [“Misinformation Is on the Rise. Here’s What You Need to Know About Birth Control.”](#) (Margo Snipe, Capital B).
10. [27 Super-Smart, Teacher-Tested Closing Activities | Edutopia](#)
 11. On April 22, 2pm CST, Aztec Professional Development will offer a training on their “[New Healthcare Pathways Medical Certification Programs](#)” [Reserve a seat](#)
 12. [Simplifying AI for Educators: The 3 Things You Need to Know | Tech & Learning \(techlearning.com\)](#)
 13. **The Power of Reading in Your Future Career:** Reading is the cornerstone of nearly every profession. Whether you’re an engineer deciphering complex blueprints, a marketer analyzing market trends, or a nurse reviewing patient charts, [the ability to read effectively is essential](#). It’s not just about understanding words on a page; it’s about comprehending complex information, following instructions accurately, and staying informed about industry trends and advancements. Click here to [download this pdf of tips](#) to improve students’ reading skills!
 14. Did you know students with a [CTE concentration have a 94% graduation rate compared to a 86% graduation rate for those that don’t](#)? In some states, the gap is even larger. In an article recently written by Mark C. Perna, generational expert, speaker, and author, he dive into [3 Reasons Why CTE is the Pathway to a Great Future](#)
 15. [Employee happiness has fallen, analysis finds](#) A BambooHR analysis found employee happiness has declined by an average of 10% since 2020, with nonprofits and technology companies seeing the biggest drops. Construction workers ranked the happiest, while healthcare employees remained the least likely to recommend their workplace to others, according to the HR software company, which cites the economy, staffing shortages, threats of layoffs and return-to-office requirements as reasons for the overall decrease. **Full Story:** [Employee Benefit News \(free registration\)](#)
 16. **Prototype smart contacts for health monitoring and drug delivery demonstrated;** devices are powered by light and electrolytes contained in tears ([More](#))

And for those of us who may have had a New Year’s Resolution: You can burn 40 calories from laughing 10-15 minutes a day. A perfect workout! —Brooke from Daily Dose of Kindness

HOSA SLC begins next **Sunday, April 14th**. Our staff will be in **Norman at the Embassy Suites**, ready for registration from 7:30pm to 8:30pm. Please check your Monday morning event times (Nursing Assisting, CERT, Personal Care and Phlebotomy) as for these offsite events, the bus [LEAVES at 8:00am](#) for Moore-Norman Tech Center.

Your HOSA Executive Council has fantastic things planned that you don’t want to miss, such as an Anatomage tournament, silent auction, OBI blood drive, College and Career Expo, multiple workshops, a game room, the “Be the Match Walk”, a Tuesday evening dance and we will try to work in some competitive events and awards too!

New Teachers be sure to stop by and get your one-time-only CE Observation Pass and administrators, we would LOVE to have you help with an event or attend the Awards Session, Wednesday at 8:30 AM.

Sincerely,
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