

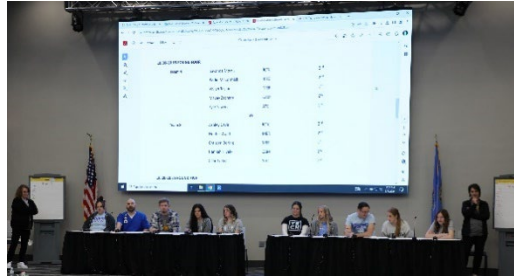
"Real change, enduring change, happens one step at a time."

- Ruth Bader Ginsburg

1. Did you know that both members and non-members of the Association for Career and Technical Education can participate in FREE webinars on their "CTE Learn" site. I thought this one titled: **Project and Problem-based Learning in WBL, March 28 at 3 p.m. ET looked interesting!** [Click here.](#)
2. I never want any of you to leave, but in our agency newsletter this week we received this message and I thought some might want to take a look: **Oklahoma Teachers Retirement System** has a number of resources for employees considering retirement, including information about the process and timelines. You can even watch videos or attend webinars. See all their training resources at <https://oklahoma.gov/trs/active-members.html>
3. According to the CDC, **more than one in three high school students** experienced poor mental health during the pandemic, but in reality, the rate of U.S. students struggling with these challenges was rising even before COVID. The key to supporting school systems, and students, is to harness the power of culturally-competent and age-appropriate solutions. [Student mental health is still suffering--how should we address it? \(eschoolnews.com\)](#)
4. Speaking of mental health....**consider listening to the Hidden Brain Podcast: Escaping the Matrix: A little more than a decade ago, researchers began tracking an alarming trend: a dramatic uptick in anxiety and depression among young Americans.** Psychologist Jonathan Haidt says the increase is related to our use of social media and devices. But he believes it's also deeper than that — connected to our deepest moral beliefs and how they shape the way we view the world. He says there are simple steps we can take to improve the mental health of kids growing up in the smartphone era. [Listen on Apple.](#) [Listen on Spotify.](#)
5. Don't forget to register for the **2024 Simulation Conference!** It's NOT just for nursing, but anyone who teaches health science courses! Information can be found on the following page: [Simulation Conference \(oklahoma.gov\)](#) When you click on "register" you'll see the speaker info, content and registration costs!
6. Why Are So Many Young People Getting Cancer? **The rate of early-onset cancers in people under 50 years old is expected to rise by a third over the next decade.** Dietary changes may be a partial driver, but a full explanation remains elusive. ([Read](#))
7. Medical marijuana is legal in Oklahoma. Have you ever wondered about our tax revenue gained? Check out this map that shows **how much tax each state collects from cannabis sales.**
8. Did you know that every student in high school is required to have a **work-based learning experience?** There are many options, not just the "clinical" experience that we health people think of first! **Please read this fantastic article (written by a teacher) about community engagement with your CTE program!** The author gives great advice, levels the interaction with partners and great planning documents to download (like this [Community Asset Map](#), [Community Connections "Heat" Index](#) and [Planning Guide](#))
9. We have until **May 1 to get our summer conference planned**—we need your help! Thanks to those who have suggested content/presenters and for those who might have a cool project or best practice to share, please email me today!! Maybe you've learned something, or have a great resource or tool you'd like to share with fellow teachers.....don't be shy, let your super-teacher flag fly!!!
10. **Anatomy in Clay** has "on demand" training and new releases (Arthrologik™) especially for therapeutic careers like Sports Medicine, Physical Therapy, Occupational Therapy, etc.!! New models and training for the Forearm/Hand, Shoulder, Knee, Lower Leg and Foot.
11. **Curtis Baker**, practical nursing coordinator at Central Technology Center, has been **named to the Oklahoma Board of Nursing.** He was appointed to the position of Gov. Kevin Stitt. He will serve on the board for five years. Baker earned degrees, including a doctorate in nursing, from Seminole Junior College, East Central University, Oklahoma State University and the University of Phoenix.
"As an educator, I am committed to ensuring that our educational programs meet rigorous standards and accountability and our nurses uphold professional integrity in every aspect of care. Serving on the board allows me to give back to the profession that has given so much to me and to help safeguard the health and well-being of my family," Baker said. Read more on [Central Tech's website](#)



12. **Scientists discover new way the Ebola virus replicates inside the body**; discovery may lead to new preventive treatments for the deadly disease ([More](#)) | **How Ebola works** ([More](#), w/video)
13. On Monday, March 4, nearly **100 students from Oklahoma CareerTech Radiologic Technology programs** met at Metro Tech's Springlake campus to compete in a quiz bowl type setting, called **Wilhelm's Trivia**. Students made up eight teams and since the teams were interscholastic, teamwork within the profession was one of the many goals of the competition.



14. **HOSA SLC second-round participants** have been posted to the Oklahoma HOSA Website. Be sure to check for your students' names. Those moving on will compete at State Leadership Conference, but all participants are welcome to attend the conference to be held April 15 & 16 at the Embassy Suites in Norman! [Round 2 Advancement - Google Sheets](#) Be sure to print off [the Competitive Events Schedule](#) which also includes general conference information! Scroll under "live updates".
15. Interested in learning **American Sign Language**? Did you know that online classes are offered throughout the year with levels building one upon the other? The American Society for Deaf Children has courses listed on their website: [Online Classes - American Society for Deaf Children](#) that are \$100 for Non-ASDC Members.

I know most of you are on spring break this week, or had it last week, so I hope it was a good one! The countdown is on for the 2023-2024 school year's end! We can do this!!!!

Sincerely,
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