

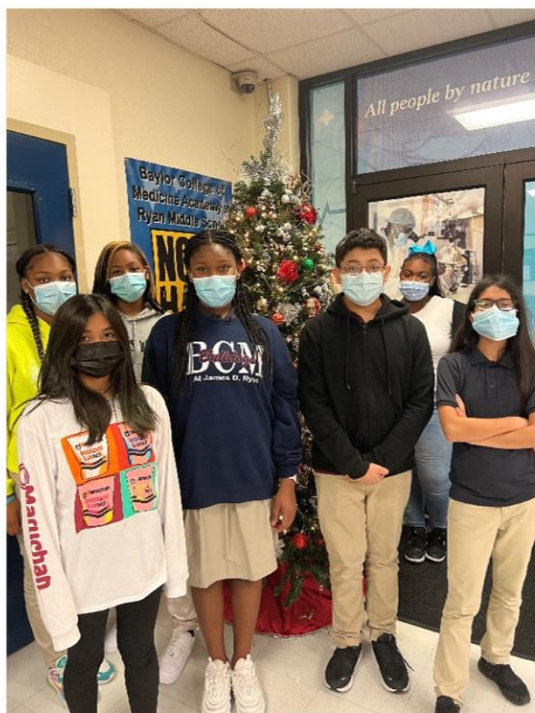
HOSA Happenings

December 2021



Happy Holidays BCMA From HOSA

HOSA (Health Occupations Students of America) is an organization dedicated to the health and well-being of our students. We will provide you with health information as well as other informative content, recipes, and puzzles.



Holiday Events Around Houston

- Nov. 15 -- Jan 9 – Zoo Lights
- Dec. 18 – BLCK Market presents: A BLCK Christmas (Holiday Market)
- Dec. 27 – Lightscape at Houston Botanic Garden
- Ice skating at the Galleria



**“May all your
days be Merry
and Bright!!”**



What does BCMAR want for Christmas?

- Ms. Rivas: Gift Cards and Bath and Body Works
- Ms. Edwards: Visa Giftcards
- Ms. Berry: Winning Lottery Tickets
- Kirsten Rainer: Fuzzy socks
- Jovani Mendoza: Jordans
- Trevion Wilkins: Off White 4's
- Ja'miyah Cooper: Off White slides
- Veronica Burks: iPhone 13
- Khloe Johnson: YSL purse
- Malik Garrett: Balenciagas



"Spread Holiday Cheer!"



Or is It?

BCMAR Staff Favorite Christmas Movie

- Coach Johnson: "Die Hard"
- Ms. Zarate: "This Christmas"
- Ms. Jimenez: "Christmas Story"
- Ms. Torres: "Beauty & the Beast the Enchanted Christmas"
- Ms. Chao: "Frozen"
- Mr. Palmitier: "National Lampoon's Christmas Vacation"

Health Corner



Holiday Depression

By: Klaudia Rogers

Even though the holidays are supposed to be a time of happiness and joy, this is not always the case. Holiday depression and stress is something that affects a magnitude of people for many different reasons. Here are some key factors that cause holiday depression and how to prevent it.

Holiday depression and sadness is very common during the holiday season, but can you imagine why? One of the biggest reasons for this is being isolated and not with family/friends. This could be because people lack others to be with or because of recent developments in the health crisis. Whatever it may be, this can put a frown on others' faces.

Some other culprits for the holiday blues can be stress, unrealistic expectations, and financial issues. Symptoms of holiday depression include headaches, fatigue, stress, insomnia, overeating, and over drinking.

Thankfully, holiday depression can be helped. One thing you can do to avoid holiday stress and depression is volunteer. Another thing you could do is plan-ahead. Knowing exactly what you want to do can help you have relaxing events. Some other great things you can do is to maintain healthy habits, being practical about your goals and expectations, and making a budget to prevent overspending.

Holiday depression can really affect your holiday season. Just remember that holiday depression and stress is treatable. You should not feel bad or ashamed if you suffer from this illness. Remember, if you feel depressed you can contact the following:

National Suicide Prevention Lifeline

1-800-273-8255

Sources: [Healthline.com/health/depression/holidays](https://www.healthline.com/health/depression/holidays)

[Webmd.com/depression/holiday-depression-stress](https://www.webmd.com/depression/holiday-depression-stress)

[Mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-200475421](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-200475421)

'Tis the Season to be Safe

By: Aditi Nageshwar

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays.

- 1) As the flu season starts, be sure to wash your hands with soap and running water for at least 20 seconds (tip: sing the ABC's to ensure you properly washed your hands).
- 2) Wear appropriate outdoor clothing such as light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3) Avoid smoking and secondhand smoking. Smokers have greater health risks because of their tobacco use, but non-smokers also are at risk when exposed to tobacco smoke.
- 4) Wear masks in crowded spaces and out in public.
- 5) GET VACCINATED! Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get the flu vaccine each year! Covid vaccines are now available for children (5 and up).
- 6) Covid booster shots are encouraged!



Holidays Around the World



Diwali



Hanukkah



Christmas



Eid al-Adha and Eid al-Fitr



Student Organizations & Healthy Highlights

Student Council

By: Emalyne Lopez Moreno

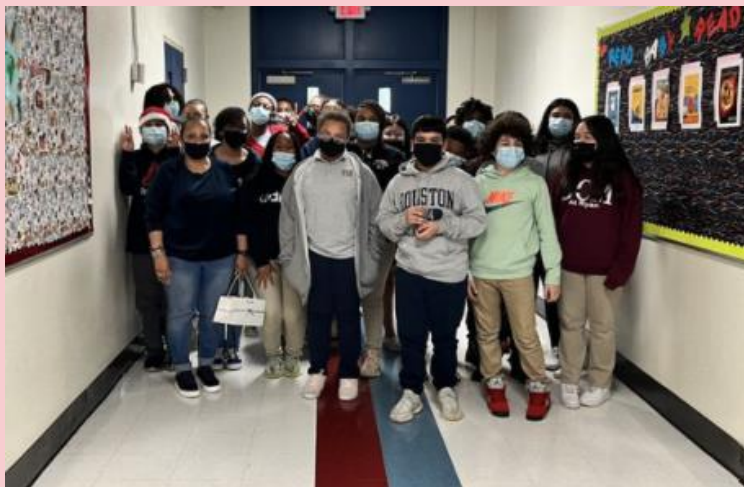
Here at BCMAR we have a club/elective called Student Council. Student Council is a group of students who address issues or concerns and organize student events and activities. Our student council students organized an entire Red Ribbon Week on the week of Halloween for our school! This included wearing all red on Monday, twinning with one of your friends on Tuesday, wearing your favorite team's jersey on Wednesday, wearing something from back in the day on Thursday, and finally wearing your Halloween costume on Friday. The members of the student council are planning to team up with NJHS to do a canned-food drive for our school for various families. The teacher running student council at our school is Ms. Scott and alongside Joshua, Victor, Jocelyn, Owis, Averi, and many other fantastic students. Now you are probably wondering why student council is important and I'm here to answer that question. Student council is important because it gives students the opportunity to develop leadership by allowing them to take charge when it comes to planning fun activities. It also allows students to share their ideas, interests, and concerns with one another and their elders.

Culinary Chemistry



By: Andrew Duran, Honour Eduok, and Khadim Khouma

Culinary Chemistry is an exciting opportunity for students interested in Science and Cooking to further their passion. Students cook and participate in various activities which include helping in the garden and exploring the Science behind cooking. Food is essential to our well-being and learning about food gives students the opportunity to find healthier ways to eat healthy.



“Student council is important because it gives students the opportunity to develop leadership”



Cinnamon Roll Breakfast Muffins

A great dish that can be enjoyed with the family in the morning.

For 12 muffins

6 eggs

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup heavy cream

2 teaspoons vanilla extract

2 teaspoons cinnamon

$\frac{1}{2}$ cup sugar

2 packs of cinnamon rolls

Preparation:

1. In a medium bowl, mix eggs, milk, cream, vanilla extract, cinnamon, and sugar. Whisk together.
2. Cut each cinnamon roll into eight pieces, and stuff it inside a greased muffin tin
3. Pour batter in each tin about $\frac{3}{4}$ of the way. If you pour too much, the tin will overflow in the oven.
4. Cover the tin and refrigerate for at least 2 hours, letting the cinnamon roll absorb the mixture.
5. Bake at 350°F (175°C) for 35 minutes.
6. Remove the muffin from the tin, top with icing, and serve warm.
7. Enjoy!

WARNING: Adult Supervision Required. Make sure you are not allergic to any ingredients.

FOOD and FUN

Happy Holidays

L	T	P	S	S	T	O	C	K	I	N	G	Y	E
T	E	S	E	E	T	S	E	G	R	S	I	E	H
G	C	E	R	R	V	N	E	E	A	D	V	O	K
E	T	A	R	B	E	L	E	C	Y	N	I	I	S
N	L	S	N	E	C	D	E	S	D	E	N	S	T
H	J	O	Y	D	N	A	H	E	E	I	G	Y	S
O	O	N	P	I	Y	D	N	T	C	R	R	H	E
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C	H	R	I	S	T	M	A	S	L	E	W	S	G
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S	N	O	W	M	A	N	O	R	E	R	S	W	R
M	I	D	T	S	N	Y	P	N	R	T	I	P	E
U	R	Y	S	I	D	A	S	E	I	K	O	O	C
Y	S	R	I	Y	L	I	M	A	F	D	U	C	Y

christmas
snowman
family
joy
rudolph
reindeer
wreath
candles
candycane
celebrate
season
cookies
northpole
presents
giving
stocking
fireplace
tree
elves
friends
holidays

*Have a Safe and Happy
Holiday!*



HOSA

