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THE SCHOOL DISTRICT OF MANATEE COUNTY FEATURES A STUDENT AND A CAREER & TECHNICAL EDUCATION TEACHER

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SCHOOL
Biz



Healthcare, Leadership, & Careers

As the Health Occupations teacher at King Middle School, Jon Syre takes every opportunity to introduce positive values and qualities to his students. The Health Occupations curriculum covers topics ranging from nutrition and personal health to drugs and safety. As students discuss these topics, Jon draws on the old adage that says, "What is popular is not always right and what is right is not always popular."

Jon's students recently attended a presentation on CPR at Manatee Technical Institute's east campus which houses several health occupations programs. This field trip offered students a first-hand glimpse at the many exciting and interesting avenues of healthcare. Students were impressed with the high quality of education available in the health field so close to home—especially as they begin to prepare themselves for a successful future.

At King Middle, Jon has taken on the role as adviser to students involved in the Health Occupation Students of America (HOSA) organization. As students prepare for the upcoming HOSA State competition, Jon challenges them to develop career skills and leadership qualities that will serve them well in their futures.

KIDZ
Biz
 & Buzz



New Beginnings

2007 was a year of new beginnings for Kelly Johnson. Kelly, a seventh grader at King Middle School, moved from South Dakota to Bradenton where she is "living the vacation." Enjoying the abundance of sunshine, Kelly keeps busy with tennis and water sports. Her favorite school subjects are language arts and science. Kelly thrives on challenges and has accepted the position of President of the King Middle School Health Occupations Students of America (HOSA) Club. This college-bound (Go "Noles!") student and future medical professional is brushing up on her Prepared Speaking, Medical Spelling, and Career Health Display events for the upcoming HOSA State competition.

Kelly plans to have a career in helping people heal and wants to combine this career with her love of kids. After watching her aunt work as a physical therapist, Kelly decided that becoming a physical therapist would be the perfect fit for her own future. With her desire to succeed and strong work ethic, it won't be long until there is an "RPT" after her name. Go Kelly!



InnoVators



A HEALTHIER YOU

Whether a person is thin, overweight, or somewhere in between, healthy eating habits are crucial for all. Ice cream, pizza, and French fries might not put pounds on someone with a fast metabolism, but those fat-laden foods are still damaging to the body when eaten too often.

So what does eating healthy look like? Nutritionists emphasize foods such as fresh fruits and vegetables, whole grains, lean meats, and fish. Although we need some fat in our diet, fats and sugars should be eaten sparingly. And guess where much of our excess sugar intake comes from? Drinks! Read the labels; anything with high fructose corn syrup should take second place to water or low-fat milk. Cut back on the soda and drink water instead. If you've developed poor eating habits, consider a lifestyle change. After all, couldn't you use more energy, an increased ability to focus, and clearer, healthier looking skin?

A healthy lifestyle and weight loss should start with nutrition, but exercise comes next. If you don't have much time during the day for exercise, do little things—take the stairs instead of the elevator, for example. Do you live close to your school or work? Try riding your bike instead of taking the car. Even your leisure time can involve body-strengthening exercises; do stretches or lift weights while you read or watch TV.

Take care of your body; as the cliché goes, it's the only one you've got!



DISCOVER
 the
Future

Career Pathways in Manatee County

Regional Careers: Related occupations and current wages in the Suncoast Workforce Region.

Occupational	Entry Level	Exper.
Agricultural and Food Science Technicians	\$12.56	\$17.30
Dietitians and Nutritionists	\$20.16	\$26.89
Dietetic Technicians	\$7.98	\$11.29
Physical Therapists	\$25.95	\$37.66
Physical Therapist Assistants	\$17.39	\$25.28
Physical Therapist Aides	\$9.23	\$12.57

Source: <http://fred.labormarketinfo.com>
 FL Labor Market Statistics, Occupational Employment Statistics & Wages Program

Career Pathway: Students desiring a career in any of these areas can find related educational programs at these schools*:

King Middle School
 Manatee High School
 Manatee Technical Institute,
 Manatee Community College
 University of South Florida

*Other Manatee schools may offer similar programs. Listed schools are related to today's issue.

WEB
Wise

Check out the
 following websites:

www.MyPyramid.com
www.gsahec.org
www.hosa.org
www.manateetechnicalinstitute.org/east_camp/index.html

Explore
 IT

Keep a Food Diary for a Week

For this activity, use a notebook or a computer to record what you eat every day for a week. Make sure you record the date—it's easy to forget what you ate yesterday. When the week is over, review your weekly food intake. Are you eating too much fat or not enough vegetables? Compare what you ate all week to a healthy diet as recommended by health experts. (Tip: <http://www.mypyramidtracker.gov>)



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