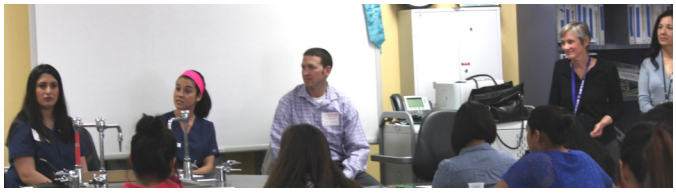
FACES for the Future-San Diego

Health Professions Internship Partnership

Rady Children's Hospital San Diego

April 2015

Careers in Oral Health



Not only does good oral health keep your teeth healthy and your breath fresh, it also contributes to your overall health, affecting diabetes, heart, lungs, pregnancy and other body systems. A panel comprised of a dental assistant, dental hygiene student, dentist and dental educator discussed this as well as their individual journeys to careers in oral health. FACES students also received a booklet about the different careers in oral health, education required, average earnings and projected job growth. After school, students participated in a hands-on skills clinic including applying fluoride varnish; measuring the sugar in soda; and testing what snack foods are better for teeth.

How much sugar in that soda?

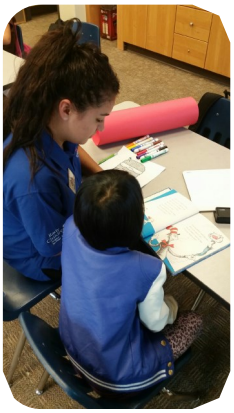
Applying fluoride varnish—Open wide!

Building Healthier Communities, One Rotation at a Time

Juniors and Seniors are in the middle of the fourth round of community and clinical rotations. Students have said: "I like seeing the patients and working with them"; "I like meeting different patients and engaging in conversation." Supervisors have commented about students: "Professional and maintained a positive attitude"; "Inquisitive! Applied concepts to practical, real life situations and patient well being."

Physical Therapy can involve a wide range of tools and techniques, as Diana Arteaga learns from Rady Children's PT Linda Morgan-Lodin.

27 seniors have completed a total of 837 rotation hours. 5 have completed all of their required hours, with 2 rotations remaining.



Community job shadowing with ProKids helps FACES students both learn leadership skills for themselves, and learn how to share these skills with young kids.

50 juniors have completed a total of 839 community job shadow hours. 20 have already completed their required hours.

Building Skills for Work-Life Balance

Freshmen, juniors and FACES staff hiked beautiful Mission Trails Park in February. Breaking out of their normal zone to experience different aspects of San Diego's nature was a fun, challenging and bonding time for the students.

Student Spotlight:

We are proud to highlight senior Noe Mendoza-Gonzalez, a FACES student since his Sophomore year. He says, "FACES has opened my eyes to various opportunities available in the medical field. I have been accepted into San Diego State University and plan to pursue my dream of becoming a nurse...Thanks to FACES, I now know where I want to be in life. It is an excellent program for those who want to make a positive impact in people's lives. "

Dinner with Delon

High school seniors are soon to be adults and out on their own, so understanding healthy foods and cooking is important. With that in mind, Mr. Delon, Educator for the Academy of Health and Healthier Communities, designed a science project for students to learn about vitamins and minerals as well as the difference between proteins, carbs and fats. The students created and cooked a five course meal as a class, graded on the inclusion of all the vitamins and minerals they studied, while also including appropriate carbs, proteins and fats. Check out the menu (right) for their five-course meal.

MENU

Smoothie: pineapple, mango, strawberries, kale, bananas

Appetizer: Ceviche with shrimp, fresh jalapenos, tomatoes, onion and lime

Salad: spinach, cucumber, strawberries, nuts, blueberries, eggs with a vinaigrette dressing

Soup: Chicken, celery, carrots, onion, potatoes, broccoli, zucchini and brown rice

Main course: Pan fried salmon with a ginger lentil curry, Mexican rice and asparagus

Dessert: Yogurt parfait with blueberries, strawberries, granola and honey

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