

Amy Warner

From: Amy Warner
Sent: Thursday, January 29, 2026 10:51 AM
Subject: HOSA Happenings- 1/29/26- OKHOSA Week and Important Reminders

If your coffee has been reheated three times already today, you're in good company. Between snow days, schedule changes, and playing curriculum catch-up, this time of year can feel like organized chaos. I apologize for another email, but there truly are a few things you need in your hands right now, and I promise I'll keep this as painless as possible.

OKHOSA Week is almost here!

As promised, here are your OKHOSA Week Suggested Theme Days and activities. Please encourage your students to follow our social media platforms so they can join in the daily fun and see chapters across the state participating:

- Instagram: @ok_hosa
- Facebook: Oklahoma HOSA

Our state officers will be updating each day and featuring chapters who are celebrating. It's an easy way to build excitement and connection statewide, even during a busy week.

OKHOSA WEEK
FEBRUARY 2-6

Monday
TWIN WITH A FRIEND IN SUPPORT OF NMDP
Champions of Change Coin Drive Be a Champion of Change!
Each day, bring a different assigned coin to donate. So dig into your pockets, jars, and couches and turn spare change into real change!

Tuesday
TEAM HOSA! WEAR YOUR JERSEYS AND SPORTS GEAR TO SHOW HOSA TEAM SPIRIT
Chapters will post a video on social media of their members telling their favorite parts of Oklahoma HOSA. All chapters who post will be put into a drawing and the winning chapter will be featured in our E-Magazine!

Wednesday
SCRUBS AND SERVICE-WEAR YOUR SCRUBS
Go out into your community and go get some Barbara James Community Service Hours! Make sure to post your photos and tag @ok_hosa

Thursday
REST AND RECOVERY- WEAR YOUR PAJAMAS TO DE-STRESS
Go do the trivia that will be posted on the OKHOSA Instagram page! Follow our page while you're there!

Friday
HEALTH HEROES-WEAR YOUR FAVORITE HERO GEAR AND SHOW OFF YOUR SUPERHERO STYLE
Post your superhero pictures and your origin story that can include what inspired you to join HOSA and what challenges helped to shape who you are today.

Industry Judges Form- [Industry Judge Submission Form](#) (← Click here)

I know this is new this year, so thank you for leaning in with us. Our goal is for the majority of SLC judges to come from industry.

A few helpful clarifications:

- The industry partner does not have to complete the form
- You can submit recommended names
- I will contact each potential judge with details

If every chapter submits just one judge, we will be well on our way to our goal and it frees up advisors to participate in other meaningful ways during conference. Thank you for helping us build strong professional connections for our students.

State Officer & Intern Updates

Our state officers have been hard at work representing Oklahoma HOSA. They've already begun meetings with our new intern team and are excited to launch this initiative. Soon, they'll travel to Colorado HOSA's SLC to observe behind the scenes, support their event, and bring back fresh ideas to strengthen our own conference. I love their commitment to continuous improvement and to serving our members well.

HSE Day at the Capitol | February 10- [Registration link](#)- (← Click here)

We hope to see you and your students at Health Science Education Day at the Capitol. This experience helps students understand how legislation impacts healthcare and shows them that their voices matter. And let's be honest- when hundreds of students show up in scrubs and lab coats, lawmakers can't help but notice the future healthcare workforce standing right in front of them.

Tulsa Health Science Program & Career Fair Rescheduled- [Registration Link](#) (← Click here)

Due to the weather, the Tulsa Health Science Program and Career Fair has been rescheduled for February 18.

If you're in the area, or able to travel, this is a fantastic way to show students real opportunities waiting for them after graduation.

I know you're tired. I know your students are tired. But please know that what you're building matters. And we're walking this season together.

Stay warm out there ❄️

Until next time,

Amy Warner, M.Ed

Oklahoma HOSA State Advisor

