



FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses Association

NEWS & FEATURES

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Presidential Address

Aloha everyone,

Can you believe how quickly January went by? It is already February and we are 2 months into the 2021 year.

I hope you all are starting to settle well into the new year and getting back into the school routine.

This month, the HISNA e-board is putting together the 7th Annual HISNA Conference, which will be taking place on March 6, 2021 through Zoom. We hope to see you there!

Mahalo,
Angelique Mara
HISNA President

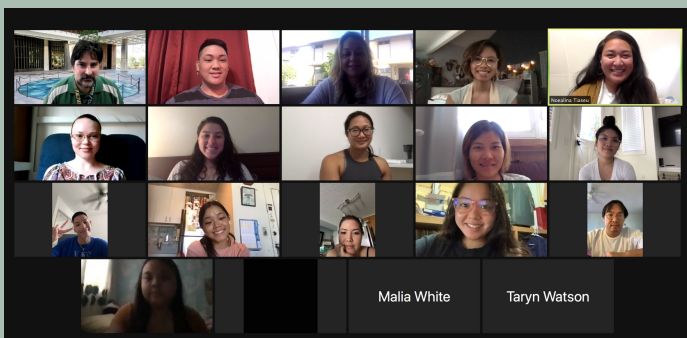


What's new in Hawai'i SNA Chapters?



Chaminade University of Honolulu

- Recently held a legislative workshop for its members in early January. The hour long virtual workshop was given by Keanu Young, Assistant Coordinator at the Public Access Room located at the Hawaii State Capitol. CSNA felt it was valuable for student nurses to learn the importance of utilizing their voices and standing up for issues related to healthcare.
 - Through this workshop, CSNA members were able to learn about the Hawaii State Legislative, the legislative process which included the drafting of bills, submitting testimony, tracking measures and how to actively participate throughout the entire process.
- Kicked off a Men's Pants Donation Drive on Tuesday, January 19th to benefit the Institute for Human Services (IHS), a local, non-profit organization focused on preventing and ending homelessness
 - Members were asked to donate used, clean men's pants in any size, style, length and color.
 - Drop-off boxes were made available in front of Chaminade's nursing office.
 - We are thankful for the members who sent in their donations for this amazing cause!



Picture Credit: Noalina Tiaseu



What's new in Hawai'i SNA Chapters?



Hawai'i Pacific University

- 01/07/2021: Level 1 Orientation
 - Welcomed the incoming cohort to HPU and informed them regarding HPU SNA, club activities and how students can be involved in our Community Involvement Committee, Fundraising Committee, or Pinning Committee!
- Organizing and encouraging students to participate in our Mentor-Mentee Program
- Planning socially distanced and virtual volunteering activities to provide opportunities for our students to remain safe while also involved in the community!

What's new in Hawai'i SNA Chapters?

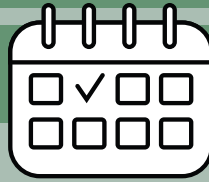
 HAWAII STUDENT NURSES' ASSOCIATION

Hawai'i Student Nurses' Association

- 01/23/2021: Spring Community Service
 - The HISNA E-Board members alongside with HPU took part in the 8th Annual St. Marianne Cope Walk & Wellness Fair 2021 that took place virtually
 - Each member spent a hour participating in the walk on their own time and at their own pace
 - The HISNA Team was able to raise \$325 that will be donated to the new St. Francis Kupuna Village in Liliha



Update for the 20-'21 HISNA Year



SPRING SEMESTER

*January 23:
Spring Community
Service (Virtual St.
Marianne Cope Walk)*

*March 6 (0800-1200):
HISNA Mixer &
Conference*

*April 5-10:
69th Annual NSNA
Convention via Zoom*

Save the Date!

7th Annual HISNA Conference

@hawaii_sna

LEARN, PREPARE, NETWORK

7th Annual HISNA Conference

Saturday March 6, 2021

8:00 A.M. to 12:00 P.M

Via Zoom

Learn more about the nursing profession,
review for the NCLEX, and network with
other nursing students and healthcare
professionals!



Scan QR Code to register!

EMAIL HISNA.PRESIDENT@GMAIL.COM FOR
ANY QUESTIONS!

RVSP:

<https://forms.gle/dNisTjq1WoHQkdsT7>

February Awareness Month

FEBRUARY 2021 PRESENTS:

@hisna_sna

Express Yourself

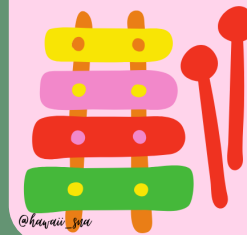


Happy Children's Mental Health Awareness!

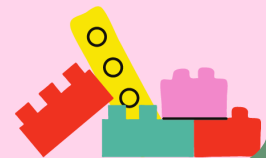


Children's mental health does not only include the absence of a mental disorder.

A child's healthy development starts from birth with positive mental health awareness



Children should be reaching developmental and emotional milestones

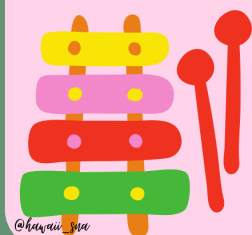


What can we do?

We need to teach our children healthy social skills

We can teach them healthy ways to cope with their problems

We can establish healthy habits that foster relationships and trust



For more information,
please visit
www.cdc.gov/childrensmentalhealth/index.html

February Awareness Month

@hawaii_gna

National condom week

Feb 8th, 2021 - Feb 14th, 2021



PROTECT YOUR
HEALTH AND
YOUR PARTNER'S
HEALTH!

@hawaii_gna

How can I protect my health and my partner's health?

- Use condoms to prevent sexually transmitted infections (STIs) and unintended pregnancy (*Lambskin condoms do not prevent STIs; only plastic or latex condoms prevent the spread of STIs*)
- Always check condoms for the expiration date and possible holes
- Avoid oil-based lubricants (ex. coconut oil or lotions); only use water- or silicon-based lubricants to prevent damage from friction

PRACTICE SAFE SEX!

Source: Planned Parenthood

For more information, please visit
www.plannedparenthood.org

Made by HISNA Social Media Directors

Stay up to date with HISNA!

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WEBSITE



hisna.org