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In the Know

Welcome Students
Ms. Sophie Guillot
Induction Ceremony
Events
Student Services Spotlight
Employee Welcome
Our Students

Awareness Month (s)
All fun in games
Scrumptious Side
Happy Birthday

Hello Students!

2021 ACADEMIC YEAR

Graduation is almost here! This semester has been one for the books! From virtual to in person, we're making it one step at a time. Here at SCHS we love seeing all of our students faces in house and seeing everyone thrive. This time of year is very exciting, whether moving forward to the next semester or starting your careers in health care field. Congratulations to moving forward!

COVID-19 update:

As COVID-19 surges in states across the country, Governor Ralph Northam announced new actions to mitigate the spread of the virus in Virginia. While the Commonwealth's case count per capita and positivity rate remain comparatively low, all five health regions are experiencing increases in new COVID-19 cases, positive tests and hospitalizations.

(For more information visit <https://www.virginia.gov/coronavirus/>)

Reflection

"I could not at any age be content to take my place by the fireside and simply look on. Life was meant to be lived." ~ Eleanor Roosevelt

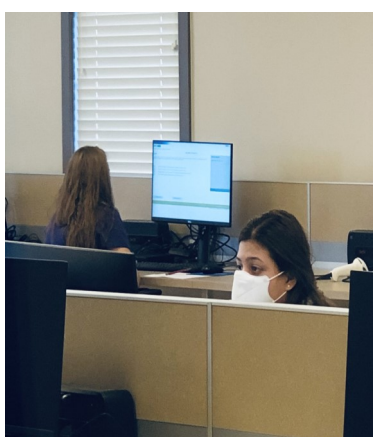
Prayer

God of strength,

You call us to make a difference, for good, in our world. Help us to resist the temptation to sit on the sidelines, to avoid taking part and taking responsibility for the world in which we live. Give us the strength to engage with the issues and problems confronting our world and inspire us to contribute to bettering the lives of others. With trust, we pray. Amen.

Call to Action

Take time today to reflect on the role I feel called to play in responding to the issues facing our nation and world.





Just when the caterpillar
thought her life was over. She
began to fly.

Guillot, Sophie Danielle, November 13, 1992 to February 20, 2021.

Our beautiful girl (young woman) is gone.

Sophie was surrounded by loved ones at the time of passing and felt the love being sent to her by so many family members and friends. Words cannot express our sorrow. Our hearts are broken.

Sophie was originally from Charlottesville, Va. and at a young age, moved with her family to Bay St. Louis, Miss. to have the full grandparent experience. By 2nd grade, our family returned to Dinwiddie County, Va., where Sophie completed her education and honed in on nursing. She graduated from Bon Secours School of Nursing and found her work home at St. Francis Hospital, Emergency Department and later, Southside School of Nursing as a clinical educator.

Sophie is survived by her loving father and mother, Mark and Alice Guillot; and adoring sister, Sunni Guillot (fiancé, Jeremy Hayes); and her own fiancé, Joshua Patrick.

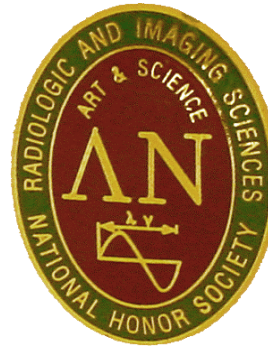
Southside College of Health Sciences Induction Ceremony Spring 2021



Candice Ross (Nursing)



Megan Mayes (Radiology)



Destinee Landry (DMS)

Alpha Delta Nu

Alpha Epsilon Chapter
Nursing Honor Society

Lambda Nu

Virginia Omega Chapter
Radiologic and Imaging
Sciences
National Honor Society

On behalf of the Administration, Faculty and Staff, we congratulate all the students who have achieved this significant milestone, and we gratefully acknowledge the role of their family and friends.



Victoria Mitchell (Nursing)



Madeline Lyon (Nursing)



Madison Stillings (Nursing)



Symone Stewart (Nursing)



Gretchen Word (Nursing)



Bria O'Neal (DMS)



Lindsay Dirr (Nursing)

EVENTS

EVENTS

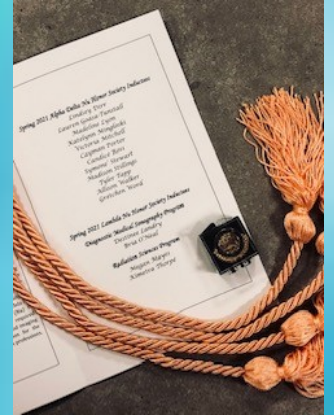
March 3rd — Honors Induction Ceremony

March 10th — 12th Spring Break

March 14th — Daylight saving time begins

March 17th — St. Patrick's day

March 20th — First day of Spring



April 2 — Good Friday

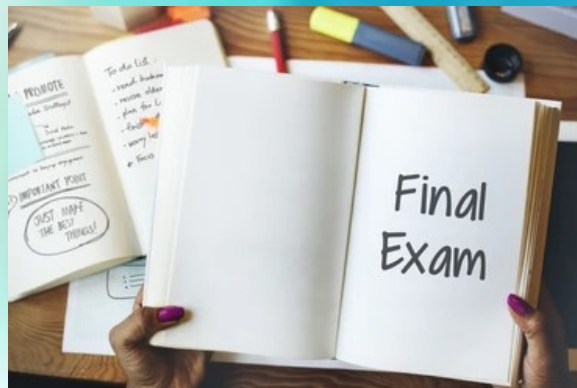
April 4 — Easter

April 16th — Last day of class for spring 2021 students

April 19th — 21st Final exams for spring 2021 students

April 22nd — Final grades due by 12:00 p.m.

April 29th — Spring Pinning and Commencement Ceremony - all programs



Student Services Spotlight



Meet Holly

Holly Maglin is the University Relations Specialist and is eager to speak with you about employment opportunities within the Bon Secours ministry. She can be reached at Holly_Maglin@bshsi.org

Show your SCHS spirit! Have you checked out the college store yet? Check out the link below to place your order.

<https://stores.customink.com/schs-store>



Need a Hand?

The REACH Student Assistant Program is here to help!

**PRIVATE, CONFIDENTIAL &
NO COST TO YOU**

Toll Free 855-691-4941

**Download the app at:
www.mylifeexpert.com**

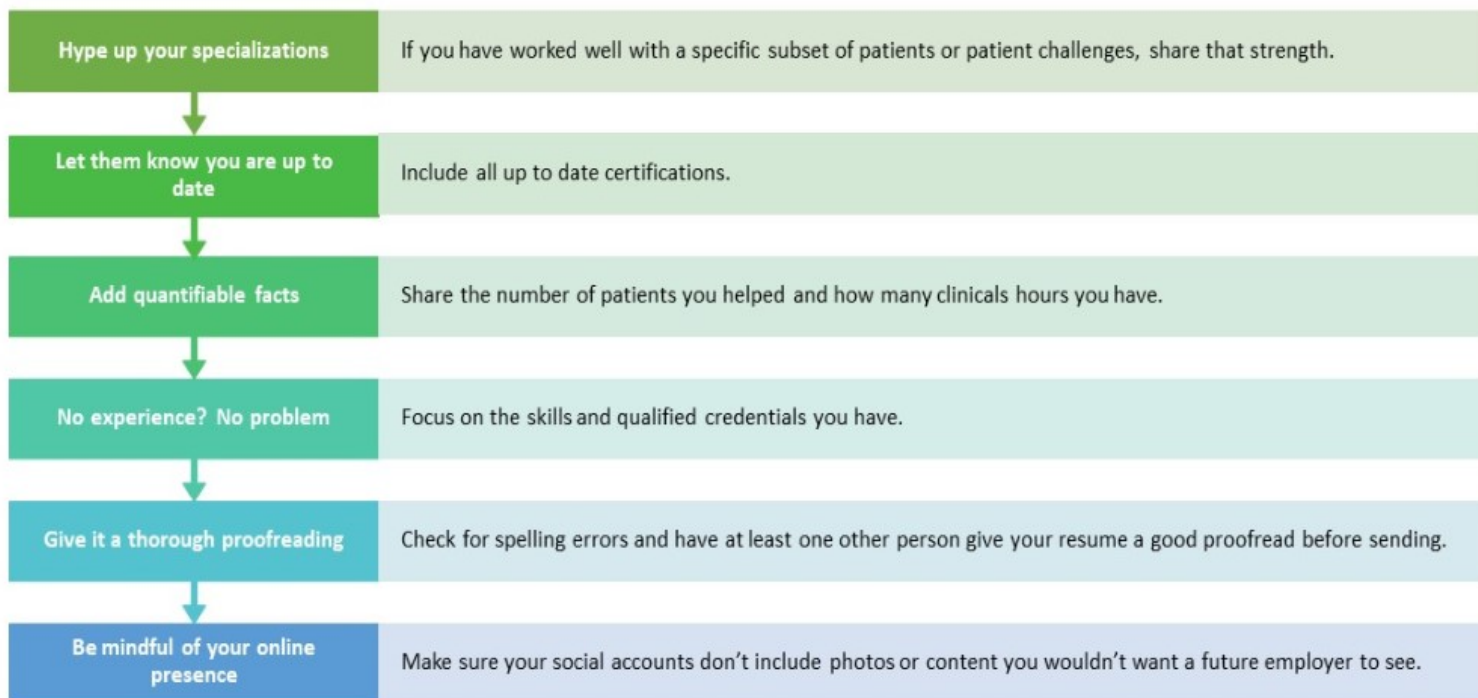
**Student Company Code:
southside**

The Reach Program can help with:

- Family Conflict
- Couples/Relationships
- Setting Goals
- Life Transitions
- Substance Abuse
- Anxiety
- Depression
- School/Life Balance
- Child Care
- Wellness
- Budgeting



Resume Tips



Key Words for Your Resume



Ace your Interview with STORYTELLING

S

SITUATION

Start your story by painting a specific picture of the situation you faced.

- What was the exact situation?
- Who was involved? (Address them by name)
- Why did the situation happen?

T

TASK

Use this opportunity to explain your specific role in the task.

- Why were you involved in the task?
- What is the background story?

A

ACTION

Discuss, very specifically, the actions you took to resolve the situation.

- What steps did you take to resolve the situation?
- Why did you choose to complete tasks this way?

R

RESULTS

Clearly detail the results of your actions and highlight your strengths.

- What was the outcome?
- How did you feel about the result?
- What did you learn?
- How did this situation influence who you are today?

Communication Skills Your Interviewer Is Looking For

"Tell me about yourself"

"What is a major challenge you faced?"

"Why do you want to work here?"

"What are your pet peeves?"

Listening
skills



Confidence



Respect



Brevity



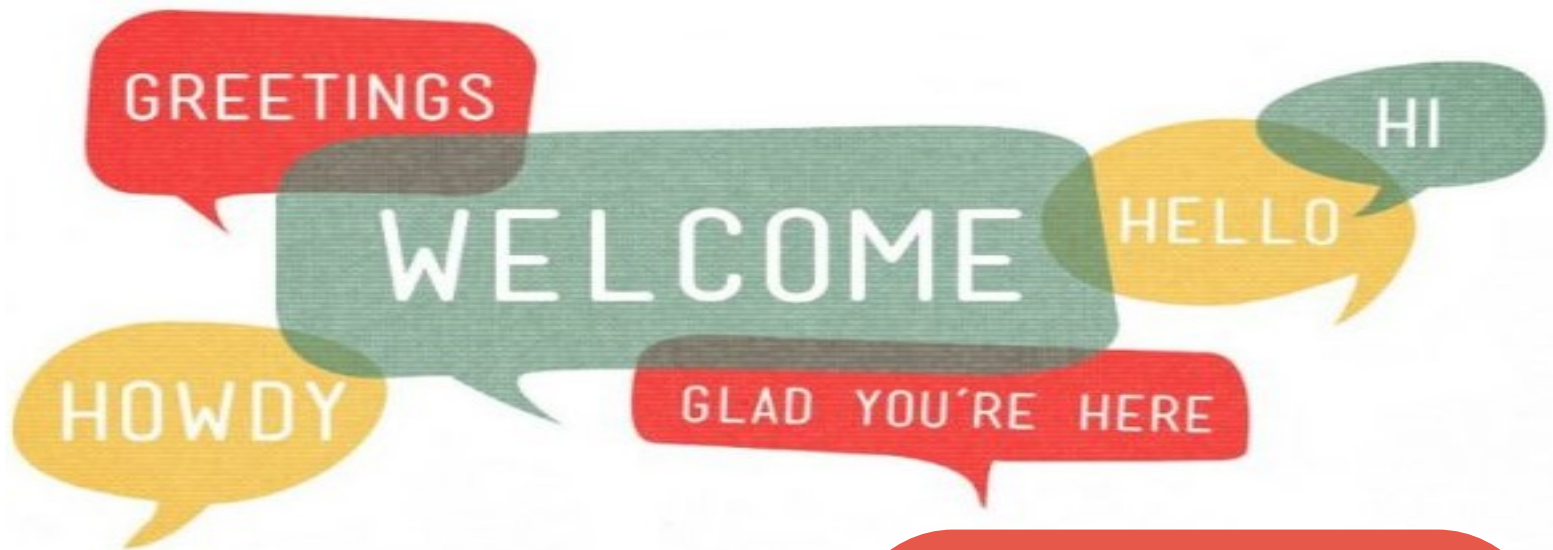
Empathy



Friendliness



Nonverbal
communication



Charlette Ridout started practicing nursing in 1981 as an LPN after graduating from the Petersburg Public Schools Practical Nursing program.

She obtained her AAS from John Tyler Community College and became a RN in 1990. She completed her BS degree in Nursing from the VCU School of Nursing in 1997 and her graduate MS degree from the VCU school of Nursing with a focus in Nursing Education in 2010.

Charlette worked at Southside Regional Medical Center for 30 years in various departments and roles, has held various certifications in nursing specialty areas and holds a current certification in nursing education.

In 2014 Charlette began employment with the Virginia Board of Nursing as the Senior Nursing Education Consultant. In 2018 she became a Deputy Executive Director for the Virginia Board of Nursing.

Hello,

My name is Alexis Moore and I am a new instructor to SCHS. I graduated from Longwood University with my BSN and Chamberlain College of Nursing with MSN in Nursing Education. I was an ER nurse for 2 ½ years and then once I completed my MSN I became a Clinical Care Leader (Assistant Manager) of an Orthopedic/General Surgical Floor for a little over a year. I am still heavily involved in ER Nursing and sit on multiple local, state, and national committees for the Emergency Nurses Association. I am happily married and have an amazing two year old daughter. In my free time, I love to work out and play sports, as I was a high school and college cheerleader and swam competitively. I am a huge football fan and love watching ESPN and Sunday Football games. My favorite team is the Pittsburgh Steelers! I love being outside and love going to the beach as I am originally from Chesapeake/Virginia Beach area. I am super excited to be educating our next generation of nurses!



..... Our Students Our Future





"How wonderful it is that nobody need wait a single moment before starting to improve the world."
Anne Frank
1929-1945



"Life is either a daring adventure or nothing at all."

"You must never be fearful about what you are doing when it is right."

Rosa Parks

If you're always trying to be **normal** you will **never know** how **amazing** you can be.

- *Maya Angelou*



WOMEN'S



HISTORY MONTH

Honoring women and their impact on Virginia's past, present, and future

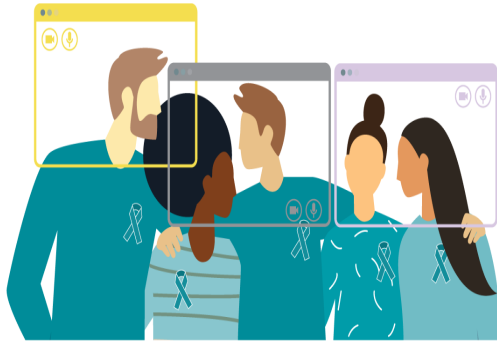


Dr. Kizzmekia S. Corbett, 2020s

Dr. Corbett is a research fellow and lead at the Coronavirus Vaccines & Immunopathogenesis Team at the National Institutes of Health (NIH). She also just so happened to lead the team that successfully developed the Moderna vaccine. On December 18, 2020, the U.S. Food and Drug Administration issued an emergency use authorization for the shot, which has an astounding 94-95% efficacy against clinical disease and a nearly 100% efficacy against serious disease.

April

Day of Action • Wear Teal
April 6, 2021



Sexual Assault Awareness Month

Sexual Assault Awareness Resources

<https://www.nsvrc.org/>

<https://www.rainn.org/SAAPM>

<https://www.eventbrite.com/e/take-back-the-night-global-virtual-event-april-2021-tickets-121735832151>

<https://www.nsvrc.org/saam/day-of-action>

HOW TO 'TALK' WITH A LOVED ONE ABOUT SEXUAL VIOLENCE

When someone you love discloses that they have experienced sexual violence, you may not know what to say. RAINN's 'TALK' method can help you remember how to respond with empathy.

T

THANK THEM FOR TELLING YOU

It's important to take a moment to acknowledge how incredibly difficult it can be to tell someone about this type of trauma. You can begin to show your support by saying something like, "Thank you for telling me. It means a lot that you feel you can share this with me."

A

ASK HOW YOU CAN HELP

Your first instinct may be to give advice, but it's important to ask how to best support survivors in their choices about what to do next. Remember, you don't need to have all the answers—you can just listen and let them know that you are there to help in any way they need.

L

LISTEN WITHOUT JUDGMENT

While it's normal to feel reactions such as anger or shock, sometimes expressing those reactions can make a survivor feel like they are responsible for your emotions and discourage them from opening up. Try your best to stay calm and not say anything impulsively.

K

KEEP SUPPORTING

Healing has no timeline, and it's crucial that survivors have the ongoing support they deserve. Every survivor's healing journey is unique, so continued care will look different for every person. Make time to check in.

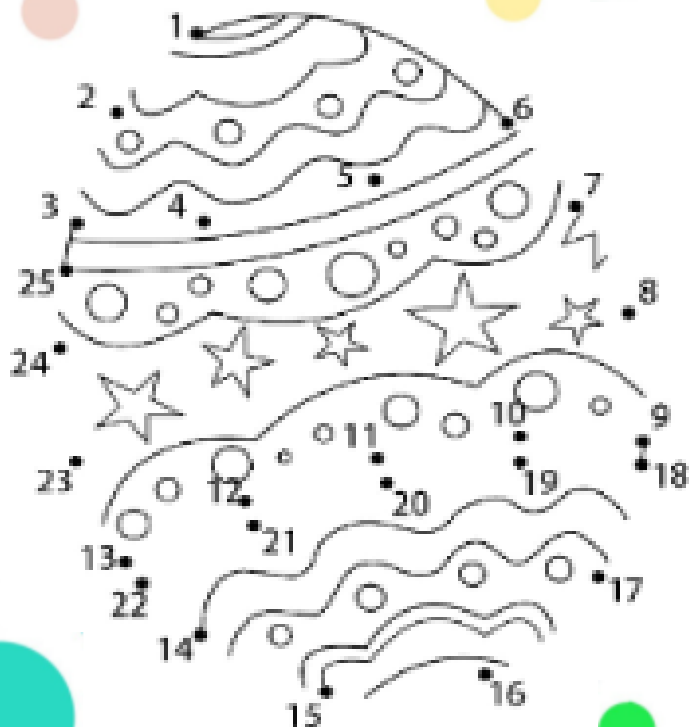
GAME TIME

ST. PATRICK'S DAY CROSSWORD PUZZLE

Look at the numbers on the pictures and write the St. Patrick's Day vocabulary in the crossword puzzle



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April
Bunny
Chicks
Cloud
Daffodil
Earthworm
Flowers
Garden
Grow
June
May
Plant
Puddle
Rainbow
Rain Shower
Robin
Seed
Spring
Sunshine
Tulips



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



Roasted Asparagus, Bacon & Cheese Tart

1 large bunch of medium-sized asparagus, with rough ends snapped off.
1 tbsp olive oil
zest of 1 lemon
coarse salt and pepper
2 sheets of puff pastry, thawed according to package instructions
1 pkg of Boursin cheese (Herb and Garlic)
1 cup grated asiago or gouda cheese
10 pieces of cooked bacon, chopped
1 egg, beaten with a little water
2 tbsp torn mint leaves

Preheat oven to 400°F

Toss together in a bowl asparagus, olive oil, lemon zest, salt and pepper. Set aside.

Unroll sheets of puff pastry (or roll out to roughly 10 x 15 inches). Use a paring knife to score a line around the perimeter of the pastry, about 1 inch from the edge. Place on parchment lined bake sheets (you'll need two sheets). With a fork, poke holes all over pastry within the border, so that this part remains flat during baking, while the border will puff up. Crumble half package of Boursin on each piece of puff pastry. Scatter each with asiago and bacon. Top with marinated asparagus (I lined it up in pretty rows). Use a pastry brush and spread the egg wash along the border. Place in oven and bake for 20-22 minutes, until golden. Serve warm or room temp. Makes 16 wedges.



Students

Danielle Reynolds 03-02	Ahmed Sesay 03-24
Savannah Sheffield 03-04	Haleigh Sober 03-25
Samah Bellal 03-07	Sara Moore 03-26
Kristina Harriman 03-07	Rebecca Pugh 03-29
Tierra Cole 03-10	Chelsea Watkins 03-29
Danazhe Burgis 03-11	Cynthia Koutsombinas 03 -29
Emily Pauline Smith 03-12	Jason Berrie 04-02
Matthew Salmon 03-13	Kristen Foster 04-08
Ashley Rowles 03-14	April Cross 04-08
Kayla Bilyard 03-14	Brittney Davis 04-16
Alaina Danet 03-16	Brent Larson 04-19
Kaitlyn Roberts 03-19	Rachel Jackson 04-19
Stacey Palumbo 03-21	Lydia Condrey 04-21
Haley Wells 03-22	Kaitlyn Holcombe 04-24
	Alexis Caul 04-27

Faculty

Sharlie Yanez 03-13
Sandra Archer 04-12

Contact Jessica Davis (Jessica_Davis@Bshsi.org) if you have articles or information to be included in the SCHS newsletter.

Please submit articles for the May/June newsletter by May 21th