



NHS November Meeting



Dodgeball:

The Dodgeball Tournament was a huge success! Thanks to everyone for all their work, it takes a whole group to make this work! We raised about \$600 for the Al Bryant Leadership Scholarship. We need thank you's to go out to the teacher refs.

Dodge Ball Referees: Mr. Eddy, Mr. Voisine, Mr. Willertz

Blood Drive: Wednesday, December 12th -

- **Sign-up to work Blitz's on Thursday, Dec. 6th & Friday, Dec. 7th**
 - All 1st time donors need to fill out green sheets, if donor is 16 it needs to be signed by a parent before turned in.
 - Fill out donor's pass with **name, time, and teacher** - Keep!
 - NEW: Give out slip as reminder to eat well & bring ID the day of the drive!
- Announcements needed! Volunteers?
- Sign up to work the day of the drive. Only sign up if you have not yet worked a blood drive. RECALL: Indicate on sign-up what hours you are NOT available
- Need to hang up posters to promote drive from MI Blood & **Make/put up a banner** (seems like the best way to advertise) Volunteers?

December Fundraiser: Raffle of Privileged Parking spot! \$1 per ticket. We will start by giving each member 10 raffle tickets. (You can always come get more). By Thursday Nov 29, return money collected and raffle tickets into your officer. Although you don't have to sell them all they have to be accounted for before the drawing!! The drawing will occur on Nov 30th.

Middle School & Math tutoring:

- ❖ There are still volunteer opportunities to tutor middle schoolers every Wednesday after school until 3:00
- ❖ Math Lab until 3:20 on Tuesday, Wednesday, and Thursday.



Small Groups:

- ❖ Officers will collect hours sheet for mid-year check up this meeting, otherwise it is your responsibility to get it to Advisors by Wednesday, Dec 19th.

- Ms. Welch & Mr. Morand will be in contact if they find any problems with the hours listed thus far. If you hand them in at this meeting, they will be ready to return to you by the Blood Drive.
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We will come pick you up from your class on Dec 12th at _____. (Bring your ID)

What to eat and drink :

Water! It's important to stay hydrated before and after you donate. Around half of the blood you donate is made of water. This means you'll want to be fully hydrated.

Iron! It is an important mineral your body uses to make hemoglobin. Hemoglobin is responsible for carrying oxygen from your lungs to the rest of your body. Try to increase your intake of iron-rich foods. Low iron levels can cause symptoms of fatigue. Foods rich in high absorbing iron include: Meats, like beef, lamb, ham, pork, veal, and dried beef. Poultry, such as chicken and turkey. Fish and shellfish, like tuna, shrimp, clams, haddock, and mackerel. Eggs.

Other Foods rich in iron include: Vegetables, Breads and Cereals, Fruits & Beans

What to avoid:

Certain foods and beverages can have a negative effect on your blood. Before donating blood, try to avoid fatty foods, coffee/tea and chocolate as they are iron absorption blockers. Also avoid Aspirin for 48 hours prior to donation if you would like your blood to be available to infants. However you may certainly donate if you have had aspirin within the last two days.