

Dear Parents/Guardians,

We want to take a moment to alert parents/guardians to a trend that we are seeing surface among students. The purpose of this letter is to inform you of the issue, give you e-cigarette resources, as well as alert you to the possible repercussions if your child engages in vaping on school property. We take this issue very seriously due to the negative health effects vaping can have on our students.

Why should you be concerned? Did you know that in 2015, more than 3 million youth in middle and high school, including about 1 of every 6 high schools students, used e-cigarettes in a one month period?

What is vaping? Vaping is the act of inhaling a vapor produced by an electronic vaporizer or e-cigarette. The vapor can contain nicotine and other substances. The liquids that are vaporized come in many different flavors and might even smell fruity. For example, many of the flavors of these liquid concentrates, or “vape juices”, are sweet and even have names such as, cinnamon roll, marshmallow, bubblegum, lemonade and cookies. The aerosol from e-cigarettes is not harmless. It can contain harmful and potentially harmful chemicals, including nicotine; ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals such as nickel, tin and lead.

Vaporizers/e-cigarettes come in all different shapes. Some common styles look like a thick pen, a stylus for an iPad, a flash drive, or a small flask with a round chimney coming off the top. The devices are very small and can easily be hidden on a person or in a backpack. There is another device called a “Juul” (pronounced jewel), which has liquid “pods” that contain even higher concentrates of nicotine. The “Juul” device looks exactly like a USB drive which is small and easily concealed. We also know that these devices can be rigged to “vape” or smoke marijuana oils and other substances in an odorless method. The cost is considerably cheaper than cigarettes and they can be bought online and in convenience stores.



Our first and foremost concern is student health and safety. Students who are using these devices are inhaling nicotine and other harmful chemicals thinking it is safe. As you know, nicotine is highly addictive and some of these unregulated products that students are purchasing at vape shops or online, contain higher levels of nicotine than cigarettes.

As per our policy, any use and/or possession of tobacco, smokeless tobacco, cigars or smoking paraphernalia including lighters and e-smoking devices is prohibited on all school properties, and has associated consequences. In addition, use of any tobacco product within the school buildings, school facilities, during school-sponsored activities or on school grounds or school buses by any individual, including school personnel and students, is prohibited at all times. Administrators will follow the practices outlined in the student handbook.

Below please find some information related to the health risks of vaping. Please take a moment and look through this resource and have a conversation with your child.

<https://e-cigarettes.surgeongeneral.gov/> (Know the risks: talk with teens about e-cigarettes/ A tip sheet for parents)

We thank you in advance for being a partner with us in your child’s education. We need to work together as new trends emerge that risk the health and safety of our children.