

Dr. Helen Baldwin Middle School

* 45 Westminster Road, Canterbury, CT 06331 * Phone: 860-546-9421 * Fax: 860-546-6289

December 18, 2020

Happy Friday Baldwin Community,

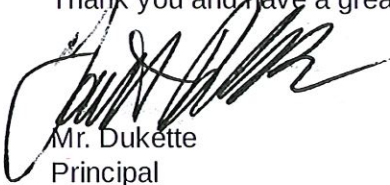
I hope this letter finds you well. I want to share a few pieces of information for each of you before the weekend begins.

First, if you ordered BMS Spiritwear, it is in. If you are having your student bring it home with them, check their backpacks tonight! If you need anything, please reach out to Mrs. Smith at esmith@canterburypublicschools.org.

Next week, we are celebrating spirit week. Monday, students can wear holiday accessories, including holiday hats, headbands, socks, and masks. Tuesday students can wear red and green. Wednesday students can wear holiday sweaters. Additionally, don't forget that next Wednesday is a half-day early dismissal and is the last school day of 2020. Students are off on Thursday, December 24. Also, as we enjoy our final week of December, please remember that we are a Healthy School and due to that as well as Covid restrictions, we ask that students do not bring in snack foods to share with classmates next week.

Finally, we are noticing an uptick in conversations around vaping, especially at the 7th- and 8th-grade level. Please know that I am working with my health and PE teacher, Mr. Hill, to plan some early January learning experiences for our students around this important topic. For now, please visit this link (https://www.yourethecure.org/tips_for_talking_to_kids_about_e_cigarettes) for some great resources for parents to discuss vaping with their children. In addition, please see the attachment at the end of this letter which shares some important information about vaping, including what vapes can look like. If you have any questions, please do not hesitate to reach out to me at gdukette@canterburypublicschools.org.

Thank you and have a great weekend,



Mr. Dukette
Principal

Dr. Helen Baldwin Middle School

the 101 on ^ e-Cigarettes

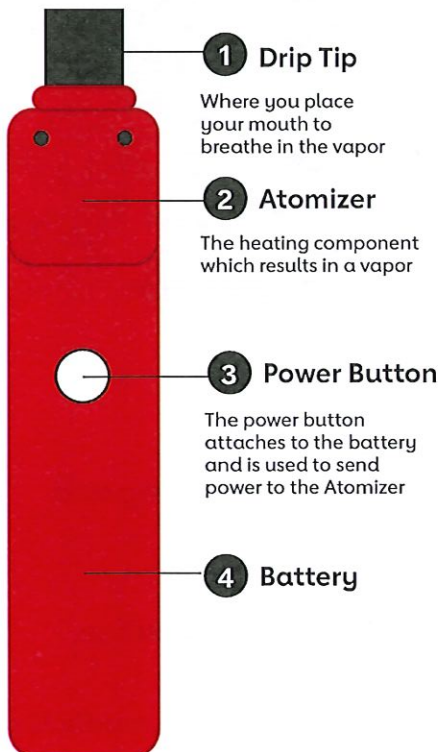


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Vaping is becoming an increasing epidemic among teens. Between 2017-2019, e-cigarette use more than doubled among middle and high school students.

What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.**

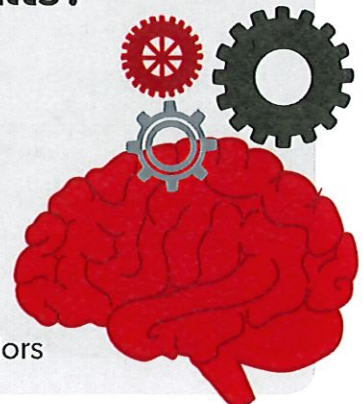


What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol.** Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are generally regarded as safe when ingested in food or drinks.

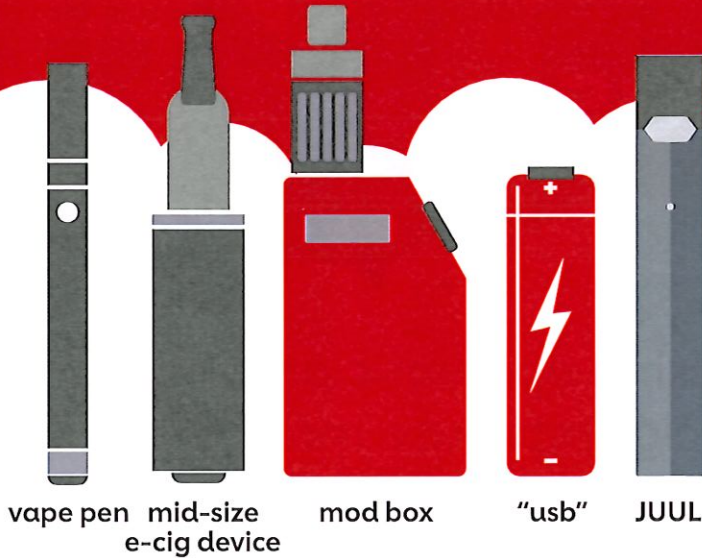
Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- e-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





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What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems** like JUUL, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

COVID-19 and Vaping

According to the World Health Organization, smokers are likely more vulnerable to severe and potentially life-threatening cases of COVID-19. People who use e-cigarettes may also be at an increase risk.

Some evidence shows:

- E-cigarettes may suppress the immune system, making people more susceptible to respiratory infections and delayed recovery.
- Vaping can increase the risk of transmitting the virus when users bring fingers or unclean devices to their mouth, share devices with other users and emit aerosol clouds.



Noting this unprecedented spike in e-cigarette use in youth, in December 2018, the US Surgeon General issued an advisory for parents, teachers and health professionals about the negative health consequences of e-cigarettes in kids.

What can parents do?

- Do not use any tobacco products
- **Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use** (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- **Advocate for comprehensive tobacco prevention policies** (that include e-cigarettes)