
September 21, 2018

Superintendent Goguen

webster-schools.org ~ 508-943-0104

Dear Families, Students, and Staff,

We are off to a GREAT start for the 2018-2019 school year and it sure is busy!

It was great to see many families attend our open houses at Bartlett High School, Webster Middle School and Park Avenue Elementary! As you know, we are seeking new ways to build our home to school connections because we know the stronger communication between the home and school will ultimately benefit our students as they learn and grow in the Webster Public Schools. To that end, I have asked all teachers to reach out personally to families this year, and it is my hope that many of you have received phone calls from your child's teacher or advisor(BHS) to introduce themselves to we begin your partnership this year.

I have attached some articles that have been shared with our teachers that I think you may find interesting.

Self-Assessment in Middle School by John Hattie
https://amp.edutopia.org/article/self-assessment-middle-school?_twitter_impression=true

Welcoming Students with a Smile by Youki Terada
https://amp.edutopia.org/article/welcoming-students-smile?_twitter_impression=true

Video TMB Panyee FC short Film – On Teamwork and Making a Difference!
<https://www.youtube.com/watch?v=jU4oA3kkAWU&feature=youtu.be>



BHS Cheerleaders



BHS Student Council Fundraiser at Auto Zone



More Important News

This week we began assessing our student in ELA and Math with our new district assessment tool i-Ready. The results of this diagnostic assessment will help our teachers meet the individual needs of each learner. You can learn more about your child's progress by i-Ready by visiting

<http://i-readycentral.com/familycenter/>

I have attached information regarding the dangers of nicotine and information on e-cigarettes and vaping. More information can be found at

<http://makesmokinghistory.org/tobacco-targets-kids/getoutraged/>

Thank you to our parents who completed the survey we sent out in June. The results are attached for your review. This information is used to help us understand how well we are doing and what areas we need to work on. As always, I encourage all parents/guardians to bring up their concerns, questions, ideas, to their child's teacher and school administrator. Communication is the key to building a stronger partnership and we are here to help!

In Webster....Kindness Matters,

Ruthann Petrino-Goguen

In the Community

BHS Post Grad's working at the Webster Senior Center



Thank you to our United Way, Mapfre, UPS, Gentex Optics, and Webster Five Bank for assisting with grounds work at Park Avenue Elementary and Webster Middle Schools



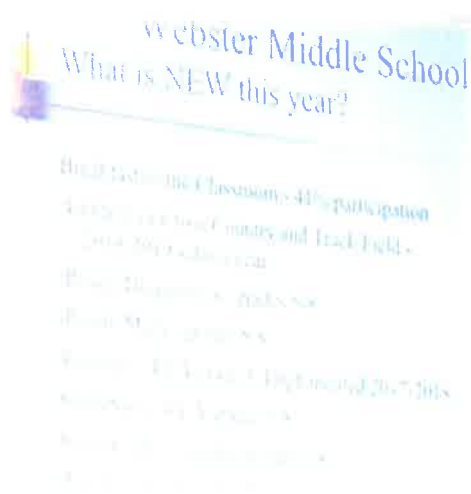
Nichols Honors Students



PAE Kids of Character Celebrations



Webster Middle School Open House



BHS Open House



The New Look of **NICOTINE ADDICTION**



FREQUENTLY ASKED QUESTIONS (FAQ) ABOUT VAPING

What is vaping?

Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

What is an e-cigarette?

E-cigarettes are battery-powered vaporizers that simulate the action and sensation of smoking.

What are other names for e-cigarettes?

They are also known as e-cigs, vape pens, e-hookahs, e-pipes, tanks, mods, vapes, electronic nicotine delivery systems, or ENDS, and more. Some people refer to vaping devices by their brand name such as JUUL, BO, Blu, and others.

What kinds/types of e-cigarettes are there?

E-cigarettes come in many different sizes, types and colors.

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, small electronic devices such as USB sticks, and other everyday items. The products that are designed to resemble small electronic devices are often compact and allow for discreet carrying and use—at home, in school hallways and bathrooms, and even in classrooms.

What is in e-cigarettes? My child says it's simply flavored water, what's so bad about it?

E-cigarettes contain pre-filled pods or e-liquids/e-juices the user adds to the device. E-liquids generally consist of propylene glycol, glycerin, water, nicotine, and flavorings. Many of these pods and e-liquids come in fruit and candy flavors that appeal to youth.

E-cigarettes produce an aerosol, commonly called vapor, which users inhale from the device and exhale. The aerosol can contain harmful and potentially harmful substances, 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
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead



GET OUT RAGED!

For more information, visit **GetOutRaged.org**



Are e-cigarettes regulated?

The Food and Drug Administration's (FDA) Center for Tobacco Products has the authority to regulate the manufacture, import, packaging, labeling, advertising, promotion, sale, and distribution of electronic nicotine delivery systems. The FDA does not have authority to regulate vaping accessories.

Many of the FDA's current enforcement activities are focused on the sale of e-cigarettes to minors both in stores and online, and holding manufacturers accountable for making products so appealing to youth. The FDA has delayed using its regulatory authority over other areas of e-cigarettes, including the manufacture of e-liquids. Without manufacturing regulations, people can't be sure what is in these products.

Are e-cigarettes safe?

According to the Centers for Disease Control and Prevention, ***e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.***

E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a *complete substitute* for regular cigarettes and other smoked tobacco products, but they have not been approved by the Food and Drug Administration as a smoking cessation device. Additional research is needed to help understand long-term health effects of e-cigarette use.

Nicotine and Addiction

E-cigarettes contain nicotine. Nicotine is a highly addictive substance.

According to the Surgeon General, because the brain isn't fully developed until the mid 20s, youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine.

These risks include nicotine addiction, mood disorders, and permanent lowering of impulse control. Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

Teens can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs such as cocaine.

E-cigarette use among youth and young adults is strongly linked to the use of other tobacco products, such as regular cigarettes, cigars, hookah, and smokeless tobacco.

Other Dangers

In addition to nicotine, e-cigarettes contain harmful and potentially harmful chemicals such as 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.

Due to nicotine content, e-liquids are dangerous to small children and pets. The Massachusetts Attorney General requires that nicotine liquid and gel be sold in appropriate child-resistant packaging.

Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.



E-cigarettes and other vaping devices can be used to vape other substances, such as marijuana.

Is being around secondhand vape safe?

No. According to the Surgeon General, 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.

Scientists are still working to understand more fully the health effects and harmful doses of e-cigarette contents when they are heated and turned into an aerosol, both for users who inhale from a device and for those who are exposed to the aerosol secondhand.

Can e-cigarettes be used to vape other substances?

Yes. E-cigarettes and other vaping devices can be used to vape other substances, such as marijuana. Open systems require the user to add the e-juice, which can be a substance other than nicotine. Closed systems (those that use pre-filled pods) can also be altered to vape substances other than nicotine.



Where are e-cigarettes sold and how are youth getting them?

E-cigarettes are sold in many places including convenience stores, corner stores, gas stations, vape shops, and online. Stores should ask for identification (ID) of anyone who appears to be under 27, and refuse a sale to anyone who does not present ID or who is under the legal sales age. Online retailers are required to ask for age verification.

Just like other tobacco and nicotine products, youth may get e-cigarettes from many sources. Youth who use these devices may not purchase them directly from a retailer; they may have access to e-cigarettes through friends who vape or from online stores that accept gift cards, for example.





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What can I do to prevent my child from vaping?

Simply talking with your child about these products can help protect them. Let them know that you care about them and think vaping is not safe.

How can I tell if my child is vaping?

Many types of e-cigarettes are made to resemble everyday items and can easily fit in a pocket or the palm of a hand. In addition, they come in fruit and candy-like flavors. For these reasons, it may be hard to tell if your child is vaping—you may not recognize a vaping device or an e-liquid scent.

Here are subtle signs your child might be vaping:

Unexplained Sweet Scent—If you notice a sweet scent that is unexplainable, it might be a flavored e-juice for a vaping device.

Unfamiliar Products—If you come across unusual looking items such as unusual pens or USB drives or an unfamiliar battery or battery charging device, they could be associated with vaping.

The best way to know is to educate yourself about the products and to talk with your kids.

For information and tips, visit [Getoutraged.org](https://www.getoutraged.org)

What if my child is vaping—how can I help him/her quit?

Talk with your child's health care provider about specific resources for teens that address tobacco/nicotine addiction.

Smokefree Teen is a website from the U.S. Department of Health and Human Services geared toward helping teens quit tobacco/nicotine.

Visit teen.smokefree.gov

What if I use(d) tobacco?

Be honest and talk with your child about your choices and how hard it is/was to quit.

If you need help quitting tobacco, it's never too late to keep trying.

Call 1-800-QUIT-NOW or visit [makesmokinghistory.org](https://www.makesmokinghistory.org) for information and support.

Information is taken from *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*, 2016, and the Centers for Disease Control and Prevention (website on Electronic Cigarettes https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm Accessed 5/22/18)

Other sources include:

McRobbie, Hayden; Bullen, Chris; Hartmann-Boyce, Jamie; Hajek, Peter (2014). "Electronic cigarettes for smoking cessation and reduction". The Cochrane Library. 12: CD010216. doi:10.1002/14651858.CD010216.pub2. PMID 25515689.

Is My Child Vaping? (2018, February 19). Retrieved from <https://raisingteenstoday.com/is-my-child-vaping-heres-9-signs-to-watch-for/>. Accessed 5/18/18



GET OUT RAGED!

For more information, visit **[GetOutraged.org](https://www.getoutraged.org)**

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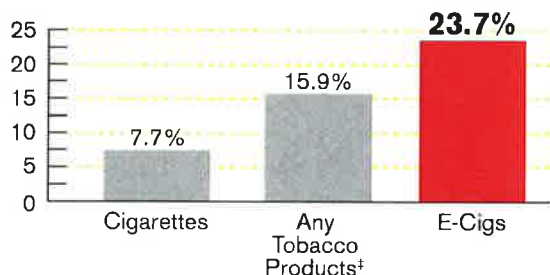
The New Look of NICOTINE ADDICTION



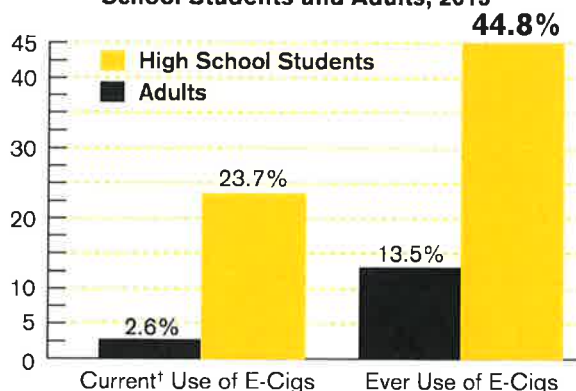
Did you know?

In Massachusetts, almost 24% of high-school students report currently using e-cigarettes, and nearly half tried them at least once. More high school students used e-cigarettes than all other tobacco products combined, AND they used them nine times more often than adults.

Current[†] Use of Tobacco Products by Massachusetts High School Students, 2015



E-Cigarette Use Among Massachusetts High School Students and Adults, 2015



[†] Use in the past 30 days.

[‡] Any tobacco is defined as cigarettes, cigars (including little cigars and cigarillos), and smokeless tobacco (such as chewing tobacco, snuff, or dip).

Vape pens and e-cigarettes are not harmless. They contain nicotine and other harmful chemicals.

The tobacco and vaping industries make their products:

Sweet: E-cigarettes or vape pens come in thousands of different flavors. Flavors are the leading reason that youth are using e-cigarettes.

Cheap: Products are cheaply priced to encourage impulse buys by young people.

Easy to Get: These products are at gas stations, corner stores, mini-marts, and many more types of stores.



Talk with your kids!

Talk with your teens about vaping and make sure they know it's harmful. Nicotine can damage a teenager's developing brain and lead to addiction. The earlier they start, the harder it is to quit.



GET OUT RAGED!

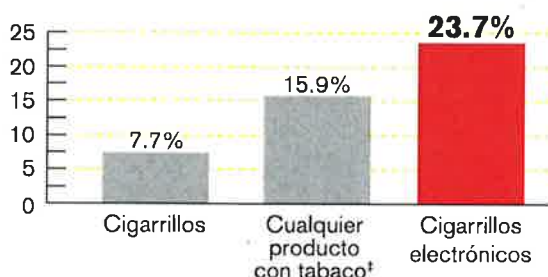
Get the facts at GetOutRaged.org

La nueva imagen de la **ADICCIÓN A LA NICOTINA**

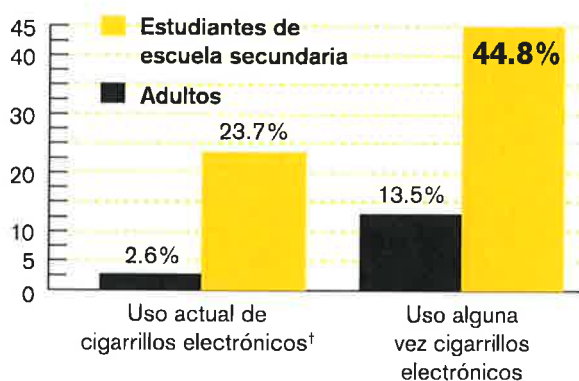
¿Sabía usted?

En Massachusetts, casi un 24% de los estudiantes de la escuela secundaria indicaron que actualmente usan cigarrillos electrónicos y casi la mitad los probó al menos una vez. Más estudiantes de la escuela secundaria usaron cigarrillos electrónicos que todos los otros productos de tabaco combinados, y los usaron con una frecuencia nueve veces mayor que los adultos.

Uso actual de productos con tabaco por estudiantes de escuela secundaria de Massachusetts, 2015†



Uso de cigarrillos electrónicos entre estudiantes de escuela secundaria y adultos de Massachusetts, 2015



† Uso en los últimos 30 días.

‡ Cualquier tabaco se define como cigarrillos, cigarros (que incluyen cigarrillos y cigarros cortos) y productos de tabaco sin humo (tales como tabaco para mascar, inhalar o machacado).

Los cigarrillos electrónicos y los vaporizadores no son inofensivos. Contienen nicotina y otros químicos peligrosos.

Las industrias del tabaco y de los cigarrillos electrónicos fabrican productos que son:

Dulces: Los cigarrillos electrónicos y los vaporizadores vienen en miles de sabores diferentes. El sabor es la razón principal por la que los jóvenes usan cigarrillos electrónicos.

Baratos: Los productos se venden a precios bajos para incitar a los adolescentes a que los compren de manera impulsiva.

Fáciles de conseguir: Estos productos se venden en gasolineras, tiendas de la esquina, minimercados y muchos otros comercios minoristas.

¡Hable con sus hijos!

Hable con sus hijos sobre el uso de productos para fumar vapor y asegúrese que sepan que son peligrosos. La nicotina puede dañar el desarrollo del cerebro de un adolescente y llevar a la adicción. Entre más temprano comienzan a fumar, más difícil es dejarlo.



GET OUT RAGED!

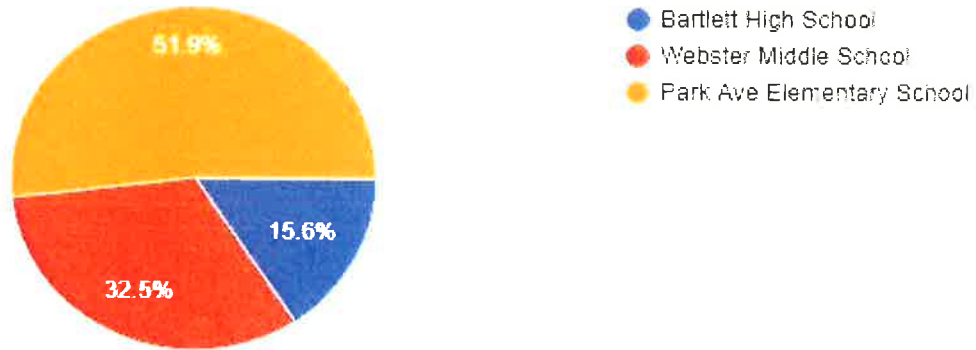
Aprenda más, visitando **GetOutRaged.org**

Conditions for Learning Survey (CFL) - Parent Voice Results

June 2018

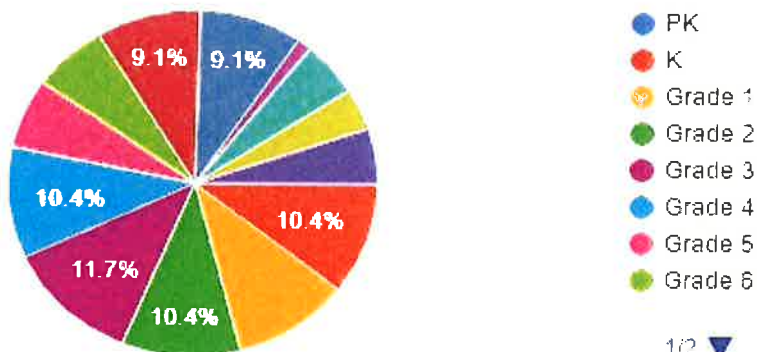
Question # 1

Please indicate your child's school (school of the child you are completing this survey for).



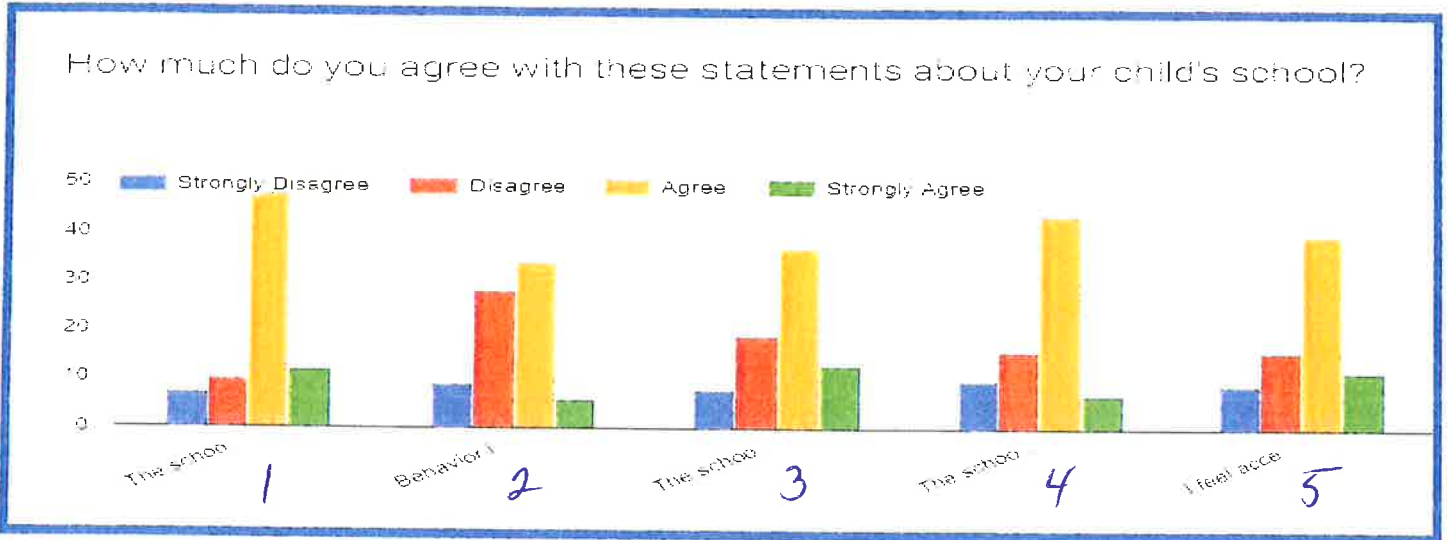
Question # 2

What is the current grade level of your child? If you have more than one child at this school please indicate the grade for each child.



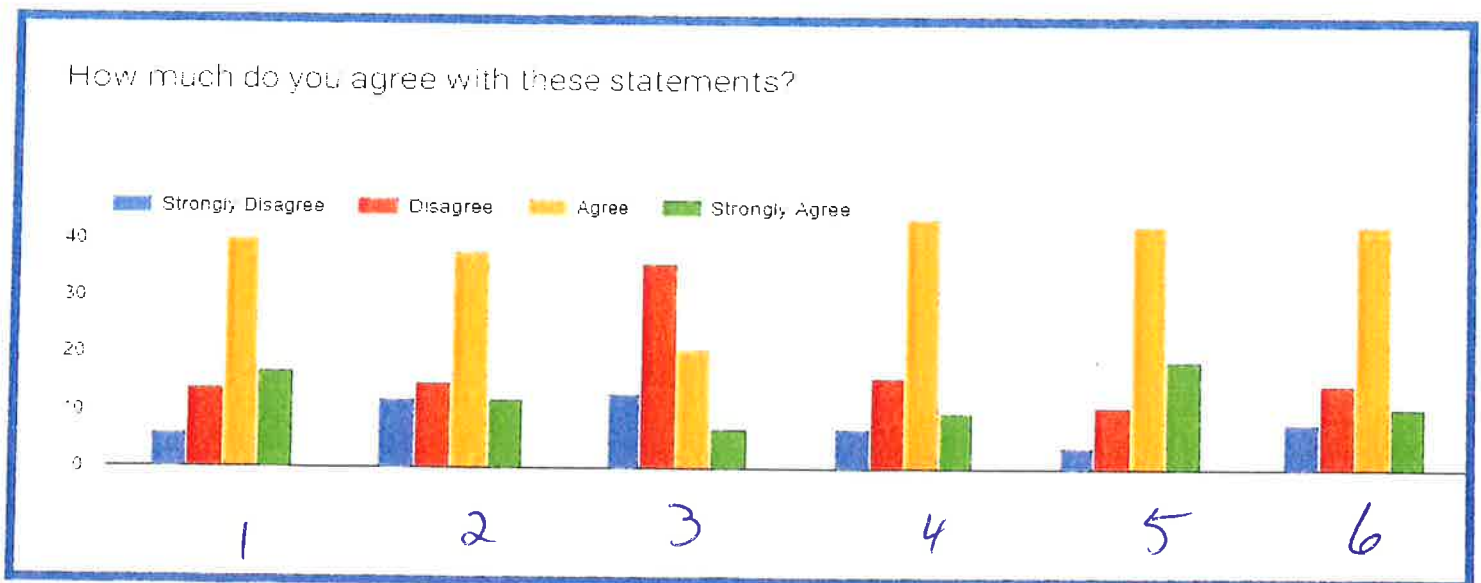
Question # 3

1. The school provides my child with a safe place to learn.
2. Behavior issues and discipline at my child's school are handled fairly
3. The school does a good job helping my child develop important social emotional skills; for example, persistence, resilience, getting along with others, problem-solving.
4. The school finds meaningful ways to involve a variety of parents
5. I feel accepted as a valued member of my school community.



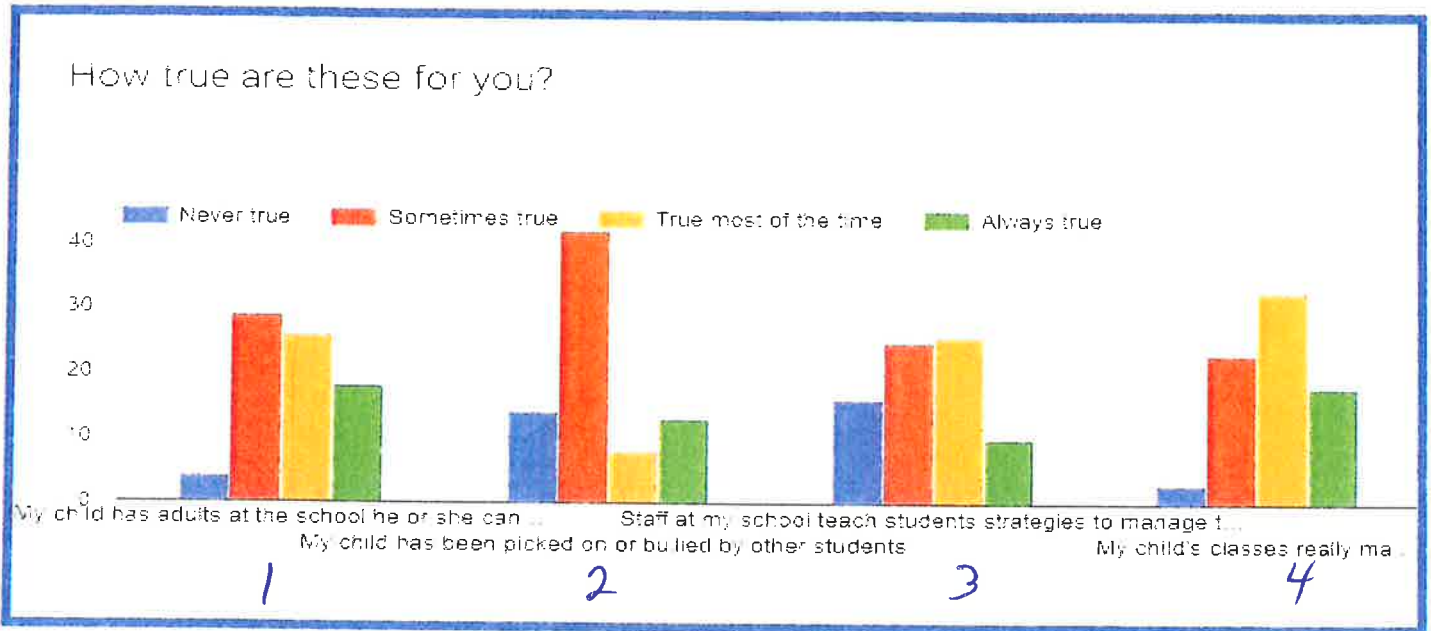
Question # 4

1. My child's teachers understand my child's/family's unique strengths, interests, and needs.
2. When my child struggles academically, socially or emotionally at school, he or she quickly gets the help he/she needs.
3. My child is often bored in school.
4. School is helping my child discover things he/she is interested in or good at.
5. My child has made good friends at school.
6. Teachers in this school help my child understand and work with students who are different than him/her.



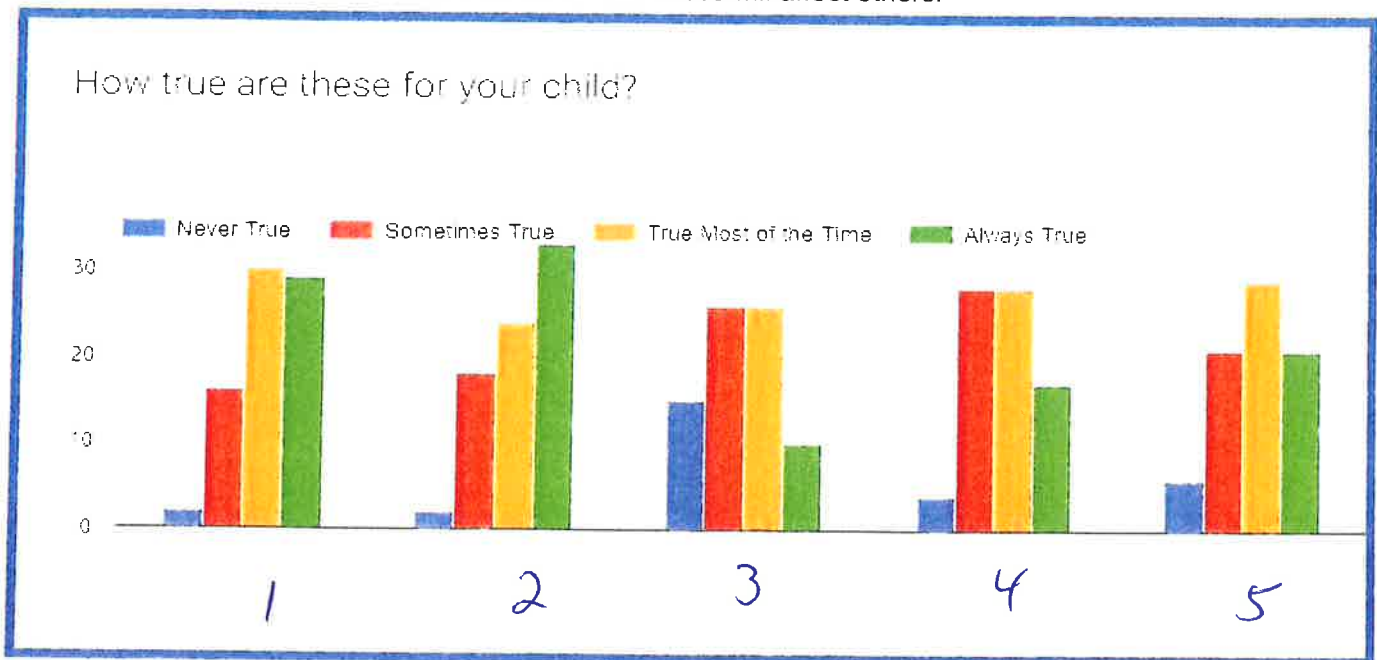
Question # 5

1. My child has adults at the school he or she can really talk to.
2. My child has been picked on or bullied by other students.
3. Staff at my school teach students strategies to manage the emotions that affect their learning; for example, frustration, anxiety, anticipation, embarrassment, etc.
4. My child's classes really make him/her think.



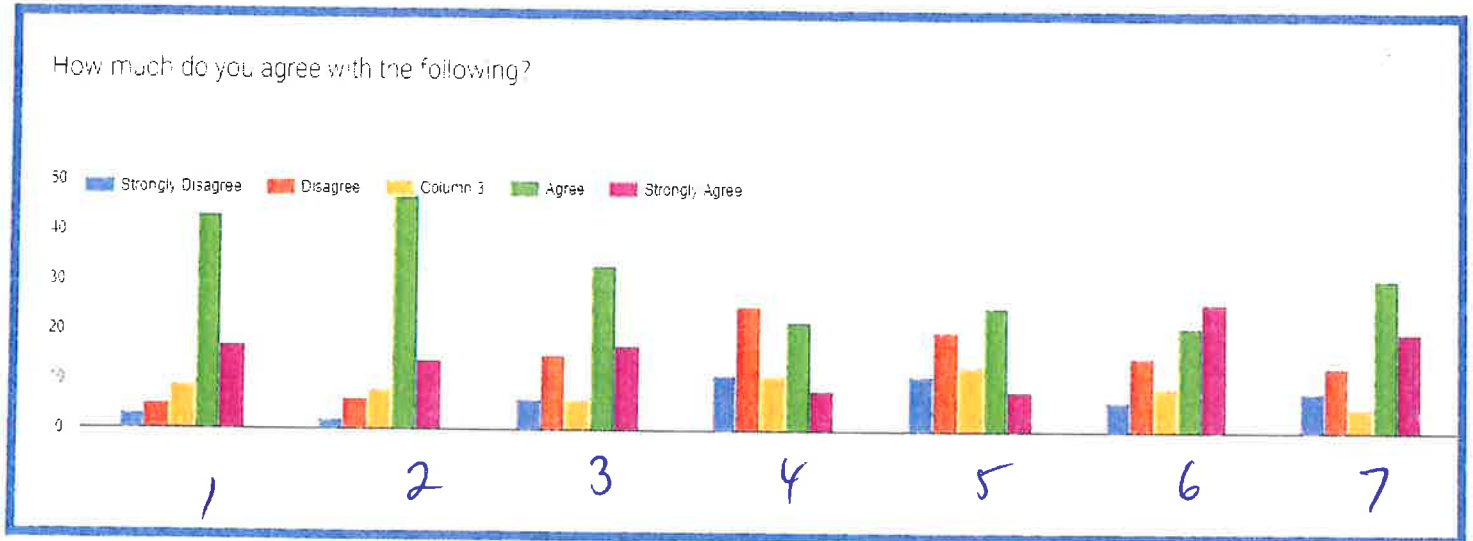
Question # 6

1. My child keeps trying even when school work is hard.
2. My child works well with students who are different than him/her.
3. Teachers at my school notice when something is going on for my child personally might affect his/her school work.
4. My child can remain calm and manage his/her emotions even if stressed, angry or provoked.
5. My child thinks about how his/her actions and choices will affect others.



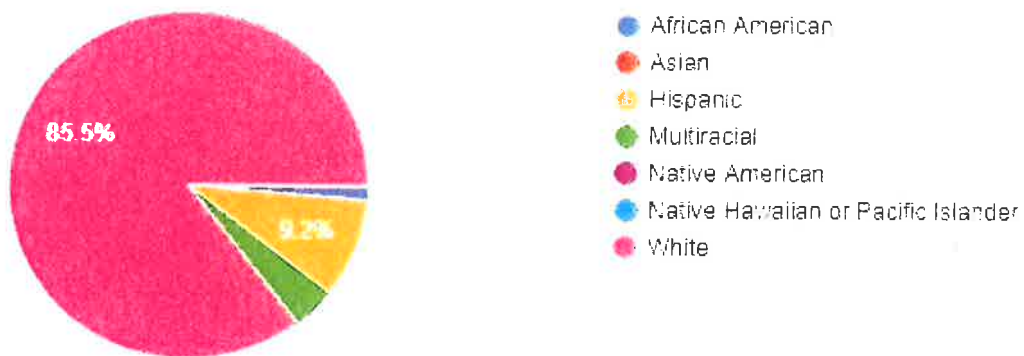
Question # 7

1. I feel welcome at my child's school.
2. My child's school values the diversity of the students and families in our community.
3. School staff respond quickly when I have question or need help.
4. The school helps parents connect with and support each other.
5. My school helps connect me to school and community resources that support my child's learning needs.
6. I've met all of my child's teachers.
7. I am happy with my level of involvement in my child's school.



Question # 8

What is your racial/ethnic background?



Question # 9

Does your child receive any of these school supports? (check any that apply)

