

March 1, 2018

To Parents and Guardians;

The Webster Public Schools are committed to maintaining safe learning environments for all our students. As a positive way to honor the 17 victims in the Marjory Stoneman Douglas School shooting, we will be initiating a district wide movement focused on spreading kindness and teaching students to speak up when something is not right. All students (K-12) and staff in the district will be receiving wrist bands with the saying, **"In Webster, Kindness Matters."**

An essential part of maintaining safety is tied to a school's culture and *culture* can be seen and felt through the various ways we all treat each other and behave. We believe it is essential to continue to teach our students how to engage in random acts of kindness by using their voices and actions in positive ways. These actions may include inviting a student who is sitting alone at lunch to their table, saying good morning to each other, making new friends, and taking noticing when someone is not having a good day and reaching out to them in supportive ways. We also want to instill in each one of our students that the adults in our schools are here to help them with anything they may need or when they see something that makes them uncomfortable or unsettled. The "see something, say something" action plan is grounded in teaching all of us how to use their VOICE when they notice something that is just not right.

Our middle school and high school principals are in the process of talking to staff and students to come up with positive ways to recognize the school safety concerns in our Nation and ways empower our students to use their voice.

The following student led efforts that are happening across our Nation and State:

- Wednesday, March 14: Action – call for school walkout for 17 minutes at 10:00 a.m. (@WomensMarch)
- Saturday, March 24: March for Our Lives for all to participate in Washington, DC (@AMarch4OurLives)
- Friday, April 20: National School Walk

It is important for us as a united community to keep our lines of communication open and honest. I continue to encourage all parents and guardians to reach out to school administrators and counselors with any concerns, questions or ideas.

#### Other News and Updates:

- We have officially moved our Central Offices to 77 Poland Street. Our entrance is the back side of the high school and next to the loading dock. All School Committee meetings will be held at our new location on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month. A huge thank you to our community for supporting this project and to the Bay Path Vocational Students and our Custodians for their efforts. We plan on having a grand opening in the Spring.
- I would like to thank Mr. Ted Avlas for his 20 years of dedicated service and wish him well on his retirement. He served 10 years as a School Committee member and 10 years as the Assistant to Superintendent for Business and Finance. I am pleased to inform you that Mrs. Monique Pierangeli is our new Business Manager.

- Tina Grosowsky of Central MA Tobacco Free Community Partnership presented valuable information at the last School Committee Meeting. I have attached several flyers and would like parents to know that Ms. Grosowsky is willing to present to any organization or group. Her message is important because she has the most up to date information on how students are being marketed for tobacco use. The information attached contains information about the dangers of e-cigarettes, vape pens and Juul (they look just like zip drives). Please take the time to view this brief CBS video: <https://youtu.be/PFU16k45dY>
- Bartlett High School will be celebrating Diversity Week March 5-9. The week is filled with a variety of special events including various speakers and global cuisine offerings in the cafeteria.
- A Nichols Honors Academy Information Night will be held on March 6th at 6:00pm in the BHS Auditorium. This is for incoming freshman and their parents.

Pictures of the Week:

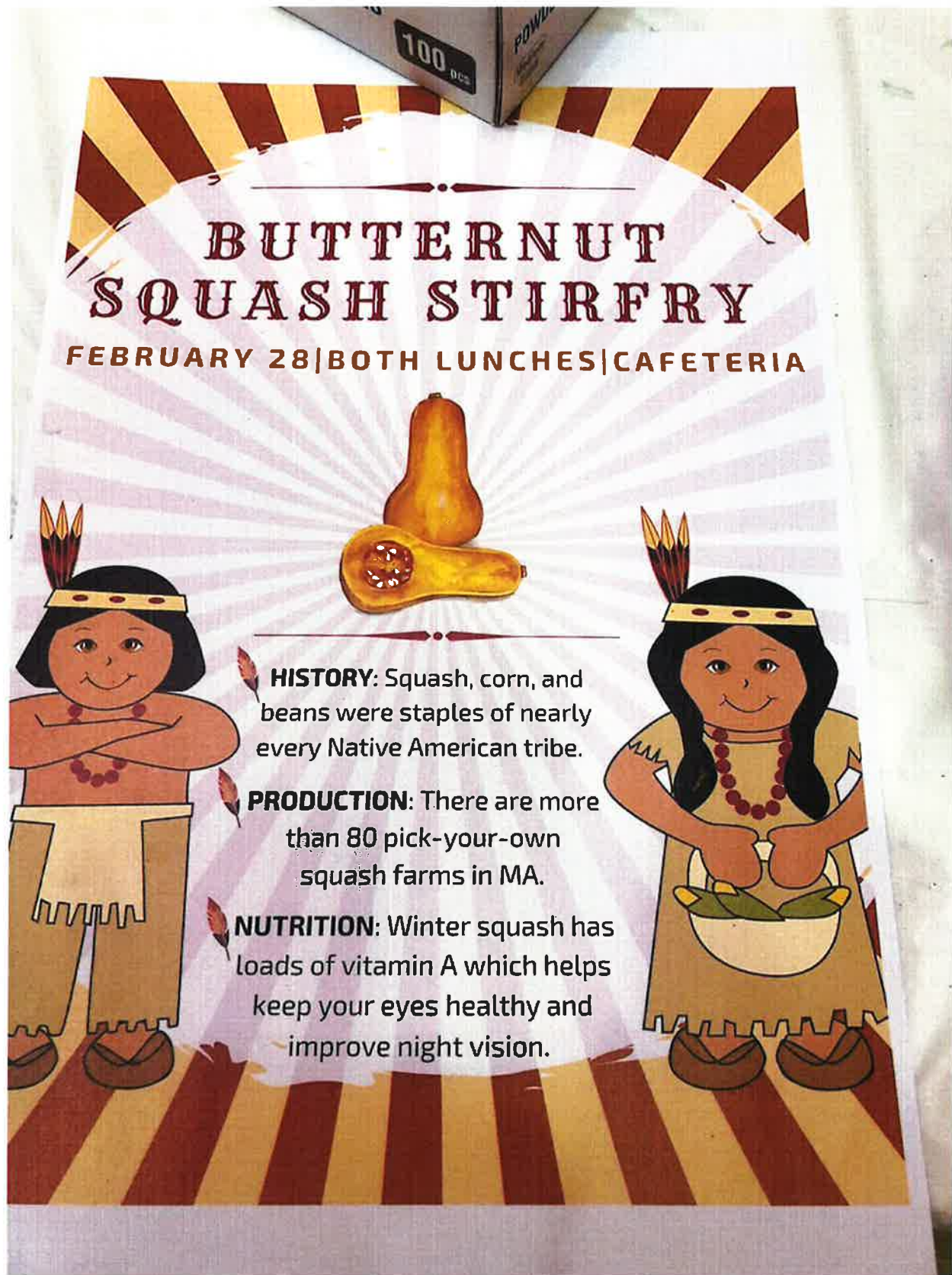


The New Attitude Show Choir shared their beautiful voices at our first School Committee Meeting in our new location. They are AMAZINGLY TALENTED!









# BUTTERNUT SQUASH STIRFRY

FEBRUARY 28 | BOTH LUNCHES | CAFETERIA



**HISTORY:** Squash, corn, and beans were staples of nearly every Native American tribe.

**PRODUCTION:** There are more than 80 pick-your-own squash farms in MA.

**NUTRITION:** Winter squash has loads of vitamin A which helps keep your eyes healthy and improve night vision.

The BHS Marketing Class organized the Harvest of the Month taste testing of Cucurbita! Students created the posters and a fun quiz on Native American Knowledge!

Kind Regards,

Ruthann Petrino-Goguen

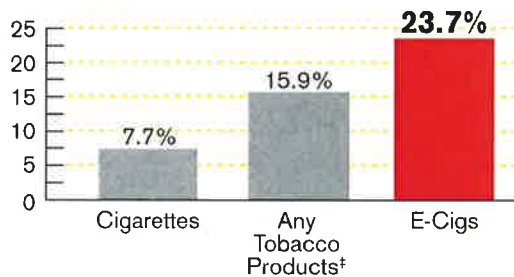


# Big Tobacco is Sweet Talking Our Kids!

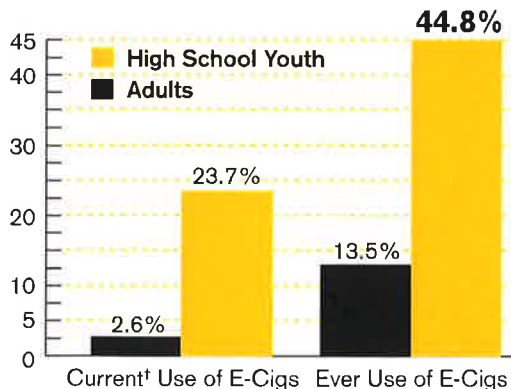
## Did you know?

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

Current<sup>†</sup> Use of Tobacco Products by Massachusetts High School Youth, 2015



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



<sup>†</sup> Use in the past 30 days.

<sup>‡</sup> Any tobacco is defined as cigarettes, cigars (including little cigars and cigarillos), and smokeless tobacco (such as chewing tobacco, snuff, or dip).

10/2017

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

The tobacco industry makes its products:

**Sweet:** E-cigarettes or vape pens come in over 8,000 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, pharmacies, mini-marts, and many more types of stores.




## Talk with your kids!

Talk with your teenagers about vaping and make sure they know it's harmful. Nicotine is addictive and affects their brain development negatively, including increased risk for depression, mood disorders, or future drug addiction. The earlier they start, the harder it is to quit.

For more information, visit [GetOutraged.org](http://GetOutraged.org), or contact Tina Grosowsky, Project Coordinator, Central MA Tobacco Free Community Partnership, UMass Medical School by phone: (508) 856-5067 or email: [tina.grosowsky@umassmed.edu](mailto:tina.grosowsky@umassmed.edu)





**The tobacco industry** uses three main tactics in its efforts to hook kids on tobacco products. The industry makes its products:

→ **Sweet**

The tobacco industry uses flavoring to attract young people by disguising the taste of tobacco.

→ **Cheap**

The tobacco industry prices these products cheaply to encourage impulse purchases by adolescents.

→ **Easy to Get**

These cheap tobacco products are easily available to young people in gas stations, pharmacies, corner stores, grocery stores, mini-marts, and many other types of retail stores throughout Massachusetts.

## Health Risks

Adolescents are especially harmed by nicotine, the highly addictive substance in tobacco products and e-cigarettes.

Nicotine affects brain development, which continues to age 25. The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. Nicotine can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.<sup>1</sup>

**Because of the way nicotine changes the adolescent brain, people who start smoking as adolescents smoke more and have a harder time quitting than people who start as adults.<sup>2</sup>**

<sup>1</sup> U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General—Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

<sup>2</sup> Many published studies have shown this, including: Abreu-Villaca, Y. et al (2003). Short-term adolescent nicotine exposure has immediate and persistent effects on cholinergic systems: Critical periods, patterns of exposure, dose thresholds. *Neuropsychopharmacology*, 28 pp. 1935-1949.

<sup>3</sup> U.S. Food and Drug Administration. Vaporizers, E-cigarettes, and other Electronic Nicotine Delivery Systems (ENDS), 2016.

## Candy or Tobacco Flavor?

- White Grape**
- Cotton Candy**
- Banana Split**
- Honey Berry**
- Cherry Cola**
- Fruit Punch**
- Pink Lemonade**
- Chocolate Mint**
- Kiwi Strawberry**
- Tropical Fusion**



All of the above are actual flavors of tobacco products.

# Big Tobacco is at it Again

The tobacco industry is always trying to grow profits, and it's at the expense of our nation's youth. They're targeting kids with sweet, cheap, and easy to get tobacco products using popular fruit and candy-like flavors. Flavored tobacco products are typically priced below five dollars and widely available at retailers frequented by youth.

## Little Cigars, Cigarillos, and Tip Cigars

These types of tobacco products feature candy-like flavors and come in varying sizes and shapes. Tobacco companies price them at levels that are attractive to youth, often selling them for less than one dollar each.



## E-Cigarettes

E-cigarettes (also known as e-cigs, e-hookahs, or vape pens) are battery-powered vaporizers that simulate the action and sensation of smoking. The products don't use tobacco, but most contain and deliver nicotine. The user inhales aerosol, commonly called vaping. E-cigarettes come in many different sizes, varieties, flavors, and colors and are usually cheaper than cigarettes.



## E-Liquids

E-liquid, e-fluid, or e-juice is the mixture used in vapor products such as e-cigarettes. Available in many variations, e-liquids feature a range of nicotine strengths and flavors. In addition to nicotine and flavorings, they usually contain chemicals like propylene glycol and glycerin.<sup>3</sup>



## Blunts and Blunt Wraps

While blunts and blunt wraps are typically associated with marijuana use, they are made of tobacco, come in many fruit and candy flavors, and can cost as low as 59 cents. Smoking these products can lead to nicotine addiction among youth.



## Chewing and Dipping Tobacco

Dipping tobacco (dip) consists of shredded tobacco leaves that users place between their lower lip and gum. It is not chewed. Chewing tobacco (chew) is made up of tobacco leaves that users place between their cheeks and gum and "chew." Excess liquid is spit out.





# The Latest on E-Cigarettes:\*

- Among Massachusetts high school youth, nearly half (44.8%) have ever used e-cigarettes. This far surpasses ever use of cigarettes, which was 27.8% in 2015.
- High school youth current<sup>†</sup> use of e-cigarettes is at a higher rate than any tobacco products<sup>‡</sup> combined (23.7% compared to 15.9%).
- High school youth are much more likely to use e-cigarettes than adults. This has not been the case for cigarettes. While the current<sup>†</sup> youth cigarette use rate in Massachusetts is just half of the adult use rate (7.7% versus 14%), the current<sup>†</sup> youth e-cigarette use rate is more than nine times higher than the adult use rate (23.7% versus 2.6%).

Youth Data Source: 2015 Massachusetts YRBS

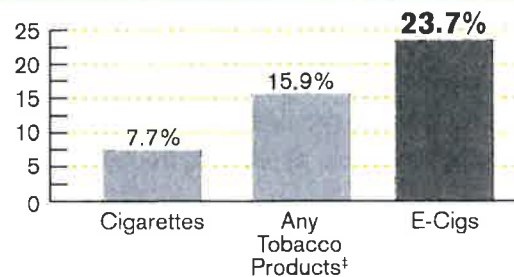
Adult Data Source: 2015 Massachusetts BRFSS

\* E-cigarette data refer to electronic nicotine delivery products, which include e-cigs, e-hookahs, vape pens, or other vaping devices.

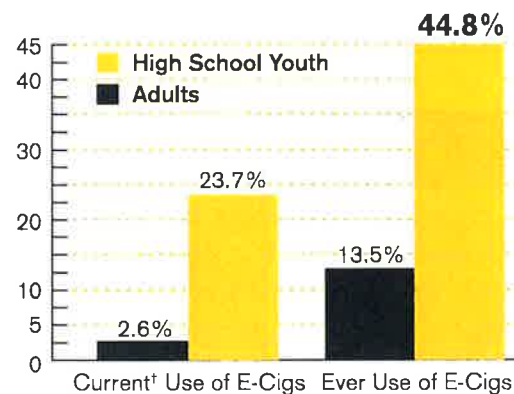
† Use in the past 30 days.

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

**Current<sup>†</sup> Use of Tobacco Products by Massachusetts High School Youth, 2015**



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



## What You Can Do

**The tobacco industry continues to target kids. It's time to take action and get outraged!**

**Look around.** Talk with kids in your community about tobacco products and ask them what they see. The more our kids are exposed to these products, the more likely they are to start smoking.<sup>1</sup>

**Know the facts.** Flavored tobacco products are considered "starter" products that aid in the establishment of smoking patterns for youth and can lead to long-term addiction.<sup>2</sup> The youth cigarette smoking rate continues to decrease, but 2,800 young people still become new daily smokers every year in Massachusetts.<sup>3</sup>

**Support local strategies.** Find out more about local regulations to reduce the tobacco industry's influence in your community at [makesmokinghistory.org/my-community](http://makesmokinghistory.org/my-community).

**Engage young people.** Encourage young people to join The 84 Movement, a statewide youth initiative that empowers young people to make a difference in their own communities. Learn more at [The84.org](http://The84.org).

<sup>1</sup> Henriksen, Schleicher, Feighery and Fortmann. Pediatrics: The Official Journal of the American Academy of Pediatrics. July 19, 2010, DOI: 10.1542/peds.2009.3021

<sup>2</sup> Food and Drug Administration. "Fact Sheet: Flavored Tobacco Products." Accessed 2/17/16. <http://www.fda.gov/downloads/TobaccoProducts/Labeling/ProductsIngredients-Components/UCM183215.pdf> and U.S. Department of Health and Human Services. 2012. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta: U.S. National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, p. 539. <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>.

<sup>3</sup> New underage daily smoker estimate based on data from U.S. Dept of Health and Human Services (HHS), "Results from the 2015 National Survey on Drug Use and Health," with the state share of national initiation number based on CDC data on future youth smokers in each state compared to national total. Information accessed February 2017 from: [http://www.tobaccofreekids.org/facts\\_issues/toll\\_us/massachusetts](http://www.tobaccofreekids.org/facts_issues/toll_us/massachusetts).

Make smoking history.



Massachusetts Department of Public Health

**GET OUTRAGED!**

visit [makesmokinghistory.org](http://makesmokinghistory.org) to learn more