



SPOTSWOOD HIGH SCHOOL



GRAHAM PEABODY
SUPERINTENDENT

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DALE J. RUBINO
PRINCIPAL
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Dear Parent/Guardians,

High Schools throughout New Jersey and the country have seen an increase in the student use of electronic cigarettes, vapes, and a USB looking device called a JUUL. Common additives used in electronic cigarettes include nicotine and caffeine, both substances found in high doses to have negative effects on adolescent brain development. E-cigarettes or "Vapes" can also be used to vaporize cannabis oil or melt highly concentrated "dabs," hash oil and or other THC-rich extracts (THC is the primary intoxicant in marijuana).

At Spotswood High School, our top priority is to ensure the health and safety of our students. The administration will continue to take the necessary steps when a student has been found using or in possession of an electronic cigarette on school grounds or at school sponsored events.

- Students found in possession of or using electronic cigarettes or vaporizers will receive a minimum one-day Saturday Detention and up to 4 days out of school suspension as per the Student Code of Conduct and parents/guardians will be immediately notified of the situation.
- **Given the uncertainty of what substances are contained in these odorless electronic smoking devices and the inability of the High School Administration to verify the contents of such devices through a visual inspection, effective immediately, students found in possession of or using e-cigarettes or vaporizers will be sent out for an immediate medical examination and drug screening as per the district's Substance Abuse Policy.**
- Students found in possession of or using electronic cigarettes or vaporizers will be seen by our school nurse for any safety concerns.
- Our Student Assistance Counselor will be available to discuss the dangers of drugs, alcohol, and tobacco products.

We strongly recommend that you have a conversation with your child about the dangers of these devices. Our hope is that together as an educational community, we can educate and help stop the use of these dangerous smoking devices.

According to the Center for Disease Control and Prevention, nearly 1 out of every 4 middle and high school students uses electronic vaping products. Studies show some e-cigarette products found that vapors contain known carcinogens and toxic chemicals, as well as potentially toxic metal nanoparticles from the device itself.

Here are some signs to look for to detect the use of electronic cigarettes:

- A sudden, unexplainable strong sweet smell of fruit, candy or mints.
- Dry mouth, dry skin and dry eyes.
- Increasing nose bleeds, dizziness, and nausea
- Possession of strange pen-like devices or other USB looking devices that need to be charged.
- The distinctive smells of cigarette and marijuana vapor are much more subtle, making it easier for teens to hide use.

To assist in educating parents and the community, the Spotswood High School Administration will be hosting a presentation on Vaping in January of 2019, details to follow.

Thank you so much for your support and cooperation. If you have any questions or concerns, please do not hesitate to contact the school counseling office or me.

Sincerely,

Dale J. Rubino, Principal

DJR/kjl