



~SOCON NEWS~

Important information from your school
SOcial workers, COounselors & Nurse

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E-Cigarettes & NL-S

According to 2014 SHARE survey results, 12.9% of NL-S students reported using e-cigarettes in the past 30 days. This is significantly worse than the average in surrounding counties. In our high school and middle school, there have been disciplinary issues related to e-cigarette use.

The school social workers, counselors & nurse have devised a plan to reduce the use of e-cigarettes among NL-S students by informing students and their parents of the dangers associated with e-cigarettes. We have developed targeted, age appropriate, efforts at the elementary, middle, and high school levels to educate students on e-cigarettes, as well as other drug concerns. As parents it is important to talk with your children about dangers of drug use. This newsletter will highlight information that will be useful in this conversation for all age levels. Discussion should surround why e-cigarettes and other drugs are unhealthy. Attention should also be given to how students can refuse drugs and alcohol when it is offered to them.

E-cigarette Dangers

E-cigarettes are not regulated by the Food and Drug Administration (FDA). Because they are not checked or approved, no one knows for sure what ingredients they contain. There is no label of ingredients. Some studies have found toxic ingredients. The American Lung Association states "Almost all e-cigarettes contain nicotine. Even some products that claim to be nicotine-free still may contain the drug." Therefore, an addiction risk remains. We also know that exposure to nicotine at a young age "may cause lasting harm to brain development, promote nicotine addiction and lead to sustained tobacco use". Tobacco companies are targeting children and teens with fruity flavors, cartoon characters, and bright colors. PLEASE talk to your children about the dangers of e-cigarettes!

For more information visit:

<http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html?referrer=https://www.google.com/>
<http://www.cdc.gov/cdcgrandrounds/archives/2015/october2015.htm>

Talking to my High School Student

Conversations with your teen should evolve into specific dangers of drugs. Parents and students need to be aware of various drugs and their effects. It is impossible to include an exhaustive list of current drugs as new drugs, both manufactured and natural, are consistently emerging. 9th grade classes address chemical use information, including e-cigarettes.

Within the last years, the high school has noticed more use of K-2 which is also known as synthetic marijuana. Unfortunately, the FDA cannot regulate this drug because the formula to make it is constantly changing. This means many different chemicals may be in k-2 and the potency can change dramatically from one batch to the next. Signs and effects of synthetic drug use can include nausea, vomiting, anxiety, agitation, irritability, seizures, hallucinations, suicidal tendencies, tachycardia, elevated blood pressure, loss of consciousness, organ damage and death from overdose.

What has my Middle School Student Learned?

In 5th grade, students will have a RAPP unit in March which covers factual information about addiction, nicotine, e-cigarettes, alcohol, marijuana, inhalants, and misuse of prescription drugs. A booklet will come home at the end of the unit. Please review this booklet with your 5th grader! 5th grade students have also learned refusal skills in their radKids class.

Health classes in 6th, 7th, & 8th grades address chemical use information, including e-cigarettes. Last October, the student SWAT group (Students Working Against Tobacco) also focused on educating our students about the dangers of e-cigarettes.



Contact us!

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What Should my Elementary Student Know?

It is important for elementary students to understand the idea of being mindful when it comes to their overall health. Young kids should have discussions about what is helpful to put in their bodies and why. For example, drinking plenty of water keeps you hydrated so you can focus better in school. The following link contains some helpful information for parents and students.

<https://www.pgeveryday.com/family-life/family-bonding/article/7-habits-of-healthy-kids>

Young students should also know the difference between drugs (medicine) that doctors give them to keep them healthy and drugs (nicotine, alcohol, etc...) that can harm them. Talk to your students about not putting any drug into their body that is not given to them by their doctor. It's never too early to talk to young kids about making sure the things they put in their bodies are helpful and not harmful!

Need more help talking with your child?

Great ideas for all ages can be found here:

<http://www2.ed.gov/parents/academic/involve/drugfree/drugfree.pdf>