



## St. Charles West High School Update: Vaping and the Use of E-Cigarettes

Warrior Parents,

First, thank you for all of your support that you continue to provide your children and our students this semester. The administration, faculty, and staff at St. Charles West recognize that a strong partnership between our home and school community will provide our students a stronger foundation for academic success and support a learning environment in which our students are better able to think critically and make more informed decisions that will better guarantee a safe learning environment for not only themselves but for other students around them. In conjunction with this partnership, we would like to take this opportunity to ask for your continued support in raising awareness and also deterring behaviors related to electronic cigarettes and vaping.

Currently, St. Charles County school districts are noticing a significant rise in behaviors related to the use of electronic cigarettes and vaping, and unfortunately St. Charles West is seeing a similar trend. Because electronic cigarettes emit an aerosol that does not smell like smoke and their appearance and use is not as obvious as traditional cigarettes, many students incorrectly assume that these electronic cigarettes are not harmful and/or are therefore not prohibited at school or at school functions.

**According to the 2016 U.S. Surgeon General's report on e-cigarette use among young adults, the major health concerns are associated with nicotine addiction, exposure to harmful chemicals, and ingestion of liquid nicotine that can be toxic to the body.** A link to the full report from the U.S. Surgeon General is provided below.

With regard to student behavior, St. Charles West will continue to comply with state law by prohibiting smoking on campus and maintaining a smoke free learning environment for our students. **The City of St. Charles School District lists consequences for possession and/or use of any type of cigarette, including e-cigarettes, can be significant and include possible suspension from school. Students involved in extra-curricular activities who are in violation of this policy also are automatically ineligible to participate in that activity for one third of their season for the first infraction and are considered ineligible for a full year up to a lifetime ban at the discretion of the principal upon their second infraction. Additionally, the A Plus program lists possession or use as an automatic removal from the program.**

Our sincere hope is that the information that we are providing will assist your efforts to identify e-cigarette related items and behaviors. We encourage you to speak with your child(ren) about these items and the potential harm associated with them. The U.S. Department of Health provides tips for these conversations and a link to these tips is also provided below. Our guidance department also has the resources necessary to support you and/or your child with conversations that can sometimes be difficult. Please do not hesitate to contact your student's grade-level principal or counselor if you have any questions.

Thank you,

Scott Voelkl, Ed.D.  
Assistant Principal  
St. Charles West High School

**JUULS, LIKE OTHER E-CIGARETTES, EMIT AN AEROSOL THAT CAN BE SWALLOWED, LEAVING LITTLE OR NO NOTICEABLE VAPOR**



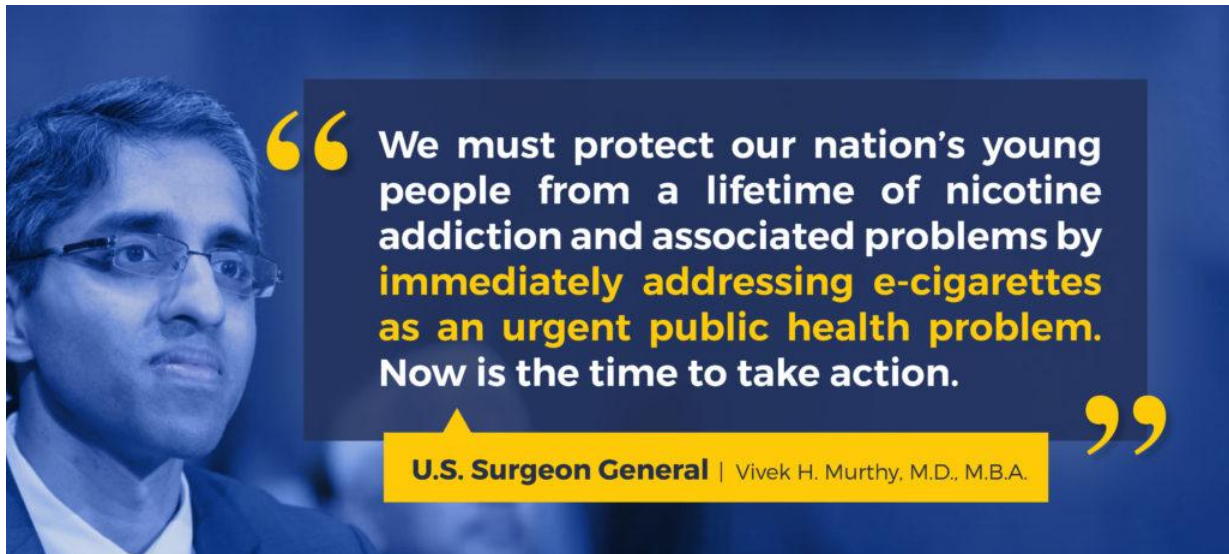
Photo credit: KSDK in St. Louis. Read/Watch related story:  
<http://www.ksdk.com/article/news/health/juuling-the-new-high-tech-fad-among-teens/493742982>

**JUUL E-CIGARETTES MAY LOOK LIKE COMPUTER FLASH DRIVES AND MAY CONTAIN AN AMOUNT OF NICOTINE EQUAL TO A PACK OF CIGARETTES**



Photo credit: The Kansas City Star. Read related story here:  
<http://www.kansascity.com/news/local/article171369972.html>

## THE 2016 SURGEON GENERAL'S REPORT ON E-CIGARETTE USE AMONG YOUNG ADULTS AND OTHER YOUTH



To read the full report, please click the following link:

[https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Exec\\_Summ\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Exec_Summ_508.pdf)

### EXECUTIVE SUMMARY CONCLUSIONS FROM THE REPORT:

1. Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.
2. Nicotine can cross the placenta and has known effects on fetal and postnatal development. Therefore, nicotine delivered by e-cigarettes during pregnancy can result in multiple adverse consequences, including sudden infant death syndrome, and could result in altered corpus callosum, deficits in auditory processing, and obesity.
3. E-cigarettes can expose users to several chemicals, including nicotine, carbonyl compounds, and volatile organic compounds, known to have adverse health effects. The health effects and potentially harmful doses of heated and aerosolized constituents of e-cigarette liquids, including solvents, flavorants, and toxicants, are not completely understood.

4. E-cigarette aerosol is not harmless “water vapor,” although it generally contains fewer toxicants than combustible tobacco products.
5. Ingestion of e-cigarette liquids containing nicotine can cause acute toxicity and possibly death if contents of refill cartridges or bottles containing nicotine are consumed.

## WHAT DO E-CIGARETTES LOOK LIKE?



Photo credit: Mandie Mills, CDC

## MORE HEALTH INFORMATION BELOW:

### CHEMICALS LINKED WITH SEVERE RESPIRATORY DISEASE FOUND IN COMMON E-CIGARETTE FLAVORS FROM HARVARD SCHOOL OF PUBLIC HEALTH

Link: <https://www.hsph.harvard.edu/news/press-releases/e-cigarette-flavoring-chemicals-linked-to-respiratory-disease/>

## AMERICAN LUNG ASSOCIATION: E-CIGARETTES AND LUNG HEALTH

Link: <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

## TALK WITH YOUR TEEN ABOUT E-CIGARETTES: A TIP SHEET FOR PARENTS



Link: [https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)