

Dr. Charles Best Secondary Newsletter

Issue 14 – January 27, 2020



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Website: <http://www.sd43.bc.ca/school/charlesbest/Pages/default.aspx>

Principal – Heather Murphy, Vice-Principals – Gordon Easton, David Jones, and Joel Nelson

Our school goal is to develop a culture of connectedness and belonging within the school, among school staff, students, and our parent community, in order to enhance opportunities for collaborative partnerships.

UPCOMING EVENTS

Tuesday, January 28

Semester II begins

Friday, January 31

2nd Formal Report Card distributed to students in Advisory 11AM

CLOTHING/BLANKET DONATIONS FOR THE DOWNTOWN EASTSIDE – WET MAT PROGRAM

A group of Best students are planning to go to the Downtown Eastside to hand out gently used jeans, sweatshirts, socks, blankets, coats, quilts, etc. If you have any brand new toiletries that you are not going to use, we could distribute those as well. If you have any gently used items that you no longer need, please bring them to the office and we will get them to our Youth Worker (Heather Bjornson) and her students. Please try to bring them in before February 7th. Thank you for your help with this valuable project.

FRASER HEALTH UPDATE TO SCHOOLS ON NOVEL CORONAVIRUS

Fraser Health Medical Health Officers are monitoring reports of the novel coronavirus (named 2019-nCov), first identified in Wuhan, China. While there have been cases identified outside of China, all of these individuals are known to have recent travel associated with the Wuhan area.

Currently, there are no reports of cases in Canada. Public Health officials are working together to ensure that any unusual illness in arriving travelers is being appropriately screened. Physicians have also been requested to notify Public Health of any illness of concern in patients who were recently in the Wuhan area.

The School District has been advised that the risk to the general public, including school-age children, is very low. Medical Health Officers continue to monitor the situation closely, and will provide further advice and information as it becomes available.

At this time, reports indicate that similar to influenza, this virus is spread when a sick person coughs or sneezes. Many of the reported cases are only showing mild symptoms and are well enough to stay home. As with influenza, elderly people and those with underlying health conditions are more likely to develop severe disease and require hospitalization.

In the meantime, we would remind everyone to follow proper hygiene etiquette during the cold and flu season. This includes proper hand-washing with soap and water, covering your mouth and nose with a tissue when coughing or sneezing, and staying home when you are sick.

VAPING PRODUCTS

INFORMATION FOR FAMILIES



The use of vaping products by youth is becoming increasingly common. There are some misconceptions about the aerosol (vapour or cloud) produced, and currently the long-term health effects are unknown. As caregivers, you can connect and discuss issues around vaping products with your child. The information provided in this resource is designed to inform and help you start the conversation.



VAPING PRODUCTS AND HOW THEY WORK

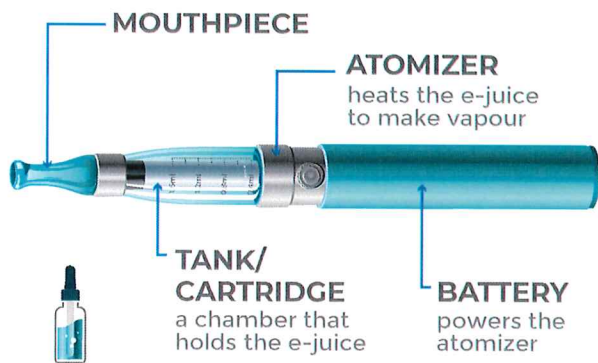
Vaping products are battery-powered devices that heat a liquid solution to create an aerosol.

Vaping products have many names such as: e-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs and are also known by various brand names. These devices do not contain tobacco and do not involve burning. Most contain nicotine.

The act of inhaling and exhaling the aerosol produced by a vaping product is commonly called “vaping”. When using popular brands (JUUL or Breeze), the term “Juuling” or “Breezing” may be used.

VAPING PRODUCT COMPONENTS

- Mouthpiece
- Chamber (cartridge or tank or reservoir)
- Heating element (atomizer or cartomizer or clearomizer)
- Battery
- E-juice (vaping liquid or e-liquid)



E-JUICE

usually contains nicotine and other chemicals

The e-juice typically contains a solution of propylene glycol (PG)* and/or vegetable glycerin (VG)*, flavourings, and varying amounts of nicotine (none to very high).

*PG and VG are industry acronyms

REASONS WHY YOUTH USE VAPING PRODUCTS

- Flavours are appealing (e.g. fruit, candy, mint)
- Trendy devices
- Their friends are vaping; it helps them fit in
- Curiosity and/or boredom
- They consider vaping to be harmless
- They like the “hit” from nicotine; it increases feelings of pleasure
- It makes them feel rebellious; some vape in places they are not allowed as it is easy to hide the vaping device
- To quit or cut down on smoking tobacco



START A CONVERSATION WITH YOUR CHILD

Have honest conversations with your child. If you use tobacco or vaping products, this is an opportunity to discuss the risks, any regrets, difficulties, and health effects you may have experienced.

Be patient and ready to listen when taking part in conversations with youth. Try to avoid criticism and encourage an open dialogue. Remember to keep the discussion going, and do not expect to make an impact with just one conversation.

QUESTIONS YOU MAY BE ASKED

Following are some questions your child may ask about vaping products along with suggestions on how to respond.

“Why shouldn’t I vape?”

Researchers have found that vaping products contain toxic and addictive ingredients that could harm your body. When people breathe in the vapour, they inhale tiny particles that get trapped in the lungs. Vaping e-juice that contains nicotine can be delivered to the brain and lead to nicotine addiction.



“Isn’t e-juice just water and flavourings?”

E-juice typically contains chemicals as well as flavourings. These chemicals and flavourings are safe for use in food. However, the health effects of breathing in the chemicals are unknown. Most e-juice on the market contains nicotine, which is highly addictive.



“What is the big deal with nicotine?”

Our brains continue to develop until about the age of 25 years. Nicotine use during this period can cause problems with concentration, learning, and impulse control. Once you start using nicotine, you can become addicted and physically dependent. Over time, your body will want more nicotine to feel comfortable.



“Is vaping nicotine-free e-juice safe?”

Studies have found that many vaping products labelled “nicotine-free” still contain nicotine. Inhaling nicotine-free vapour is still a health concern.

“Isn't the cloud produced when vaping just water vapour?”

Once e-juice is heated, a number of toxic chemicals are created. Many are cancer-causing.

- Heavy metals: chromium, nickel and lead



- Carbonyls: formaldehyde, aldehyde
- Tobacco-specific nitrosamines
- Volatile organic compounds (VOCs): benzene, toluene, ethanol, and alcohol
- Polycyclic aromatic hydrocarbons (PAHs): group of more than 100 chemicals (e.g. Benzo[a]pyrene)
- Tiny particles (particulate matter): mixture of all solid and liquid particles

If you are around friends who vape, the cloud exhaled exposes you to chemicals that may not be safe to breathe.



“Isn't vaping safer than smoking cigarettes?”

Vaping is less harmful than tobacco products such as cigarettes, but **it is not harmless.**

There are still many health concerns with vaping.



Short-term health effects are increased coughing, and wheezing, inflammation of the lungs and increased heart rate. The long-term health effects of vaping are currently not known.

Vaping products can explode and cause fires that may result in burns and injuries.

QUICK VAPING FACTS

- The vapour is not harmless
- Have high nicotine content – very addictive
- Flavourings appeal to youth
- Easy to hide and use
- May look like a USB or a flash drive
- Could recharge on a USB port
- Sometimes called “Juuling” or “Breezing”

