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VAPING ILLNESSES ON THE RISE AMONG STUDENTS

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On the heels of the lowest reported rates of teen tobacco use in the US, a product initially designed to decrease nicotine addiction in adults, has very recently become a product responsible for a 78% increase in teen nicotine use since 2016. Forty percent of those teen users self-reporting the use of vaping devices, had never before been cigarette smokers.

WHAT IS VAPING?

Vaping is the inhalation of nicotine or other substances via an inconspicuous, battery powered, drug delivery device. These devices can be one time use or have refillable liquid cartridges. The products are sold often in sleek appealing packages, and in varieties that teens find enticing like mint, bubblegum, or fruity flavors. The devices with refillable liquid cartridges have the potential to be modified, and may also contain THC and/or CBD (marijuana extracts), as well as other illegal drugs and dangerous chemicals. These devices work by heating a liquid to produce an aerosol that users inhale into their lungs. The steam or aerosol like byproduct contains chemical waste and carcinogens, and may even have a lighted tip to have cigarette like properties.

WHY IT'S DANGEROUS?

The amount of nicotine in one vaping cartridge or pod is equivalent to 1.5-2 packs of cigarettes, and a cartridge takes the average user less than a day to finish. This is what makes these e-cigarette products insanely addictive. Vaping increases likelihood of drug dependency in all users. Nicotine addiction creates a gateway in the body's chemical composition that amplifies cravings that are progressively less satisfied by nicotine alone. This means that the brain will seek out other drugs to satisfy its needs. Nicotine addiction may lead to addiction/abuse of prescription medication, marijuana and other illicit substances. Nicotine is also proven to inhibit brain development and has negative effects on memory, concentration, learning, impulse-control, attention and mood.

WHAT IS NWLSD DOING ABOUT VAPING?

Our district is working diligently to ensure that our kids are safe during the school day. Our entire campus is a tobacco free zone, for everyone. While there are disciplinary procedures in place for infractions related to vaping, what is important to note is that vaping is always considered a violation of our drug policy. Due to the nature of the devices storage tanks, it is not possible to distinguish what substance is being used. Students involved in vaping violations may be subject to school discipline and diversionary programs. See school administrators for more information on the consequences of vaping on school grounds.

WHERE TO GET HELP FOR STUDENTS WITH VAPING ADDICTION?

If you think your son or daughter is vaping, take a deep breath and set yourself up for success by creating a safe, open and comfortable space to start the conversation. Keep reminding yourself to speak and listen from a place of love, support and concern. Explain to them that young people who use THC or nicotine products in any form, including e-cigarettes or vapes, are uniquely at risk for long-lasting effects. Because these substances affect the development of the brain's reward system, continued use can lead to addiction (the likelihood of addiction increases considerably for those who start young), as well as other health problems.

- In person: Seek assistance from a pediatrician who can help to manage cravings and symptoms of nicotine withdrawal.
- Counseling service referrals are also available through NWLSD Social Workers and School Nurses.
- Online: Access the site below for resources related to quitting vape devices for good:

<https://teen.smokefree.gov/quit-vaping>

- By Phone: 1-800-QUIT-NOW offers advice, individual counseling, information on cessation medications, free of discounts for those meds, self-help materials, and referrals for help.



KNOW THE NUMBERS

- 1,080 cases of lung injury/illness
- 19 reported deaths
- 26,000 reported burns to the face or limbs
- About 3.6 million teens self-report regularly vaping
- 1 in 5 teens has seen an e-cigarette device used in schools.

WHAT TO LOOK FOR

- symptoms of withdrawal ie. headaches, crankiness
- anger, depression
- sweet smelling odor
- recurrent nose bleeds
- unexplained pneumonia
- trouble concentrating
- anxiousness
- cutting back on caffeine
- increased thirst
- restlessness
- unexplained coughing spells,
- shortness of breath
- chest pain
- finding unfamiliar USB devices, battery chargers or spare parts

COMMONLY DISGUISED VAPING DEVICES

- USB flash drives
- Smart watches
- iPod's
- Tips attached to sweatshirt pull strings
- Ink pens, markers and mechanical pencils

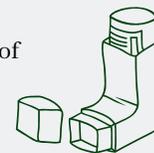
Vaping, continued...



STUDENT HEALTH HEADLINES

SPOTLIGHT ON COMMON HEALTH CONDITIONS: ASTHMA

Asthma is a respiratory condition in which spasms of the bronchi in the lungs cause difficulty breathing. Common signs of asthma can include persistent cough, shortness of breath, wheezing or whistling sound with breath and chest tightness. Asthma triggers: illness, cold weather, exercise and allergens such as pollen.



Asthma can not be cured, but it is manageable. If your child has asthma, it is important to inform the nurse/health assistant at your child's school and to provide the school with the doctor's orders and any medication we need to keep your child safe. This information is used to create an action plan so that we know what to do when your child needs help here at school. See your doctor or allergist to help control your asthma issues, and to collaborate on helping manage your child's asthma during the school year.

CONTRIBUTOR: JOYCE VONALLMEN, LPN, NURSE AT HOUSTON ELC

HEALTHY LIVING

Did you know that having an irregular sleep schedule can set your body's internal clock off by three hours? For example: Your student goes to bed on Sunday night at 9 pm, Monday at 10 pm, Tuesday at 10:30 pm and Wednesday at 9 pm. This means that by the time they get to school at 8 am on Thursday their body's internal clock is telling them it is 5 am! Not only does this impair their performance but it also has a direct impact on their ability to focus and behavior at school the next day. Help your child to be their best each day at school by enforcing regular and consistent sleep schedules.



CONTRIBUTOR: KRISTEN STRUNK, LPN, NURSE AT TAYLOR ELE.

PROTECTING YOUR CHILD FROM THE FLU

Flu illness is far more dangerous than the common cold for children, especially those who are more vulnerable due to being less than 5 years old or having underlying health conditions.

Each year millions of kids get sick with the seasonal flu. Thousands of these affected children are hospitalized and some have even died from the flu and its complications. Lately, many children with the flu have needed medical care due to its complications such as:

<i>Asthma exacerbation</i>	<i>Pneumonia</i>	<i>Heart disease</i>
<i>Encephalopathy</i>	<i>Dehydration</i>	<i>Death</i>
<i>Ear infection</i>	<i>Sinus</i>	

Vaccination is the best protection against the flu. If you haven't done so already, please consider getting a flu shot for all members of your family. Flu vaccines are available on site at CVS, Walgreens, Meijer, Walmart, Target and Kroger Pharmacies. You may also contact your child's physician to determine if the vaccine is right for you.

CONTRIBUTOR: JOI COX, LPN, NURSE AT COLERAIN MIDDLE

FOOD PANTRY AT TAYLOR

If your family is in need, the food pantry at Taylor Elementary may be able to help. The pantry is open to any NWLSD student and their immediate family. Please call to set up an appointment. Times are available Tuesday-Thursday beginning at 9:30 am. 513-825-3000

SCHOOL HEALTH SCREENINGS: VISION

The primary purpose for vision screenings in our schools is to identify children who may be at risk for vision problems. The screenings are performed on students in the following grade levels: pre-k kindergarten, 1st, 3rd, 5th, 7th, 9th and 11th. If a child does not pass the vision test given at school a referral letter will be sent out to the parent/guardian recommending a comprehensive eye exam be done. Ultimately, our goal is to help every child succeed and and if they are having difficulty seeing the board in class they are not able to learn to their fullest potential.

Contributor: Jenny Nienaber
Taylor Ele. Health Assistant



HALLOWEEN SAFETY

- Keep your yard free of clutter and have working lights for visiting trick-or-treaters
- While out and about, a responsible adult should accompany children, remember your flashlight and cell phone for quick communication.
- Keep to well-lit streets, never cross between parked cars, and look both ways before crossing the street.
- Have your child eat a good meal before parties and trick-or-treating, this will discourage filling up on Halloween goodies.
- Wait until returning home to sort and check treats. Though tampering is rare, a mindful adult should closely check treats for any abnormalities.
- Try to ration treats in the days after Halloween, and consider trading them in for money at local dentist's offices.

CONTRIBUTOR: AMY FRIMMING, LPN, NURSE AT PLEASANT RUN ELE.

80%
OF A CHILD'S LEARNING IS OBTAINED THROUGH
VISION
Vision problems can affect learning and development, & can prevent children from reaching their full potential.