Vaping:

Sadly, vaping is all the rage especially with teens. It’s reported fewer teenagers are smoking traditional cigarettes, and choosing to vape. One in four high school students are vaping with products such as e-cigarettes, e-cigars, vape pens, or Juuls.

Most teenagers will say the flavors make this habit appealing. The commercials and radio ads describe the tasty flavors of Popsicles, Smurf Cake/Blueberry Cheesecake, Rainbow Crunch/Fruit Cereal and Circus Bear/Strawberry Banana Custard are delicious to young teenagers and with less calories then if they enjoyed a slice of blueberry cheesecake. According to many teens, “It doesn’t contain any nicotine at all so it’s completely safe.”

Below are some recent stories regarding the dangers of vaping. Dentists are also recognizing physical changes to the teeth, gum tissue and coloring of teeth. This also includes teenagers who have braces. Over time the chemical(s) with the metal braces will cause damage to the teeth; the metal could easily break without warning causing damage to the mouth.

The Mysterious Vaping Illness That’s ‘Becoming an Epidemic’
A surge of severe lung ailments has baffled doctors and public health experts.

E-Cigarette Exploded in a Teenager’s Mouth, Damaging His Jaw - The New York Times
Vaping caused lung damage in eight teens from southeastern Wisconsin hospitalized over the last month, doctors' suspect - CBS News

**BDHS Cardinal Reminders......**

**Cardinal Time Moderators for the Class of 2023**
- Mr. Aijian
- Mr. Ibarra
- Ms. Pool
- Mrs. Sodusta
- Mrs. Winnewisser

**Cardinal Time Moderators for the Class of 2022**
- Mr. Eggman
- Mrs. Cortina
- Dr. Anderson-Cain
- Mrs. Schroeder
- Ms. Combs

**Cardinal Time Moderators for the Class of 2021**
- Mr. Stevens
- Ms. Harris
- Mrs. Adam
- Dr. Shafer
- Mrs. Lalumandiere

**Cardinal Time Moderators for the Class of 2020**
- Mr. Levoff
- Ms. Thorstad
- Mrs. Williams
- Mrs. Hapeman
- Mrs. Raimondi

**School Parking Lot:**

If you are dropping off your son/daughter please pull to the curb, not the middle of the road, this will help the traffic flow. Keep in mind, first period tardies are unexcused. Students need to be at school in class by 8:20am. **It’s highly recommended students arrive by 8:00am** to ensure enough time for your son and/or daughter to get their academic materials from their locker and to lock up with athletic gear in the locker room.
**Medication and Cold Season:**

With the start of the new school year and the upcoming cold season students may need medications during the school day. A reminder all medications (even for a cold) need to be given to Mrs. Callow in the front office with a note from the parent and/or Doctor. Medications should not be with the student. The student has access to his or her medicine during the day. Also, if your student exhibits flu-like symptoms, with a fever, they should not return to school until 24 hours after the fever has subsided.

*Talent will get you in the door, but character will keep you in the room*

Best,

Stacey L. Carr, M.Ed.
Dean of Students
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scarr@bishopdiego.org