



9/24/2019

Dear Epping School Parents and Families,

We are writing to alert you to a growing public health concern. The health and safety of our students is our top priority, so we are reaching out to discuss the potential health risks associated with the use of e-cigarettes and vaping products. Last week the CDC announced that 530 people have experienced lung injuries associated with the use of e-cigarettes and vaping products. Of these cases, 16% involved children younger than 18 years old. The important message to take from this recent health event is that e-cigarettes come with many health unknowns and since they are relatively new there is no research about the long-term effects of vaping.

After decades of effort we had seen a decline in (traditional tobacco products) smoking rates among young people. We are now unfortunately seeing a rapid rise in e-cigarette use. Nationally, e-vapor product use among youth increased 78% among high school students and 48% among middle school students from 2017-2018 according to the National Youth Tobacco Survey. An e-cigarette is a small battery powered device that can look like a pen or flash drive that converts liquids containing nicotine or other harmful chemicals, into a flavored mist or vapor that the user inhales. The CDC and the FDA have found the most common reasons for e-cigarette use among teens were:

1. Because a friend or family member used them
2. The availability of flavors, such as mint, candy, fruit or chocolate
3. The belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes.

In reality, doses of nicotine may be higher in e-cigarettes than traditional tobacco products and e-cigarette aerosol can contain harmful substances such as heavy metals, volatile organic compounds and cancer causing chemicals. We know our brains and other parts of our nervous system does not fully develop or mature until a person is in their mid-20s. Nicotine is very addictive and can harm the developing adolescent brain specifically the parts of the brain that control attention, learning, mood and impulse control.

We encourage you to talk openly and candidly about vaping with your children. If I can be of assistance, please don't hesitate to contact me. We have provided some links below to articles you might find helpful.

[How to Talk to Your Teen About Vaping](#)

Sincerely,
Jean T. Picard BSN,RN
Epping Middle/High School Nurse

EMS Mission Statement

The Epping Middle School community educates and empowers students within a safe environment to become *respectful, involved, and knowledgeable* 21st century learners and citizens.

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