

Del Mar News Flash

Being Adept ~ Notes from Parent Ed

3.5.2020



Key Dates:

March 6th

End of Trimester 2

March 9th

Staff Development
Day-No School

March 20th

Standards-Based
Report Cards
available for
viewing on Alma

March 20th

Course selections
due for 6th and 7th
graders

March 12th

Del Mar PTA
Meeting. 8:30. Del
Mar Library

March 26th

Del Mar Open
House 6:00-
7:30PM

April 3rd

Principal's Coffee.
8:30AM. Del Mar
Library

April 6th-10th

Spring Break. No
School!

April 15th-18th

Del Mar Musical--
Footloose!

Dear Del Mar Community,

On Tuesday, Del Mar hosted a parent education program presented by *Being Adept*, a nonprofit organization that educates and provides middle schoolers and their parents with tools for alcohol and drug abuse prevention. For many years, with the support from our PTA, Del Mar has partnered with *Being Adept* to provide education and prevention tools to all of our students, coupled with a parent education component. A handout from last night is linked [HERE](#). To build off of the work we are doing here on our campus, I felt compelled to re-share a newsletter I sent last year to educate (or remind) families on vaping, and have updated it with current trends and information. Please read below:

VAPING in Middle School

We have been receiving some isolated reports of students "vaping" in our county schools. Students had primarily used a vaporizer called a "JUUL" to smoke nicotine products.

The new trend is a [Puff Bar](#)

(click on [link](#) to view/learn more) which is a one-time use disposable device. This makes it harder to detect. These vaping or e-cigarette devices can also be used to smoke marijuana products. This trend of using vaping devices/e-cigarettes makes it more difficult for school staff and parents/guardians to identify when students are smoking because they mask the typical scent of nicotine and marijuana and are easy to hide. We need everyone in our community to work together on this issue.

In the past three years, we have taken the following steps to maintain a safe environment for all our students and provide a drug-free and nicotine-free campus:

*With our partnership with Being Adept, we provide ongoing education to all of our students on the risks associated with use and exposure to vaping.

April 16th

Del Mar PTA
Meeting. 8:30AM
Library

MAY 1ST

Del Mar Yearbook
online pre-order
begins.

May 7th

Del Mar PTA
Meeting. 8:30AM.
Del Mar Library

May 25th

Memorial Day-No
school

May 27th

Spring Music
Concert. 6:30PM.
Del Mar Gym

June 1st

8th Graders to Six
Flags

June 12th

Last Day of School
Early Dismissal
Del Mar 8th Grade
Graduation: 2:30
PM

*We have increased our patrol of the bathrooms throughout the day.

School administration, campus assistants and other staff members enter the bathrooms many times each day.

*We have informed the entire staff of the reports of vaping in the bathrooms. We have also educated our staff on what to look for in regards to vaping devices. Our teachers have been more diligent in monitoring bathroom use of their students during class time.

[Linked here](#) is a helpful brochure from the Tobacco-related Disease Control Program of Marin County Department of Health and Human Services. It covers the following topics:

*What are E-Cigarettes and Vape Pens?

*Why are they dangerous?

*Aren't they safer than tobacco cigarettes?

*Do E-Cigarettes help smokers quit?

*Are they safe to smoke indoors?

Our school psychologists are available to help students who are struggling with use or decision making. If you have further questions or want to refer your student for support, please contact Dr. Kover at dkover@reedschools.org or Dr. Gold at agold@reedschools.org.

We are committed to doing everything we can to address this issue. We hope the information in this email is helpful to you and provides a platform to dialogue with your students about the use of tobacco and marijuana. Thank you for your help and support on this issue.

Please see the photo below to help identify vaping devices.

Emerging Electronic Tobacco Products

A generational look at the evolution of electronic tobacco products.

CIG-A-LIKES

Cig-a-likes first entered the market in 2007. These products mimic the size and shape of a tobacco cigarette and the nicotine solution is sold in pre-filled cartridges. Very often they are also disposable.



E-LIQUID

E-liquid is the flavored liquid that is used in e-cigarettes. Sometimes referred to as e-juice or vape juice, e-liquid is often available in a range of nicotine strengths and flavors.



VAPE PENS

Vape pens are larger than cig-a-likes and often have the appearance of an ink pen. These devices reach higher temperatures, can have batteries or be rechargeable, and have a refillable cartridge that the user fills with a nicotine or THC solution.



MODS & TANKS

Mods and tanks are the largest devices. They have a big battery to create more aerosol which allows the user to inhale greater amounts of nicotine and chemicals at a faster rate. The devices have a refillable tank for a nicotine solution.



POD SYSTEMS

Pod-based systems are typically smaller and can often look like a USB. Pods consist of two parts: a battery and a pod filled with a nicotine solution that connects to it. The pods can be refillable or purchased pre-filled.



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Take Care,
Brian Lynch
Principal