

# *Cold Spring Harbor Junior/Senior High School*

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT  
82 TURKEY LANE  
COLD SPRING HARBOR, NEW YORK 11724-1799  
(631) 692-8600 - FAX (631) 692-8016 - [www.csh.k12.ny.us](http://www.csh.k12.ny.us)

April 28, 2017

Dear Parents and Guardians,

I am writing to alert you to a growing concern regarding the use of e-cigarettes and “vaping.” Over the last few weeks, we have experienced an increasing number of these vaping incidents across several grade levels at our school. As this is a health concern as well as a disciplinary one, we have listed some important information for your review:

## **Some Basic Facts:**

- E-cigarettes and vaping devices produce a vapor. Using them is called vaping.
- E-cigarettes and vaping devices use cartridges filled with a liquid that often contains nicotine, flavorings, and/or THC (the main psychoactive substance found in marijuana)
- Most e-cigarettes do not look like cigarettes at all. Many look like pens, highlighters, small flashlights or USB ports.
- These devices and liquids that are sold are currently unregulated by any government health or safety agency. We are finding that students seem to regard this as a “harmless” behavior.
- Liquid vapors and e-cigarette paraphernalia are sold in local tobacco shops and are readily available on line.
- The liquid that is “vaped” does not necessarily have an odor and therefore may not be easily recognized for the substance it may contain.

## **Tips for Parents:**

- Research shows that teens who have conversations with their parents and learn the risks of using drugs are 50% less likely to use them.
- Set clear expectations and review the school disciplinary policy listed below with your child.
- Discuss rules and enforce reasonable consequences.
- Advise your children that these are illegal to possess under the age of 21 in New York.
- Be vigilant! Vaping is discrete and allows for more covert use.

## **Code of Conduct:**

- **Policy # 5300.30 Prohibited Student Conduct:** Students will be subject to disciplinary action up to and including suspension from school for the use of “electronic cigarettes or other related devices.” Students participating in any after school team or club may incur additional disciplinary consequences.

Though the dangers surrounding the use of these devices has been part of our junior-senior high school health curriculum for some time, we are re-doubling our efforts to emphasize the dangers and consequences of vaping. In addition, our Physical Education Dept. will be reviewing the information in this letter with every student in the building during their PE classes.

To continue the discussion at home, we have highlighted several excellent resources below for your review:

- [www.drugabuse.gov](http://www.drugabuse.gov)
- [www.cdc.gov](http://www.cdc.gov)
- [www.safekidsamerica.org](http://www.safekidsamerica.org)

Please feel free to contact me with any questions or concerns.

Sincerely,

*Jay Matuk*  
Principal