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Maple Run Unified School District

The Maple Run Unified School District is where inquiring minds, compassionate hearts, creative expression, healthy lives and service to the community develop so all can learn, achieve and succeed.

- Bellows Free Academy
 - Collins Perley Sports Center
 - Fairfield Center School
 - Northwest Technical Center
 - St. Albans City School
 - St. Albans Town Educational Center
- November 2018

HAPPY THANKSGIVING



Celebrating Successes Across Our District



Maple Run Unified School District's (MRUSD) schools have had a great – and busy start to the school year. Fall has arrived and there has been parent-teacher conferences at each building. Fire Safety was reviewed with visits from the local firefighters at the elementary schools. School pictures have been taken, and fall sports are wrapping up. Central Office staff has nearly completed work with the auditors and have started work on budgeting. Schools are closing their gardens and enjoying the last of the vegetables from them. Students and teachers are receiving well-deserved awards. Halloween has prompted dances, parties and trick-or-treating.

Voting is upon us, and students at BFA have made an effort to register students who are eligible to vote. Thanksgiving is just around the corner. Many wonderful things are happening in Maple Run buildings, and a small number of those things are shared here. Be proud of Maple Run students, teachers and staff because they have come together to make us a strong district!

Celebrate Our Differences



Last Spring, the Academy of Learning, a division of Northwest Counseling and Support Services, contacted BFA

to identify a student to design a mural embodying diversity to adorn their walls. Sophomore, Jennifer Lavallee, volunteered many hours sketching and revising ideas to present to the board for approval. Devoting an additional 30 hours throughout the summer, Jennifer worked diligently to bring her creation to life. The results were her masterpiece, "Celebrate our Differences," which was unveiled during an October 4th ceremony. ##

New Waste Recycle System



On Friday, October 12th. Mr. Mosca observed Environmental Students in the STEAM Lab present on a new waste recycling system. ###

Fairfield Harvest Dinner



Fairfield enjoyed a wonderful Harvest Dinner with 265 meals served! Seen in the top two pictures, students pitched in to help prep. Thank you to the PTO for all their hard work. Thanks also to all who donated food. Finally, thanks to chef Jenny Fournier, shown in the bottom picture, for cooking this great feast! ###

BFA Unified Soccer Team



The BFA Unified Soccer Team had 2 wins and a tie, receiving a silver medal!

Northwest Tech Center Safety



The NWTC Public Safety & Fire Services program traveled to SATEC this month to teach students about fire safety! ###

SATEC Fund Raiser Dance



On October 25th SATEC held a "Groove Dance. This was a great opportunity for adults to come out and dance and have fun all while helping to raise funds for SATEC's Operation Santa.

NWTC Visits Colleges



NWTC #HumanServicesstudents recently toured NVU Johnson and will soon visit SUNY Plattsburgh.

SACS Makes Cider & Beets



Kindergarten students worked with HOPE (hands-on practical education) staff and students to grind up apples and press the juice out of them. The apples were collected from a local orchard as drops, apples that had fallen from the tree onto the ground. They were still in good shape and perfect for juicing. After washing the apples, the students put them into the



cider mill and press. Out came delicious cider that was warmed before consuming.

[LINK TO 27 PICTURES](#)



Ms. Walsh's students (Dreamers) had a chance to make beet chips on Monday, 10-22-2018. Beets from the school garden were thinly sliced with a mandolin slicer. The slices were then baked in the school oven and served to students as crispy chips. Beet chips are delicious!

BFA Seniors Commended



Kyra Trimm and Tyler Sears received letters of Commendation from Bellows Free Academy (BFA) and National Merit Scholarship Corporation (NMSC), which conducts the program. Commended Students placed among the top 50,000 scorers of more than 1.6 million students who entered the 2019 competition by taking the 2017 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®).

"The young men and women being named Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success." ##



College Application Event



BFA hosted a College Application event which was a collaborative effort with BFA school counselors, Susan Bosland from the NWTC, Ellen Wright, Outreach Counselor from VSAC, Penny Howrigan, Associate Dean of Enrollment at Northern Vermont University, Johnson, and Joanne Cotignola, Student Resources Advisor from the Saint Albans Community College. Over 60 BFA seniors spent the morning working on college applications. ###

BFA Teacher of the Year

BFA's Karla Kane was recognized at the 38th Vermont Outstanding Teachers' Recognition Day held at the Dudley H. Davis Center, UVM.

Karla has been teaching Mathematics at BFA for 30 years and helped guide BFA through the transition to proficiency-based learning. Her willingness and ability to listen and develop a reasonable solution for all is truly a gift. Her skills evaluating what is best for students and the school have been critical to continued school improvement. She is the driving force behind the [#whatsyour17BFA](#) initiative. This initiative continues to find ways to make a difference every day in the lives of students and staff. According to Principal, Chris Mosca, "Karla's devotion to our kids, school, and community is extraordinary. Her recognition as an outstanding teacher in Vermont is richly deserved." ###

Vaping -- A Serious Issue



Recently there has been an increase in our student population of vaping – use of electronic cigarettes. A product called a JUUL makes it very difficult to detect the use of the e-cigarettes because they are the size of a thumb drive and makes no steam or smell. Because of this increase the District recently send out a letter to Parents and Guardians. The entire letter is below.

Additionally, our schools are seeing renewed use of "robotripping" or "leaning", which is mixing Robitussin with an energy drink. Three students have been hospitalized within a few days of this writing.

Sadder yet – this is not limited to the high school. Our elementary schools are dealing with these issues as well.

Many articles on robotripping can be found from as far back as 2010. It appears to be resurfacing.



"Dextromethorphan, also called DXM, is the active ingredient in many cough and cold medicines. When used as directed, the drug is safe and effective. But taking it in large doses can cause psychedelic effects similar to those of ecstasy.

Being high on DXM is known as robotripping. A robotrip can cause a host of physical and psychological effects, including muscle twitches, dizziness and hallucinations. These symptoms can be life-threatening and require immediate medical attention."

Read the full article [here](#). ###

Dear Parents and Guardians,

October 2018

Across the nation schools are seeing a dangerous new trend among students, and Vermont is no exception. A growing number of students are vaping - using electronic cigarette devices, aka e-cigs, vaporizers, or vapes. Our district has seen increased use of these devices among students and we are concerned that they are unaware of the legal and health risks associated with them.

Vaporizers are battery-powered devices that convert liquid into a vapor, which is inhaled. They deliver nicotine like a regular cigarette, but without the tobacco, burning, or carcinogen-laden smoke, which is why they are thought to be a safer alternative. In addition to tobacco, these devices can dispense crystallized marijuana and other drug-infused oils. Contrary to what manufactures report, there are several serious related health concerns. This letter will provide you with information on vaping, legal and school consequences, and associated health risks.

A popular vaporizer is called a "JUUL", pronounced "jewel". This device is marketed to new vape users as it is a simple and stealthy device. A starter kit, including the device and four juice pods known as JUULpods, can be purchased for about \$50. Reports indicate that the nicotine in one pod is equivalent to one pack of cigarettes. There is the danger of nicotine addiction, and of not knowing what is actually in the JUULpod. Teens have suffered seizures, blackouts, and respiratory distress from using JUULs. These devices pose a serious health hazard to our students, and unfortunately, can easily be purchased by underage youth through online sources.

The JUUL is small and very easy to conceal. At about the size of a pack of lead for a mechanical pencil or thumb/flash drive, JUULs are easily disguised to look like highlighters, markers and erasers. Unlike other e-cigarettes that produce a significant plume of vapor when used, the JUUL produces no discernable smoke or vapor when used. JUULpods come in kid-friendly flavors like mango, fruit, mint, and cool cucumber.

Vaping, or the possession of any tobacco substance or drug, is against the law for those under the age of 18.

[Link to CDC information:](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

Additionally, school district policy prohibits the use of e-cigarettes, vapes, JUULs, or similar products by all students, employees, or visitors to the school. Students found to be in possession of these devices and/or products are subject to a tobacco or drug violation, depending on the contents for the vaporizer. In either case, there may be legal consequences.

The district's health curriculum addresses these topics in grades K-12 and we continue to educate our students in a developmentally appropriate manner regarding the legality of under-aged vaping and the potential long-term health risks. All schools in Maple Run Unified School District will further address this concern by talking with students about the dangers of vaping both formally and informally.

For the most impact, we need your help. Please take time to speak to your child about the dangers of using vaporizers and the associated products. To help facilitate this discussion we have included some information outlining the major health concerns on the back of this letter. These may be difficult or uncomfortable conversations, but I think we agree that the health and safety of our students comes before all else.

As always, we appreciate your support in maintaining a safe learning environment for all students and we thank you in advance for being a partner with us in your child's education and well-being.

Sincerely,

Kevin Dirth, Superintendent MRUSD

Chris Mosca, Principal, BFA

Leeann Wright, Director, NWTC

Joan Cavallo, Principal, SACS

Angela Stebbins, Principal SATEC

Sean O'Dell, Principal, Fairfield

David Kimel, Director Collins Perley



TERMS TO KNOW:

- Vaping
- Electronic cigarette
- Juuling
- E-cigs
- Vaporizers
- Vapes

OTHER FACTS:

- Vaporizers are battery-powered devices that convert liquid into a vapor, which is inhaled.
- They deliver nicotine like a regular cigarette, but without the tobacco, burning, or carcinogen-laden smoke
- They are **mistakenly** thought to be a safer alternative
- These devices can dispense tobacco, crystallized marijuana and other drug-infused oils
- A popular device is the “JUUL”, pronounced “jewel”
 - Marketed to new vape users
 - simple and stealthy device
 - Nicotine in one pod is equivalent to one pack of cigarettes
 - There is the danger of nicotine addiction, and of not knowing what is actually in the JUULpod.
 - Teens have suffered seizures, blackouts, and respiratory distress from using JUULs.
 - Easily purchased by underage youth through online sources.
 - Small and easy to conceal. About the size of a pack of lead for a mechanical pencil or thumb/flash drive
 - JUULs are easily disguised to look like highlighters, markers and erasers.
 - JUUL produces no discernable smoke or vapor when used.
 - JUULpods come in kid-friendly flavors like mango, fruit, mint, and cool cucumber
 - Vaping or possession of any tobacco substance or drug, is against the law for those under the age of 18

School district policy prohibits e-cigarettes, vapes, JUULs, or similar products by all students, employees, or visitors

- Students found to be in possession of these devices and/or products are subject to a tobacco or drug violation
- There may be legal consequences.

Potential long-term health risks:

- Contains nicotine, an addictive substance that can negatively impact adolescent brain development.
- Increased heart rate
- Increased blood pressure
- Lung disease
- Chronic bronchitis
- Insulin resistance leading to type 2 diabetes

Studies have found toxic chemicals such as formaldehyde and an antifreeze ingredient in e-cigarettes