

# H-BC JR./SR. HIGH PATRIOTS WEEKLY BULLETIN

The mission of the Hills-Beaver Creek Schools is to empower students to develop the skills, attitudes, and desire to reach their fullest potential and achieve excellence in all that they do.

Thursday, February 14, 2019

## Happy Valentines Day!

### No School

Tomorrow, Friday, February 15 and Monday, February 18 are no school days in observance of President's Day. School resumes on Tuesday, February 19.

### Boys Basketball Postponed

Tonight's previously scheduled boys basketball game with Edgerton has been postponed to Thursday, February 21. Parent's night will be held that night as well.

### FFA Week February 19-22

**Tuesday-Green or Red Day**

**Wednesday-Hat/Bandana Day**

**Thursday-Farmer Day (Staff/Student  
Breakfast served by FFA Students)**

**Friday- FFA Jackets/Shirts Day and Drive a  
tractor/four wheeler/snowmobile to school.**

**MAKE SURE TO READ THE ARTICLE on  
PAGE TWO--Should I talk to my kids about  
vaping?**

**[Link to Revised 2018-2019 School Year  
Calendar!](#)**

### Mathcounts

Jr. High Mathcounts team participated in the Marshall event today! Way to compete!

### NAEP TESTING 8th Graders

HBC 8th graders were able to successfully complete their NAEP Testing on Tuesday, February 12. Way to go 8th Graders!  
<https://nces.ed.gov/nationsreportcard/>

### Jr. High Girls and Boys Basketball

Congratulations to the HBC Jr. High Boys and  
Girls Basketball teams on the completion of  
their season! Way to go!

### Super Saturdays Basketball

Girls Games on Saturday, February 23

Boys Games on Saturday, March 2 More information will be coming!

Girls Basketball makeup game against SW Christian will be played at SW Christian in Edgerton, Tuesday, February 19.

### Valentine's Day Raffle

Brenda Plimpton is the winner of the drawing and will receive:

- One night stay Grand Falls Casino
- 2 Buffets
- Bouquet of Flowers
- \$50 Meat Bundle

Thank you to all that purchased tickets for this fundraiser!

### TRAP TEAM

If your son or daughter is interested in participating on the trap team this year, there will be an informational meeting on Thursday February 21st at 7:00 pm in the High School Commons area. This is for students currently in grades 8-12

### Upcoming Events

- February 15-February 18 No School Presidents Weekend
- February 19 School back in Session
- Mid Quarter is Wednesday, February 21

**Bullying Reporting – Utilize this link to report  
bullying. <https://goo.gl/XDEiHT>**

Please call the H-BC Secondary School office with questions, ph 507-962-3240, or 866-962-3240, or email me at [t.holthaus@isd671.net](mailto:t.holthaus@isd671.net)  
Mr. Holthaus

# SHOULD I TALK TO MY KIDS ABOUT

# vaping?

## ARE YOUR KIDS SCHOOL-AGE?

yes

It's likely they already know more about vaping than you do, so it's time to catch up.

**E-CIGARETTES ARE NOW THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH**

no

### They're younger.

You may be able to wait a few years, but the tobacco industry will be targeting them with marketing and candy flavored e-cigarettes soon.

no

### They're adults.

Are they trying to quit tobacco use all together?

yes

Research shows that e-cigarettes should not be recommended as a tool to quit smoking. For help with quitting visit [quitplan.com](http://quitplan.com).

no

Some users are addicted to e-cigarettes just like any other tobacco product.

## DO THEY ALREADY VAPE OR HAVE FRIENDS THAT DO?

no

Good! They are steering clear of nicotine addiction, which is great for their brain. The human brain is still developing until age 25, which means its easier to become addicted. Exposure to nicotine at this age can cause problems in learning, memory and attention.

yes

Teens are more likely to become addicted to other tobacco products if they vape.

**60% OF HIGH SCHOOL E-CIG USERS ALSO USE SOME OTHER TYPE OF TOBACCO**



## DO THEY ALREADY SEE THE HEALTH IMPACTS OF VAPING?

no

That's not surprising. Since e-cigarettes have only been on the U.S. market since 2007 we're not sure what the long-term health impacts of heating and inhaling the chemicals in e-liquids will be.

yes

In the short-term, vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis. Lithium battery explosions are also a risk and can cause burns.

**E-LIQUIDS CONTAIN NICOTINE AND OTHER CHEMICALS THAT ARE NOT PROVEN SAFE TO BREATHE IN. WHEN E-LIQUIDS ARE HEATED, THE AEROSOL PRODUCED HAS BEEN SHOWN TO CONTAIN HEAVY METALS, ULTRAFINE PARTICLES AND CANCER-CAUSING CHEMICALS**



## TALK TO THEM!

There is a lot of misinformation about vaping and it's important young people know that it poses a serious health risk and youth are being targeted in order to make a profit.

Visit our website at [www.panmn.org](http://www.panmn.org) and learn how to talk to your children with free resources at [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)