

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.

Friday, February 22, 2019

Way to finish off FFA Week:



Girls Basketball

Congratulations to the Girls Basketball Team on a perfect season and winning the Conference Championship. Girls play tomorrow at 11 am at HOME in HILLS. Come on out to support the team! Also, at 12:30 there will be another section game in Hills. [Tournament Bracket](#).

If girls basketball win Saturday, February 23 they will play Tuesday, February 26 in Worthington at 6 pm.

If boys basketball win Saturday, March 2 they will play 6pm on Tuesday, March 5 in Worthington.

Stay tuned for a newly revised Snow Makeup Calendar!

Boys Basketball

Congratulations to the Boys Basketball team for receiving the 5th seed in the [Section 3A Tournament](#). Boys will play at 12:30 pm on Saturday, March 2.

Driver's Education

Students that qualify for Driver's education may sign up in the office...begins soon. Calendar coming for exact times and dates.

Home Show

We had our Patriot Millwork students attend the Sioux Falls Home show today!

Hot Dog and Brat Meal

Come out for a Hot Dog or Brat meal tomorrow at 11 am during the basketball games. Cost is \$5. Proceeds to benefit the HBC Trap Team.

MAKE SURE TO READ THE ARTICLE on PAGE THREE--JUUL Lethal Facts Sheet

Mid-Quarter 2/21

Believe it or not, we are at the mid-quarter point for the third quarter marking period. Reports will be emailed on Thursday, February 28th. Make sure to check JMC at anytime for a check in of your student's grades.

Brandon Valley Music Festival

On Wednesday, March 6th the following students will participate in the Brandon Valley Music Festival

Band Students: Riley Sheppard, Carter Abels, Aiden Kerkhove-Brandt, Leif Tollefson, Elisha Taubert, Lexi Drake

Choir Students: Mikah Mygrant, Britton

McKenzie, Avril Susie, Alexis Gardner Swenson, Grace Anderson, Tyrae Goodface

High School Knowledge Bowl will

compete in Worthington

March 8 during the school day. Team 1:

Garrett Raymon, Mary-Frances Ladd, Liam

Raymon, Lauren Tatge, Austin Allen Team

2: Bailey Swan, Max Scholten, Troy Durst,

Jax Wysong, Jo-Hannah Ladd Team 3:

Jacob Sheppard, Tess Van Maanen, Erika Dysthe, Brandon Taubert, Easton Harnack

Upcoming Events

- Mid Quarter Grades emailed 2/28
- March 26 begins 4th quarter

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

Mr. Holthaus

LETHAL LURE

[TOBACCO'S HARD SELL]

→ What is JUUL?

JUUL is now the most widely purchased e-cigarette brand.¹
JUUL is especially popular among teens, despite the fact that it's illegal to purchase for those under 18 years old.



Why is JUUL so popular with teens?

It's discreet. The small size of this device resembles a USB flash drive and is easily confused by parents and educators. It appeals to youth because it is easy to use in plain sight, fits in the palm of a hand making it easy to conceal, and emits little vapor or fragrance.



It's customizable. There are "wraps" or "skins" with different colors and patterns that make it more unique to each owner and helps further conceal this device.



It offers a variety of flavors: mango, cucumber, mint, fruit, creme, and classic tobacco.



It's trending. The heavy social media presence ranges from tips for how to conceal these devices to how to blow vapor in artistic ways.²

It has it's own term. Youth and young adults refer to the use of JUUL e-cigarettes as "JUULing" instead of "vaping."³

POPULAR VAPING HASHTAGS

#vapetricks
#vapelife
#cloudchaser
#vapelifestyle
#girlswhovape
#juuling #juulvape
#vaping #vapefam
#vapeon #smok

What's the harm?



JUUL contains a high concentration of nicotine. One JUUL pod is equivalent to one pack of cigarettes.⁴

Youth tobacco use is on the rise for the first time in 17 years.⁵

Nicotine impairs memory and learning in the adolescent brain. Nicotine, in any form, is unsafe for youth.⁶

Youth who are exposed to nicotine are more likely to use other substances.⁷

New technologies pose greater risks for youth. JUUL has developed new technologies utilizing nicotine salts that are absorbed into the body more effectively and come in record-high levels of nicotine.⁷

The Minnesota Department of Health & The Food and Drug Administration Warn Youth E-Cigarette Use is an Epidemic

Parents

Talk to your kids about the risks of using e-cigarettes. Be aware of the risks of nicotine and the different products kids are using.

Healthcare Providers

Talk to your patients about the risks of e-cigarette use and screen parents for tobacco use and encourage cessation.

School Staff

Partner with local public health and educate students and staff that nicotine is highly addictive and that they almost always contain nicotine. Enforce existing prohibitions of tobacco and nicotine use in school.

Policy Makers

- Restrict the sale of flavored tobacco to adult-only retail establishments.
- Increase the minimum legal sale age to 21 years of age.
- Restrict the use of e-cigarettes in public places.

1. Nielsen Total US s/AOC/Convenience Database & Wells Fargo Securities, LLC, in Wells Fargo Securities. "Nicotine: Tobacco 'All Channel' Data 1/27." February 6, 2018. https://sibccx1bcu1lrfhaq3rd6w?wpsjgnc.netdna.ssl.com/wps_content/uploads/2018/02/Nicotine_Tobacco_All_Channel_Report_Period_Ending_1_27_18.pdf.

2. Kurvuru R, Han S, Ishaq CJ. "On the popularity of the USB flash drive shaped electronic cigarette Juul." Tobacco Control. Published Online First: 13 April 2018. doi: 10.1136/tobaccocontrol-2018-051250.

3. Standard Medical Tobacco Prevention Toolkit. "JUUL 101: The Next Generation of E-Cigarettes." 2018. www.mod.stanford.edu/tobacco-prevention-toolkit/E-Cigs/ECig10118.html.

4. U.S. Department of Health and Human Services. "The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General." U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. 2014.

5. Bold RW, Kang G, Camenga DR, Simon P, Cavallo DA, Moran MC, Krishnan Sarin S. "Trajectories of E-Cigarette and Conventional Use Among Youth." Pediatrics. Itasca, IL: 2018. www.ncbi.nlm.nih.gov/pubmed/29200523.

6. Minnesota Department of Health. "Data Highlights from the 2017 Minnesota Youth Tobacco Survey." February 15, 2018. www.healthmn.gov/tobacco.

7. Minnesota Department of Health. "Health Advisory: Nicotine and the Escalating Risk of Addiction for Youth." September 12, 2018. http://www.health.state.mn.us/dhs/hpac/hpac/topics/nicotine_docs/2018_nicotine_addiction_advisory.pdf.