

Bulldog News

Sept. 27, 2019

Celebrating our Kids



Golf Recognition

Corbin Eldridge will be representing Hall-Dale HS at the Mountain Valley Conference Qualifying Golf Tournament on Wednesday, October 2nd at Natanis Golf Club. This will be the first year in many that Hall-Dale has been represented in this event.



SUPPORT THE HALL-DALE

CLASS OF 2022

JOIN US AT THE

HOMEcomings

PANCAKE BREAKFAST!



OCT 5 Hall-Dale Homecoming Pancake Breakfast
Public · Hosted by Heather Geisler and 2 others

★ Interested ✓ Going

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🕒 Saturday, October 5, 2019 at 7:30 AM - 10 AM
🌤️ Next Week · 36-55°F Mostly Sunny

The High School Sports season is nearing the ½ way mark with several HD teams striving for playoff seeds. The Varsity Field Hockey team picked up its first win of the season last week and narrowly missed picking up another this week losing in OT to a stubborn Lisbon team. The Boys Varsity Soccer team is currently undefeated having tied Monmouth and defeating Mt. Abram. The Girls Varsity Soccer team defeated a spirited Winthrop team 5-4 overcoming a loss earlier in the week to Monmouth Academy.

HOME COMING

Hall-Dale Homecoming 2019

Homecoming is always an exciting time at Hall-Dale. Throughout the week the students will have various activities and dress up days. On Thursday the boys varsity soccer team will be taking on a very ardent foe in Lisbon. We are looking to pack the stands for the game to show our Bulldog Spirit. On Friday the Girls Varsity Soccer team kicks off at 3:30. The nightcap will feature the Field Hockey team under the lights facing off at 7:00. There will be various booths available for kids including face painting, tattoo's, glow sticks, while the Sports Booster's will host their usual amazing spread of burgers, dogs, crock pot meals, sweets, and snacks.

At the conclusion of the field hockey game the fire department will be on hand to start the bon fire. Around 8:30 the fireworks will begin.

A couple of considerations: please be aware of where your child is on the campus during activities. The fireworks will be done around 9:00. Please make sure a ride is available for your student.

On Saturday the Sophomore Class will be hosting a pancake breakfast. Stop in for breakfast and share in the camaraderie!

On Saturday night is the HS Homecoming Dance. Get your camera's ready!

Middle School Activities

Civil Rights Team: Friday's with Dr. Freed

Rewards Activity: October 4

MS Halloween Dance: Oct. 25



The Middle School Field Hockey team picked up their first win of the season – good job girls! They then lost a heartbreaker to Gardiner by a goal. They are looking forward to when the Tigers visit our turf! Keep up good the work ladies! The girls soccer team blew out Oak Hill earlier in the week while narrowly defeating Gardiner yesterday, 1-0, to keep their undefeated streak alive! The boys soccer team split this weeks slate by defeating Oak Hill and dropping a game to a very tough Gardiner team. The season only has a couple of weeks remaining. Stay strong our young Bulldogs!

Clubs and Happenings

Hall-Dale Comedy Club

Purpose

To write comedy sets to entertain the teachers and students of Hall-Dale Middle / High School, and to provide teachers and students with a fun and expressive creative platform to work on their comedy skills.

Description

The club will meet once per week after school on Thursday. The first three meetings in a month will be spent with club members only, working on comedy material. The fourth and final meeting in a month will be a classroom comedy show that will be publicly accessible to non-member students and teachers. Club members will publicly present the material that they've been working on for three weeks. The club will also host or participate in special shows for school events if possible or needed.

See Zach Godbout if interested.

Hope Garden

This fall the Key Cub will be planting a Yellow Tulip Hope Garden. This idea stems from a non-profit called the [Yellow Tulip Project](#) where their mission is to smash the stigma around mental illness. As a club we hope to build a bench for our garden. Then we will have a community planting where anyone is welcome to plant some tulips as well as discuss how mental illness has touched their life. And when the tulips bloom in the spring we would have a celebration of hope, also open to anyone in the community.

See Ms. Leimbach or Mrs. Hernandez if you'd like to help or contribute.

Seiwa High School Visits

Next Thursday we have a dozen students from our sister school in Sendai, Japan. The students, and their three chaperones, will be spending ten days in our community. This year they have the opportunity to take part in Homecoming and Day of Caring. Seasonally, they will be able to partake in apple picking, visiting Freeport and our shore lines, and experiencing the wonderful colors that fall, in Maine, has to deliver. The students will be presenting in various classrooms about their culture as well as visiting our schools in the RSU.

We are organizing a trip to Japan this summer. It is a wonderful life experience to visit this magical nation!

Upcoming

- 9/30: VFH at Mt. Valley 3:30
MSFH v. Spruce Mtn. 4:00
- 10/1: VXC at Spruce
VBS at Dirigo 3:30
MSXC at Winthrop 4:00
MSFH v. St. Mike's 3:30
MS soccer v Lisbon (Boys 1st)
- 10/2: VGS at Dirigo 3:30
VFH v Spruce 3:30
MS soccer at Winthrop (Boys 1)
- 10/3 VBS hosts Lisbon 3:30
Sr. Parent Mtg 6:00
- 10/4 MSFH at Buker 3:30
VGS v Buckfield 3:30
VFH v. Oak Hill 7:00
Football v Mt. Valley 7:00
- 10/5 Sophomore Pancake Breakfast
VXC at Festival of Champions
HS Homecoming Dance 7:00
- 10/8 6th grade FT to Hallowell
- 10/10 Day of Caring
- 10/11 No school (workshop day)
- 10/14: No school
- 10/16 PSAT's
- 10/25 MS Halloween Dance
- 10/26 Craft Fair
Trunk or Treat

Teen Vaping: What You Need to Know

What is vaping?

Vaping is the act of inhaling and exhaling the vapor produced by the heated nicotine liquid (often called “juice”) of an electronic cigarette (e-cigarette or e-cig), vape pen, or personal vaporizer. It’s also commonly called JUULing (pronounced jewel-ing).

What originated as a smoking cessation aid has quickly become a popular — [and addictive](#) — product in its own right. Sarper Taskiran, MD, a child and adolescent psychiatrist at the Child Mind Institute, attributes the recent rise in popularity to packaging and advertising. “The teens are after innovation and they’re attracted by sleek design and ease of use,” he says. “They look like an Apple product.”

Although vaping companies emphatically deny that they are marketing to young people, critics note such features in their advertising as youthful images and colors, animation, actors who appear to be under 21, and suggestions that vaping makes you happier and improves your social status.

Although some of the health risks associated with vaping appear to be less severe than traditional combustible cigarettes (there’s no tar, for example), there are still risks.

Some known risks of vaping are:

- E-cigarettes contain high levels of nicotine. According to the [company’s website](#), the nicotine content of one JUULpod is equivalent to one pack of cigarettes.
- Because of these high nicotine levels, vaping is extremely addictive — and teens are already more susceptible to addiction than adults because their [brains are still developing](#), which makes them more likely to habituate to using drugs and alcohol.
- Addiction can impact the ability to focus. Dr. Taskiran has observed this with the adolescents he works with, who report that vaping initially increases their alertness and attention, but then experience a decrease in attention span. One student, for example, was able to sit through practice ACT exams but after JUULing for six months “can’t sit still because she starts craving, can’t think of questions, and just starts fidgeting.”
- E-cigarettes and similar devices contain carcinogenic compounds, and a [recent study](#) found significantly increased levels of carcinogens in the urine of teens who vape.
- [One study](#) found that vaping does, in fact, cause lung irritation akin to that seen in smokers and people with lung disease and causes damage to vital immune system cells.
- There have been several deaths and hundreds of cases of lung illness attributed to vaping. Right now it is unclear if the cause is bootleg cartridges containing THC or [CBD](#) oil or legal nicotine cartridges.

- Taskiran notes that vaping increases heart rate and blood pressure, so can increase circulatory problems. One teen he works with started vaping and found that his swim times dropped because he can no longer sustain the heart rate required for swimming.

Since they leave little odor, e-cigarettes are particularly easy to hide and even use discreetly in public places, including school. Kids are also vaping marijuana at increasing rates, which brings [its own health risks](#).

How to talk to kids about vaping

Dr. Taskiran advises parents to start by educating themselves, so they know what they’re talking about going in, and to take an inquisitive and curious approach to what their teen’s experience is. “The most important thing is keeping it as a dialogue,” he says. “Declarative statements like ‘It’s bad for you’ just end the conversation.”

Dr. Taskiran recommends starting the conversation more generally by asking if a lot of kids at school vape. Once the conversation is initiated, you can slowly work up to asking things like, “What is your experience with that? What are the flavors like?” He also suggests getting a sense of what they know (or think they know) about the product, which gives you an opening to start educating them.

The silver lining of Sarah’s experience with her son is that he actually told his dad about the experience even before he knew he’d been caught. “They had a full one hour conversation about it after I was already asleep. He told my husband that he tried it for the first time and that it burned his throat and he didn’t like it.” She got the call from the principal the next morning before her son had a chance to tell her himself. “He’s a great kid and doesn’t really get in trouble except for talking in class because he’s bored. My goal has always been [open communication](#) and to keep him talking to us. He did!”

Of course, while parents need to educate themselves, the onus isn’t entirely on them. “Schools need to own this as well and provide educational strategies for both teachers and students,” says Dr. Taskiran. Prevention is a lot easier than treatment later on, he says, and notes that peer education can play a particularly important role.

If you are concerned that your child has become addicted there are plenty of treatment options. Dr. Taskiran recommends consulting with a clinician who is well-versed in addiction treatments. “This is a true nicotine addiction,” he says. “People usually think this is different from cigarette use — but it can be more severe than cigarette use.”