

# The Valley Vibe

## How To Keep Your Child Motivated

Spring is here—and the change between winter and spring isn't the only thing your children are excited for! It is one season closer to summer break. This is the time of year when students have the most difficult time staying motivated in school. Here are some helpful suggestions to encourage them to push through until the end of the year.

A motivated student is a dedicated student. To inspire your middle schooler to do well in school:

- Help them get organized. It's tough to stay motivated when notes and assignments are scattered all over the place. So help your child sort and file things by subject.
- Nurture their curiosity. Learning happens everywhere, not just during a class. Encourage your child to explore outside interests. If they like art, for example, check out a virtual art exhibit together.
- Offer feedback. When you see your child working hard, let them know that you notice! If they do well on a project, talk about how much their effort has paid off.
- Be patient with them. Chances are, you're not always motivated to work. So don't expect your child to be forever gung-ho about school. When they're less than enthusiastic be encouraging. With your support, they're likely get back on track soon.

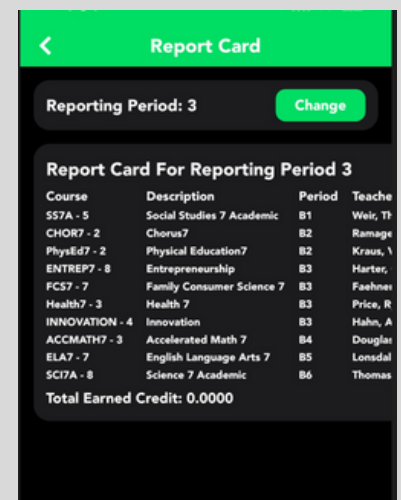
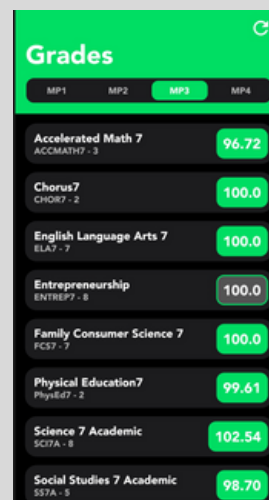
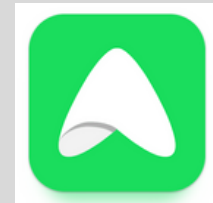
## Talk About It!

Ask your child what his/her favorite parts of this school year have been so far. Also talk about the coolest things he/she has learned and the friends he/she has made.

## Want A Faster Way to Check Your Child's Grades?

### GradeWay For HAC app

Now there's a way for you to check your child's grades from the convenience of your phone. And it's free to download. Click on the icon below!



If you need your Home Access Center username or password please contact our main office.

**MAKE SURE TO CHECK HOME ACCESS FOR MARKING PERIOD 3 GRADES**

# VAPING PREVENTION

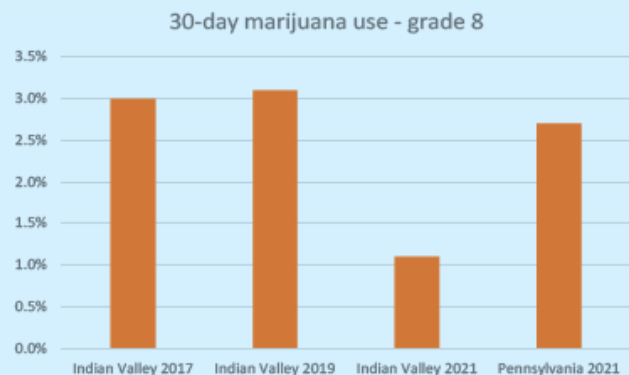
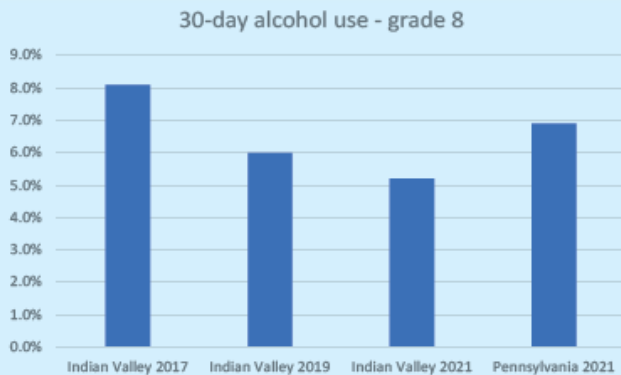
In October 2022, the Indian Valley Character Counts Coalition hosted a town hall presentation, where members of the community were invited to come and listen to the findings from the Pennsylvania Youth Survey students in grades 6th, 8th, and 10th graders took from the 2021-2022 school year.

## SUBSTANCE ABUSE

Young people who do not feel part of society, are not bound by rules, don't believe in trying to be successful or responsible, or who take an active rebellious stance toward society, are at a higher risk of abusing drugs. Young people who do not perceive drug use to be risky are far more likely to engage in drug use.

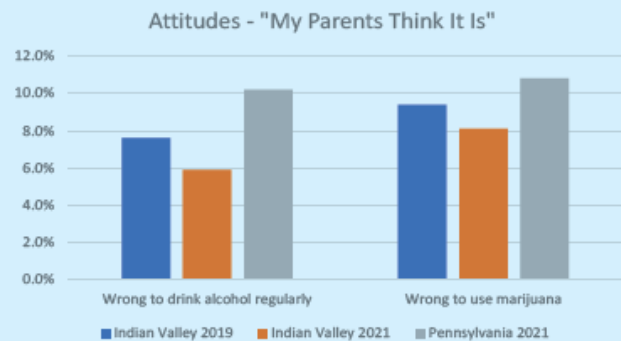
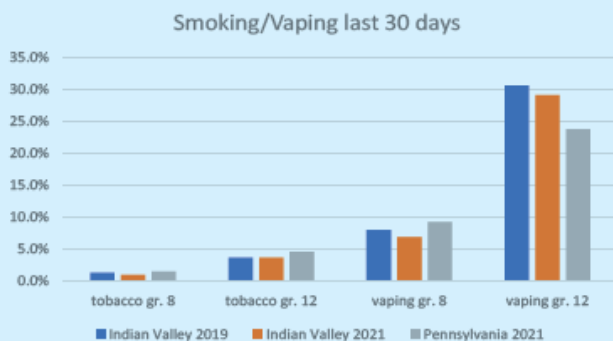
**COALITION GOAL:** To decrease 30-day alcohol use by 8th graders, as measured by the PAYS, from the baseline of 8.1% in 2017 to less than 5% by the spring of 2025.

**COALITION GOAL:** To decrease 30-day marijuana use by 8th graders, as measured by the PAYS, from 3.0% in 2017 to less than 2.5% by the spring of 2025.



## DATA WE ARE MONITORING

Trends in youth smoking and vaping along with parental attitudes related to substance use and abuse.



Using the data we collected and the goals that the Character Counts coalition created, students in 7th grade engaged in an evidence-based vaping lesson presented from the Montgomery County Prevention Program. The program focused on wellness and healthy alternatives to vaping. Feedback from students was positive and we hope to provide more opportunities for our students on drug prevention.

## PARENT RESOURCE

### What Parents Need to Know

You've probably heard a variety of terminology, but don't let that confuse you. JUUL, vapes and vape pens are all forms of e-cigarettes and they're all dangerous. There is a misconception that vapes are just flavors and steam. Not true. Vaping is highly addictive. In fact, one JUUL pod contains as much nicotine as 20 cigarettes, or about one pack of cigarettes. Vape pods also contain toxins and carcinogens, including formaldehyde, propylene glycol and acrolein, which can cause irreversible lung damage. And because vaping is new, we're still uncovering its long-term health effects.

# Signs Your Child Might Already Be Vaping

Over 27% of high school students have used e-cigarettes in the last month, and it's likely their parents don't even know. Vaping is easy to hide. Unlike traditional cigarettes, e-cigarettes don't leave the telltale scent of tobacco. But there are clues.

Look for changes in your kid's behavior. They might start cutting back on caffeine or getting frequent nosebleeds. Also look for signs around the house. Vape pens can look like markers or USB flash drives and have disposable flavor pods, so look for discarded pods in the trash. And since vape pods come in lots of flavors, take note of any new sweet scents in their rooms or on their clothes.

## Tips For a Healthy Discussion

### CHOOSE THE RIGHT TIME AND PLACE

Choose a time when your kid won't feel rushed and a place where they feel relaxed, like when you're riding in the car or sitting at the dinner table. By choosing a place you both feel comfortable, you'll both be more inclined to open up.

### ASK OPEN-ENDED QUESTIONS

Your kid makes smart decisions every day. Resisting the temptation to vape can be one of them. Compliment their good judgement. Remind them that they are an independent thinker who doesn't have to be influenced by peer pressure. Tell them you're proud of their courage and principles.

### APPEAL TO THEIR GOOD JUDGEMENT

Instead of asking yes or no questions, ask open-ended questions that encourage participation. If you're genuinely curious, your kid will be less likely to get defensive.

## Conversation Starters

Here are some suggested conversation openers. Remember, don't blow up if they share things you didn't expect to hear. Listen to their answers, ask more questions and keep the lines of communication open.

### Are a lot of kids vaping at your school? Are your friends vaping?

- Be sure you don't react, just listen.

### What do you think about vaping?

- You may hear them say, "It's harmless – it's just flavored water vapor," but it's not and you'll share more about that next.

### Do you know what is in JUUL pods and other vapes?

Then tell them you have been studying and here's what you know:

- Vape pods contain harmful ingredients, including formaldehyde, propylene glycol and acrolein, which causes irreversible lung damage. It's not just water vapor, and it's not safe.
- Even the Surgeon General has established how dangerous vaping is. JUUL commercials and paid influencers will try to make it look safe, but it is not.
- Most vaping manufacturers, including JUUL, are owned by tobacco companies, the same companies that sell addictive cigarettes, which cause millions of deaths. These companies are now focusing their marketing efforts on replacing former cigarette customers with kids, by hooking them on e-cigarettes.

### Do you know how vaping can damage your health?

Tell them why that matters.

- Vaping is smoking – one JUUL pod can contain as much nicotine as a pack of cigarettes.
- Once you start vaping, nicotine addiction follows – and quitting is really hard.
- Your lungs will suffer the effects – maybe not today, but eventually. There are multiple cases in the news of kids having seizures from e-cigarette nicotine poisoning, experiencing vaping-related lung injuries, and even death. We don't even know yet how bad this is going to be for your health long term.

### Do you know the other ways vaping affects your life?

Tell them why they should care.

- Over time, the chemicals in e-cigarettes will affect your attention span, memory and lungs.
- Once you're addicted, vaping will be the boss of you. Even when you don't want to do it, you'll have to do it. And that's only good for the tobacco companies.
- You're smarter about health than previous generations were. Vaping goes against all the other healthy choices you're already making.