



The Blue Raider Read

Information from the desk of Principal David Lanczycki

FEBRUARY 1, 2019

VOLUME 3, NUMBER 6

Upcoming Events:

- 2/6 8th Grade Open House – 6:00pm
- 2/9 SB Athletic Boosters Comedy Show – 7PM Fall River Elks Club
- 2/14 Galapagos Student/Parent Meeting – 6:00pm DLC
- 2/16 Winter Break Begins
- 2/25 School returns to session

Principal:

David Lanczycki
lanczyckid@sbregional.org
 Twitter: @SBRHS_Ski

Assistant Principals:

Susan Brelsford Grades 10 & 12
brelsford@sbregional.org
laurencea@sbregional.org

Kim DoCouto
 Grades 9 & 11
docoutok@sbregional.org

Contact Information:

Main Office: 508-324-3115
 Attendance: 508-324-3124
 Guidance: 508-324-3119
 Central Office: 508-324-3100
www.somersetberkley.org

School Store Dates and Hours

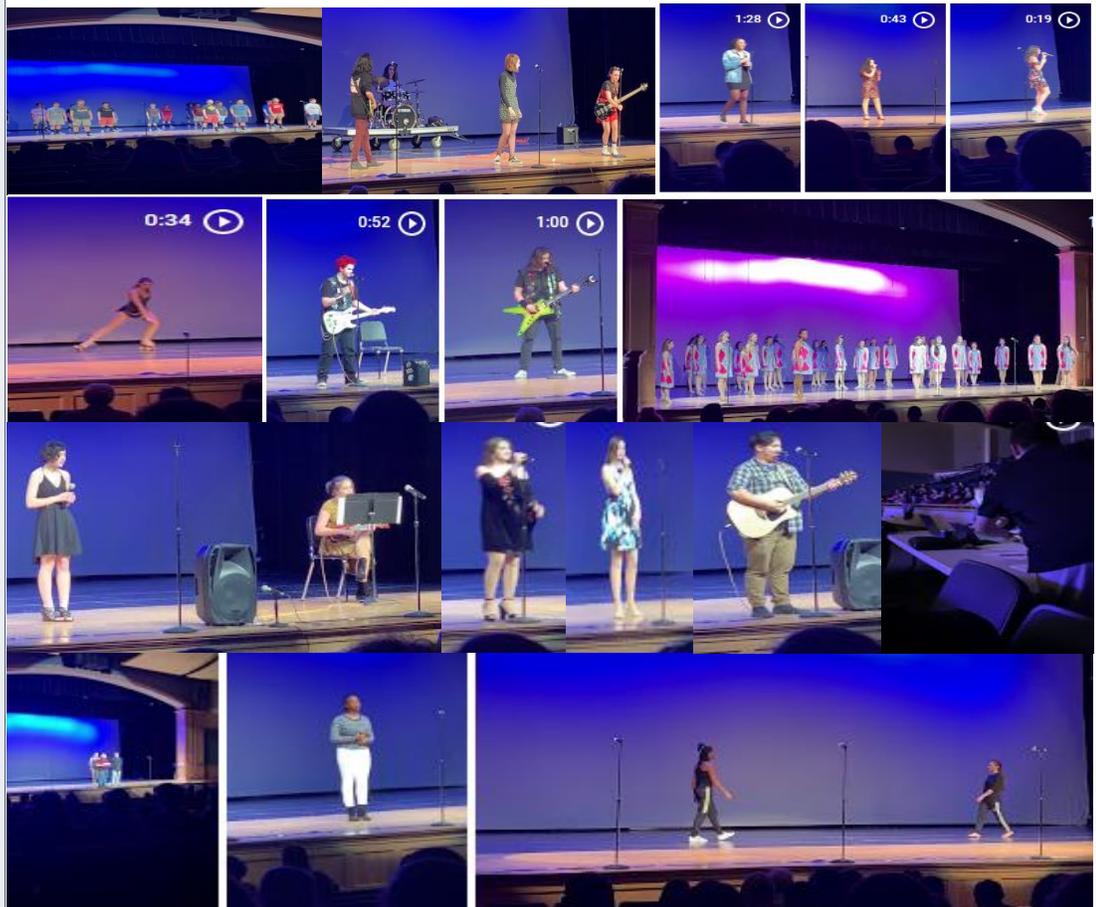
- 2/6 5:30pm – 7:30pm
- 2/8 5:30pm – 7:30pm
- 2/12 5:30pm – 7:30pm

Love, Exciting and New...

February is known for the 3 V's: Valentine's Day, Vacations and Victories. Our athletic teams are making the final pushes to get into the tourney and need your support more than ever down the stretch run. Come aboard, we're expecting you. Valentine's day is synonymous with love and what do students love more than romantic mid year exams which are this month. Vacation is within reach but don't forget to select your classes for next year or you may be closed out from an option you want. Enjoy the month and remember spring is within reach!

Somerset Berkley Got Talent

On January 24th, all in attendance in the Performing Arts center were treated with performances that amazed. Somerset Berkley Got Talent was a competition that featured singers, bands, roller skaters, dancers and miraculous feats of memory. Give students a stage and they will wow you and that they did. I can't wait till next year. Here are some photos from the event. Kudos to our judges Mr. Meehan, Mr. Marshall and Capt. Homberg as well as Mr. Bianco for all his hard work to put on a great show.



MCAS Dates:

ELA: March 26 & 27

Math: May 21 & 22

Science: June 4 & 5

Late Buses:

Late buses are offered on Monday thru Thursday at 3:45pm. There is one bus for Berkley students and one bus for Somerset students. Please be advised that the Berkley late bus drops students off at the Berkley Common.

Parking Passes:

Forms are available to be picked up in the Main Office. Parking spots are available first come first serve as long as you have a parking pass. Parking passes are \$50 for the year.

Senior End of the Year Events:

May 25: Finals Begin

June 1: Prom

June 8: Graduation 5pm

Indoor Track Schedule:

THE INDOOR TRACK SCHEDULE FOR PUBLIC USE FOR THE MONTH OF FEBRUARY 2019 IS AS FOLLOWS:

DAY	DATE	TIME
Monday	February 4 th	6:00p.m.-8:30p.m.
Tuesday	February 5 th	CLOSED-HOME BASKETBALL GAME
Wednesday	February 6 th	6:00p.m.-8:30p.m.
Thursday	February 7 th	6:00p.m.-8:30p.m.
Monday	February 11 th	6:00p.m.-8:30p.m.
Tuesday	February 12 th	CLOSED-HOME BASKETBALL GAME
Wednesday	February 13 th	6:00p.m.-8:30p.m.
Thursday	February 14 th	6:00p.m.-8:30p.m.
Monday	February 18 th	CLOSED-HOME BASKETBALL GAME
Tuesday	February 19 th	6:00p.m.-8:30p.m.
Wednesday	February 20 th	CLOSED-HOME BASKETBALL GAME
Thursday	February 21 st	6:00p.m.-8:30p.m.
Monday	February 25 th	6:00p.m.-8:30p.m.
Tuesday	February 26 th	6:00p.m.-8:30p.m.
Wednesday	February 27 th	6:00p.m.-8:30p.m.
Thursday	February 28 th	6:00p.m.-8:30p.m.

Knock Knock...



We would like to invite all of our coaches and families to the 2nd Annual SBRHS Boosters Adult Comedy Night.

The comedy night will be held on February 9th, 2019 at 7:00PM at the Fall River Elks. The night includes dinner and a show. We will also have a few silent auction items and cash bar. The price for the event is \$25/ticket.

The proceeds from the event will help defray the cost of the athletic award jackets and help fund the Boosters' scholarships.

We **appreciate** all you do for our athletes and would love to have you join us that night!

If interested in purchasing tickets, please email me at sbabc@sbrregional.org and we can get tickets to you.

Checks can be made payable to Somerset-Berkley Athletic Boosters Club.

Thank you for your support!!

Vaping and your student...

Times are changing and students change with it. Classic rock songs like "Smoking in the boys room" should have lyrics changed to "vaping in the boys room." It sounds innocent and students will tell you that "it's only water vapor with flavoring" and "it can't hurt us." We are not too sure about that. We are finding that students are using vapes during the school day. These are not allowed in the school but more importantly, I want you to know more about them and what they look like. According to U.S. News and World Report,

Yet the following research, released online or published in the February print issue of the journal Pediatrics, suggests vaping isn't benign for young people, who may be attracted by its novelty and kid-friendly flavorings such as fruit punch and bubblegum.

- An [anonymous survey](#) of more than 7,000 Connecticut high school students found that of the 1,080 who'd ever used e-cigarettes, about one-quarter had tried "dripping" with them. That's when users inhale vapor made by dripping e-liquid directly onto heated coils of e-cigarette devices. Exposing e-liquids to higher temperature increases the level of toxic chemicals formed in the vapor, researchers noted. Among students surveyed, reasons for dripping included, "It makes the flavor taste better," "It makes a thicker cloud of vapor," "It makes a stronger throat hit" and "I was curious."
- Data from more than 15,000 participants in the 2015 national Youth Risk Behavior Survey showed that e-cigarette use, by itself or with cigarette smoking, was associated with more [health-risk behaviors](#) among high school students. Injury, violence, substance use and sexual activity were more likely among vapers, found researchers led by [Dr. Brian King](#), with the CDC's Office on Smoking and Health.
- A study from the Center for Tobacco Control Research and Education at the University of California–San Francisco found many adolescents in grades six through 12 [who had never smoked](#) and were otherwise considered at low risk for starting to smoke had used e-cigarettes, raising the specter of vaping as a gateway to smoking.

Here are some images of what Vapes can look like...

Traditional Types



Vape or USB: Can you tell the difference?



How about a Vape or MP3?



The gateway scenario is supported by an [August 2015](#) study published in JAMA, which followed some 2,500 ninth-grade students from 10 Los Angeles high schools. Those who had ever used e-cigarettes were more likely to have started smoking cigarettes within the next year. It's difficult for parents or teachers to monitor e-cigarette use or contents, points out study author Dr. Adam Leventhal, director of the University of Southern California Health, Emotion and Addictions Laboratory. The vapor is odorless and dissipates quickly on exhalation.

"A teen can be in the back of a classroom sneaking a vape," Leventhal says. "And we don't know whether they're just vaping a substance that has no drugs in it, just for fun and the flavor. We don't know if it's nicotine. We don't even know if it's THC – the active compound in marijuana."

Although nicotine-free products are available, kids may be using nicotine without realizing it. "It's questionable whether kids know what nicotine is, let alone whether it's in the products that they're using," King says. "So we've turned to more objective sources of monitoring this, including retail sales data. And those data show that the vast majority of e-cigarette products on the market contain nicotine."

An ongoing study is looking at exposure to toxins from e-cigarette vapor in teen users. "I'm testing their urine and saliva for nicotine byproducts," says researcher [Dr. Mark Rubinstein](#), a professor at the University of California–San Francisco School of Medicine. "And I'm also testing their urine for levels of toxicants." Toxicants are naturally occurring yet harmful toxins, like benzene, that can form with e-cigarette use and have been found in the urine of adult users. "The problem is when you heat propylene glycol and glycerin together, depending how high a temperature, it can form formaldehyde," Rubinstein explains, of the major components of vape "juice." "And the glycerin can form acrolein, which is associated with lung cancer."

For parents, King says, it's not a question of whether e-cigarettes are preferable to traditional cigarettes. "From the youth standpoint, we're really talking about one of prevention as opposed to kids using one product that may have less harmful constituents," he says. "The bottom line is that none of these products are safe for youth to use." The CDC offers these [tips for parents](#) on talking with teens about e-cigarettes.

From Elements of Behavioral Health...

Teen Vaping Abuse — 4 Things Every Parent Needs to Know

On that note, here's what every parent needs to know about the dangers of this latest trend:

- **Inhaling from a vaporizer enhances a drug user's high and can amplify a drug's side effects.** That's because "it delivers a far more potent form of whatever drug is being used," according to substance abuse expert Dr. James Hall in a recent interview with WSVN-TV. Dr. Hall is an epidemiologist and co-directs the Center for Applied Research on Substance Abuse and Health Disparities at Nova Southeastern University, just down the road (Miami).
- **The chemicals in synthetic drugs are dangerous and potentially fatal in cases of overdose.** So far this year, in Broward County alone, 33 people have died from synthetic drug overdoses. And since January, dozens and dozens of medical emergencies related to Spice and other forms of "legal weed" have turned up at hospitals across the state of Florida. Only just a few years ago, synthetic marijuana, euphemistically termed "herbal incense," became an instant hit in South Florida. But the reality is that "these products are chemicals that are sprayed onto plant material," in Dr. Hall's words to WSVN-TV.
- **Vaping synthetic drugs is more discreet than other forms of drug abuse.** Because e-cigarettes can resemble everyday ballpoint pens or USB memory sticks, they are easy to hide. As Lt. Ozzy Tianga of our local Broward County Sheriff's Office recently [told CNN](#), these pen vaporizers can easily become a checked-out teen's escape in class. If calculus or a discussion of Shakespeare's *Macbeth* proves thoroughly uninteresting, drug-using teens can reach for their "ballpoint pen" without

Marketing toward youth??



I'm sure it is a coincidence that this one looks like a Pokeman Ball.



Know the device...



raising any eyebrows.

In addition, e-cigarettes are odorless, making it nearly impossible to determine the drug in use (which is an urgent necessity in cases of overdose). Here is Lt. Tianga again, in that same interview with CNN, talking about a phenomenon he observes among teens who abuse e-cigarettes: “They sit in the back of the [class]room, and they think it’s funny.... They are vaping, and what they are vaping — again — I cannot determine. From the smell I cannot determine. I actually have to get the pen out of their hand and there are very few field test kits that will tell you exactly what they are vaping.”

- **E-cigarettes and pen vaporizers are easy to acquire for underage users. So are flakka and legal weed.** While it may be true that Miami-Dade and Broward counties have ordinances making it illegal to sell e-cigarettes to those under 18, these regulations do little to prevent teens from buying the devices online. A bewildering online selection of vaping and legal weed paraphernalia makes it easy for anyone, regardless of age, to order their own and have them conveniently delivered, no questions asked. In just one year’s time, for example, the number of teens using e-cigarettes has more than tripled, according to a recent survey by the Centers for Disease Control (CDC).

Similarly, flakka and various forms of legal weed are easy for teens to acquire. Flakka, for instance, is only \$5 a pop, and has seen a 780% increase in usage in the last three years alone. And a recent Business Insider [report](#) details how the deadly drug has now hit the streets of Miami-Dade County in a new form: gummy bears.

Signs of Vaping Abuse and What Parents Can Do

Parents can be on the alert for signs of vaping abuse. Specifically, parents can:

- **Watch for physiological symptoms** and side effects that may indicate their teen has a vaping abuse problem. These can include dry mouth syndrome, nosebleeds and strange, erratic and even violent behavior.
- **Familiarize themselves with what e-cigarettes look like and how the devices work**, so that they are able to identify them in the hands of their teens. E-cigarettes consist of: a cartridge, which holds a liquid solution (be it nicotine or something else); a heating device (vaporizer); and a power source (usually a battery). Typically, puffing an e-cigarette activates the vaporizer, which allows a user to inhale the resulting aerosol or vapor.

If any of the above signs is present, parents have good reason to suspect their teen is vaping synthetic drugs, in which case they should connect their child with treatment resources that can help —before it’s potentially too late.

I received this information from Morissa Vital who is the program manager from the Southeast Tobacco-Free Community Partnership. Ms. Vital shared information with us during our Parent Teacher Night in October.

“The Truth Initiative just launched a [first-of-its-kind free e-cigarette quit program now available to young vapers looking for help](#). The program is tailored by age group to give appropriate recommendations about quitting and also serves as a resource for parents looking to help their children who now vape. It is being launched and integrated into the already successful [This is Quitting](#) (app) and [BecomeAnEX®](#) digital cessation programs from Truth Initiative.

Teens, adults, and parents of teens seeking help around quitting e-cigarettes/JUULing can text “QUIT” to (202) 804-9884.

Thankfully we are seeing more attention nationally regarding the vaping epidemic including the news from the [Today Show](#) and [CBS](#). Commissioner Bharel has a recent informative article [how to talk to your kids about vaping](#) in the online NPR blog cognoscenti.”