



**STAND
TOGETHER**

Brighton Counseling

MAY 2019

TRUTH ABOUT VAPING YOU SHOULD KNOW

Reviewed By:

Michael Joseph Blaha, M.D., M.P.H.

If you have thought about trying to kick a smoking habit, you're not alone. Nearly seven out of 10 smokers say they want to stop. Quitting smoking is one of the best things you can do for your health — smoking harms nearly every organ in your body, including your heart. Nearly one-third of deaths from heart disease are the result of smoking and secondhand smoke.

You might be tempted to turn to electronic cigarettes (e-cigarettes) as a way to ease the transition from traditional cigarettes to not smoking at all. But is smoking e-cigarettes (also called vaping) better for you than using tobacco products? Can e-cigarettes help you to stop smoking once and for all? Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, shares the truth about vaping.

Truth No. 1: Vaping Is Less Harmful Than Traditional Smoking.

E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create a water vapor that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic. While we don't know exactly what chemicals are in e-cigarettes, Blaha says "there's almost no doubt that they expose you to fewer toxic chemicals than traditional cigarettes."

Truth No. 2: Vaping Is Still Bad for Your Health.

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.

There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. "People need to understand that e-cigarettes are potentially dangerous to your health," says Blaha. "You're exposing yourself to all kinds of chemicals that we don't yet understand and that are probably not safe."

Truth No. 3: Electronic Cigarettes Are Just as Addictive as Traditional Ones.

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, says Blaha, many e-cigarette users get even more nicotine than they would from a tobacco product — you can buy extra-strength cartridges, which have a higher concentration of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of the substance.

Truth No. 4: Electronic Cigarettes Aren't the Best Smoking Cessation Tool.

Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.

Truth No. 5: A New Generation Is Getting Hooked on Nicotine.

Among youth, e-cigarettes are more popular than any traditional tobacco product. In 2015, the U.S. surgeon general reported that e-cigarette use among high school students had increased by 900 percent, and 40 percent of young e-cigarette users had never smoked regular tobacco. According to Blaha, there are three reasons e-cigarettes may be particularly enticing to young people. First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users.

Both youths and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce the stigma of smoking.

"What I find most concerning about the rise of vaping is that people who would've never smoked otherwise, especially youth, are taking up the habit," says Blaha. "It's one thing if you convert from cigarette smoking to vaping. It's quite another thing to start up nicotine use with vaping. And, it often leads to using traditional tobacco products down the road."

Want to Quit Smoking?

There's a strong link between smoking and cardiovascular disease, and between smoking and cancer. But the sooner you quit, the quicker your body can rebound and repair itself. Talk to your doctor about what smoking cessation program or tools would be best for you.

Contact Your Counselor

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NEW SCHEDULE CHANGE GUIDELINES

Brighton High School

To support academic success, our goal at Brighton High School is to have all students in appropriate classes as quickly as possible. There should be very few schedule changes necessary since students request their own courses.

Prior to the beginning of the school year, students will have the opportunity to adjust their schedules during an open Arena Scheduling window. Arena opens at 3:00pm these dates: August 5th for Seniors, August 6th for Juniors, August 7th for Sophomores and August 8th for Freshmen, and closes at 3:00pm on August 15th for everyone. This will be the only opportunity for students to change their schedules for 1st trimester. *We will not have a schedule change day for 1st trimester once school has started. Students must utilize Arena Scheduling to change their schedules, unless one of the reasons listed below applies.

Prior to the beginning of 2nd and 3rd trimester, students will have an additional opportunity to adjust their 2nd and 3rd Trimester schedules during an open Arena Scheduling window. Arena opens at 3:00pm on Nov.11/Feb.24 and closes Nov.14/Feb.27 at 3:00pm. *We will not have a schedule change day once the new trimester has started. Students must utilize Arena Scheduling to change their schedules.

Please see <https://www.bhscounseling.org/courseselection> to find the instructions for Arena Scheduling.

Other schedule changes may be made during the first 10 days of the Trimester ONLY for the following reasons and ONLY based on availability:

- Academic misplacement i.e. student has chosen the wrong level of class, has chosen a class without meeting the pre-requisite or is in the wrong A/B half
- Program change i.e. student has been accepted into an audition or try out class.
- Missing an academic class i.e. student is missing a core class.
- Missing a graduation requirement i.e. a senior is missing a class necessary for graduation.
- Adding Education Release, Work Release, Tech Center, Student Aide or Peer Tutor.

Schedule changes WILL NOT be made for the following reasons (but certainly can be made by the student during the open Arena Scheduling window before each trimester, if possible):

- A different teacher is preferred.
- The class is perceived by the student to be unappealing.
- Switching from one period to another.
- Switching classes to have classes with friends.

JORDAN SUMMER SCHOOL

RECOVER .25 CREDITS IN 4 DAYS!

COURSES AVAILABLE:

- ELA 9, ELA 10, AND ELA 11 (All 6 Sessions)
- BIOLOGY, EARTH SCIENCE, AND CHEMISTRY
 Biology: # 1, 3, & 5 Chemistry: # 2, 4, & 6
 Earth Science (All 6 Sessions)
- GEOGRAPHY, WORLD CIVILIZATIONS, AND US HISTORY
 Geography: # 2 & 4 World Civ: # 1 & 3
 US History: # 1 - 4
- SECONDARY MATH 1 AND SECONDARY MATH 2 (All 6 Sessions)
- FINANCIAL LITERACY AND DIGITAL BUSINESS APPS
 Financial Lit: #1 & 3 Digital Business: #2 & 4

\$35
PER QUARTER
CREDIT

Sign-up April 1st - May 17th jsummer.canvonsdistrict.org

SESSIONS WILL RUN ON THE FOLLOWING DATES:

- | | |
|------------------------------|---------------------------------|
| Session #1: June 10th - 13th | Session #4: July 8th - 11th |
| Session #2: June 17th - 20th | Session #5: July 15th - 18th |
| Session #3: June 24th - 27th | Session #6: July 29th - Aug 1st |

- COURSES WILL LAST 4 DAYS** from 8 am - 12:15 pm (Lunch 10:45 am - 11:00 am)
- This will be 16 hours of instruction which is half a quarter's seat time.
 - All classes will be for pass/fail grade. It will not be for grade replacement.

BUSES PROVIDED!
 From Mt. Jordan, Midvale and Eastmont Middle Schools

FREE BREAKFAST AND LUNCH SERVED!
 ALL COURSES TAUGHT AT JORDAN HIGH
 By highly qualified teachers!

WE WILL ENROLL STUDENTS FROM ALL CANYONS DISTRICT HIGH SCHOOLS



Get a Jump on High School
 Canyons Summer Semester June 10-27, 2019

Registration for all classes will be April 15 - May 24
 Register at Canyons.retrak.net

- What:** Summer Semester is for students who want to get a jump on high school or free up their class schedule for more electives. The cost is \$70 per half-credit class.
- Where and When:** All classes are delivered Monday through Thursday over three weeks in a blended learning format: from June 10-20 courses are delivered face-to-face at Mount Jordan Middle, 9351 S. Mountainer Lane in Sandy; and from June 24-27, courses are delivered online.
- How to Register:** Students can pick one class from each of the following sections:
- Section 1: 7:30 - 11am.
 Exploring Computer Science
 - Financial Literacy (Students are required to take a proctored final at Mountain View on Thursday, June 27, 2019.)
 - P.E. - Participation Skills and Techniques (PST)
 - Section 2: 11:45am - 3:15pm.
 P.E. - Participation Skills and Techniques (PST)

ALL COURSES ARE FOR ORIGINAL CREDIT ONLY
 For questions please contact Monique (801) 826-5044



CSD Youth Protection Seminar
 Parents, teachers, students, and community members are welcome to join us to learn about protecting and empowering our youth. Canyons School District welcomes Dr. Christy Kane from TotumLink as our keynote speaker to discuss electronic devices and their impact on our biochemical and emotional health. In addition, information and resources will be available regarding topics such as vaping, physical safety, social media hygiene, community resources, and more.

May 6 @ 6:30 pm
 Jordan High School
 Doors open at 6:00
 to visit resource tables

May 14 @ 6:30 pm
 Indian Hills Middle School
 Doors open at 6:00
 to visit resource tables

totumlink
 Christy Kane PhD, CMHC

From schools to TEDx talks, Dr. Kane is one of the most highly sought after speakers on electronic devices
 *Credits towards an NCC will be given for high school students who attend with their parents (for attending one night only).