



IMPORTANT INFO

State Testing is coming in April 2019!

9th gr. - PSAT 9

10th gr. - PSAT 10

11th gr. - SAT

11th gr. - CMAS
Science

SCHOLARSHIP INFO

12th grade students need to check their email for the latest scholarship information and scholarship Newsletters

(The scholarship newsletter is posted on the high school webpage. Click faculty, and then counselor. On the MVHS Counseling webpage click Scholarship Information)



Tips to Prevent Holiday Stress/Depression

- ◇ Acknowledge your feelings
- ◇ Reach out - seek support from friends and family
- ◇ Be realistic - sometimes things change, start new traditions
- ◇ Set aside differences and be kind to one another
- ◇ Stick to a budget
- ◇ Plan ahead
- ◇ Learn to say no - it is ok to do sometimes
- ◇ Don't abandon healthy habits - routine is good
- ◇ Take a breather - take a walk, read a book
- ◇ Seek professional help if you need it

E-Cigarettes: What Parents Should Know

Are e-cigarettes less harmful than cigarettes?

There is no FDA oversight of the manufacturing of these products—which means there is no oversight regarding potentially harmful ingredients.

- ◇ E-cigarettes almost always contain harmful ingredients including nicotine.
- ◇ Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage.
- ◇ Nicotine exposure during adolescence can harm the developing brain.
- ◇ The most popular e-cigarette among teens is JUUL
 - All JUUL pods contain some nicotine—something many youth don't realize.
 - According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.
- ◇ No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

Is there a difference between e-cigarettes and JUULing?

- ◇ No. JUULs may look different, but they're actually a type of e-cigarette.
- ◇ E-cigarettes are battery powered and deliver nicotine through a liquid which turns into an aerosol.
- ◇ The e-liquids come in fruit flavors that appeal to youth.
- ◇ JUUL is more discrete and looks like a USB drive. Other e-cigarettes may look like phones.
- ◇ Cartridge-based e-cigarettes like JUUL contain nicotine salts that do not produce vapor or visible emissions when the device is used and may make the product even more addictive.
- ◇ JUUL claims that some of its pods have roughly as much nicotine as an entire pack of cigarettes.

How bad is the e-cigarette epidemic?

Most common reasons youth use e-cigarettes

- ◇ 39% Use by "friend or family member"
- ◇ 31% Availability of "flavors such as mint, candy, fruit, or chocolate"
- ◇ 17% Belief that "they are less harmful than other forms of tobacco such as cigarettes"

Does the American Lung Association agree with the Food and Drug Administration that youth use of e-cigarettes has reached an epidemic?

- ◇ Yes, the American Lung Association agrees that e-cigarette use among youth has reached epidemic levels.
- ◇ American Lung Association has been asking the FDA to take action on e-cigarettes for a decade.
- ◇ E-cigarettes are the most commonly used tobacco products among youth and have been for several years now.
- ◇ Many youth don't realize how they are harming their lungs and their brains by using e-cigarettes.

From an article from the American Lung Association:

<https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-parents.html>