



SOUTH AMBOY PUBLIC SCHOOLS

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DISTRICTS WARN PARENTS ABOUT THE DANGERS OF VAPING

(Article published by the New Jersey School Boards Association)

With a growing number of students participating in vaping – smoking e-cigarettes often laced with addictive nicotine and sweet flavors — the New Jersey School Boards Association will be posting a series of videos to help inform parents and educators about the phenomenon.



The first video in the series is available below, featuring Cristina Martins of Tobacco Free for a Healthy New Jersey and the Southern New Jersey Perinatal Cooperative.

The Centers for Disease Control has issued a warning about vaping.

“Because your brain is still developing, scientific studies show that it isn’t safe for you to use any tobacco product that contains nicotine, including e-cigarettes,” states the warning by the Centers for Disease Control’s Office on Smoking and Health. “Whether you get nicotine from an e-cigarette or a cigarette, it’s still risky.”

Electronic cigarettes are increasingly popular among middle and high school students, according to an article titled, [“What Every Parent Needs to Know about Vaping,”](#) published by New Jersey Family magazine.



8 SIGNS YOUR CHILD MAY BE VAPING

- You detect a sticky-sweet scent
- A weird looking USB drive or pen is always in reach
- You find discarded atomizers, pods or organic cotton balls
- Agitation or irritability (if they can't get their fix)
- They're calmer after a trip to the bathroom or their room
- Dry-mouth and nosebleeds caused by dehydration
- Mouth sores and a smoker's cough
- They're always asking for money (it's an expensive habit)

What drugs can be smoked out of an electronic cigarette?

Here are some of the drugs that can be smoked out of an electronic cigarette:

- Liquid THC
- Bath Salts
- Flakka
- Hash Oil
- Synthetic marijuana (Spice or K2)
- Psychedelics (DMT)

Teens and young adults often explore ways of getting high without detection. Electronic cigarettes have become a way for teens and young adults to get high discreetly, often avoiding detection from parents, teachers and law enforcement officials. When teenage substance abuse goes undetected, it can lead to devastating consequences.

No school is immune to the trend. "It's happening at Millburn. It's happening everywhere," William Miron, principal at Millburn High School, told the publication.

Experts say high-achieving, stressed teens seem especially drawn to nicotine's effect, making the habit pervasive throughout New Jersey middle and high schools.

What's Vaping? In short, it's inhaling the vapor produced by heating an e-liquid (or e-juice). The liquid is typically nicotine (though not always) mixed with chemicals and minty or fruity flavorings. Personal delivery devices look less like smoking paraphernalia and more like elegant pens and unassuming flash drives that can be decorated with stickers, skins and other flair.

Because their vapors are essentially odorless and invisible, students are finding it easy to pull hits wherever—at their lockers, in the school bathroom or even in class when their teachers' backs are turned. Juul, the e-cigarette brand that so powerfully dominates the youth market has become a verb, uses proprietary e-liquid pods in a sleek piece of tech that recharges via USB port.

Over 2.1 million youth are current e-cig users, and 43 percent who used e-cigs said they tried them because of the appealing flavors, according the Center for Disease Control's 2018 Truth Initiative.

More students are using e-cigarettes on a regular basis. Twenty-eight percent of high school e-cigarette users said they vaped for 20 or more days during a month in 2018 – a significant increase from 2017 when only 20 percent of e-cigarette users reported vaping for 20 or more days per month.

What does the South Amboy Public Schools policy say about vaping?

"Students are not permitted to smoke, including inhaling the burning or vapor of a lighted cigar, cigarette, pipe, electronic smoking device or any other matter or substance which contains tobacco at any time in school buildings, on school property, on school buses, or at a school-sponsored trip or activity off school premises. Chewing tobacco is also specifically prohibited. Students are not to carry cigarettes or other smoking materials such as electronic smoking devices, tobacco, pipes or cigarette rolling papers while on school property. Discovery of such items will warrant an immediate drug test/screening."

For more information or assistance, please contact the school's SAC Counselor, Michelle Witte at 732-316-7665, Ext. 3230 or email mwitte@sapublicschools.com

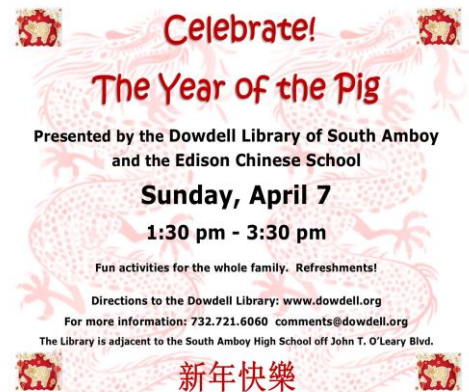
Community Events: (click on flyer to enlarge) *Disclaimer:* The following files are submitted to the South Amboy School District for publication and distribution as most of them benefit our community's children and parents. HOWEVER, the South Amboy School District does not endorse any of the external activities related to the files. Prior to signing your child up for any of these activities, clubs, or events, it is the parent/guardian's responsibility to determine the appropriateness of the event. We send this message as nothing more than a public service. Links to our Partner websites can be found on the District website under About Us – [Our Partners](#)



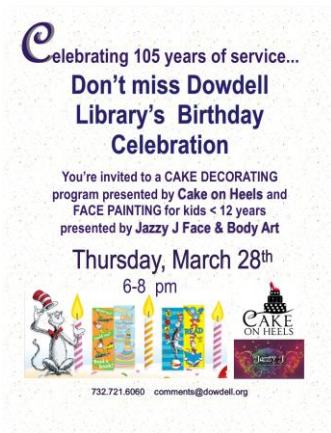
PTO – Fortnite Dance Party



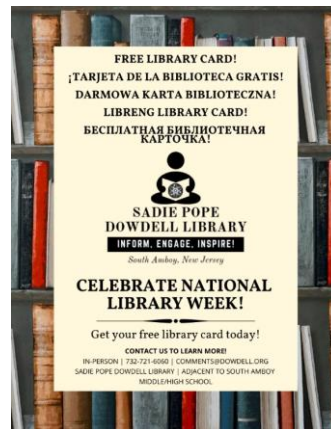
City Sponsored St. Patrick's Day Party for grades 5, 6, & 7th



Dowdell Library Event



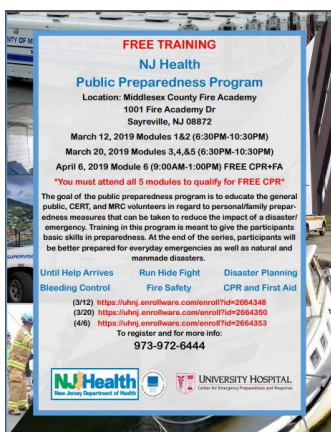
Dowdell Library Celebrates 105 years of service



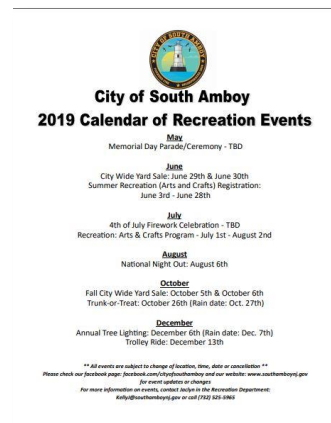
Celebrate National Library Week



Irish Music Afternoon at St. Mary's



NJ Health Public Preparedness Program



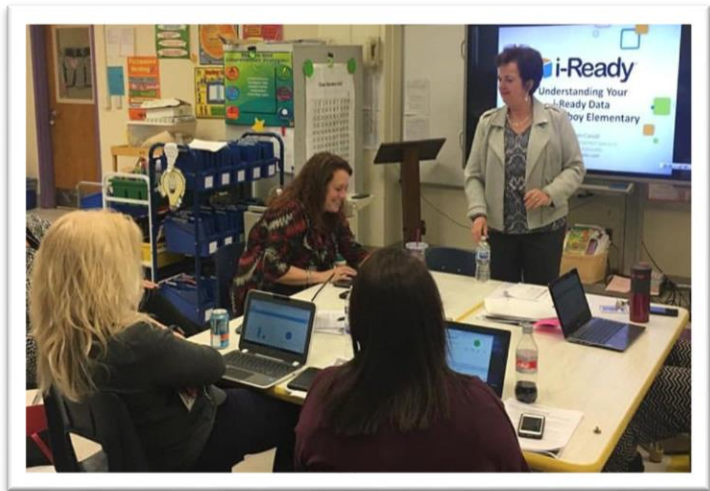
City Calendar of Recreation Events



ELEMENTARY SCHOOL HIGHLIGHTS

By Sean Dunphy, Principal

- The Elementary School coordinated Math professional development for our teachers in grades 1-5 this week. Kathleen from Ready Math did a great job helping our teachers read and utilize the data that they are gathering from the diagnostics. The data helps teachers to monitor and direct their instruction to address individual student strengths and deficiencies.
- Our fourth grade students had a culminating event for their Social Studies lessons on the Lenape Indians. They created “Lenape Board/Dice Games” as a culminating activity, and then shared with the other fourth grade classes.
- PTO Book Fair this week. Thank you to all the PTO parents for volunteering their time.



To celebrate **Read Across America**, the elementary school is having its 2nd Scholastic book fair of the school year (Feb. 25 – 28), and the following fun dress-up days for the kids –

Friday, Mar. 1: Cat in the Hat Day
Dress up in black and white!

Monday, Mar. 4: Cat in the Hat Day, Pt. 2
Wear your favorite hat!

Tuesday, Mar. 5: Green Eggs and Ham
Wear green!

Wednesday, Mar. 6: Wacky Wednesday
Wear your clothes backwards, inside out, or mismatched!

Thursday, Mar. 7: Fox in Socks
Wear silly or mismatched socks!

Friday, Mar. 8: One Fish, Two Fish, Red Fish, Blue Fish
Wear a red or blue shirt!

MIDDLE HIGH SCHOOL HIGHLIGHTS

By Dr. Patrick McCabe, Principal

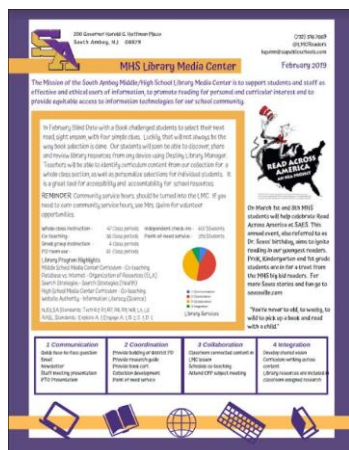
The Safety Ambassadors are at it Again!

On Thursday, 2/21/19, the Safety Ambassadors visited South Amboy Elementary School's second grade classes. The 12 ambassadors went in groups of three to the four second grade classes to present a lesson on playground safety and being safe inside the home. The students were given *No More Monkeys Jumping on the Bed* coloring books made by the Safety Ambassadors and provided tips to keep them safe.



Let's Celebrate Read Across America!

Honor Society and High School Student council students have volunteered their time to help celebrate Read Across America with our elementary school students. This annual event, also referred to as Dr. Seuss' birthday, aims to ignite reading in our youngest readers. Dr. Seuss stories and activities will be shared with pre-k, kindergarten and first grade classrooms.



MHS Media Center Report

Students of the Month for February

Throughout the school year, the Middle/High School teaching staff nominates students. The nominations are based on character, school spirit, and academic integrity. For February, we are happy to announce our winners. Pictured from left to right: Principal - Dr. Patrick McCabe, and Middle School students: Grade 6 – T. Cannon, Grade 7- O. Gulick, Grade 8 – L. Mullen, and High School students: A. Zaretsky, and Z. Honimar.



ATHLETICS:

By Frank Zalocki, Athletic Director

Winter Track 2018-2019

The winter track team had a very successful campaign this season in just its fifth year of existence. Over the course of five meets, the team posted numerous personal records (PRs) and school records. This season saw the emergence of a very strong freshman class led by Rafael Albarran, Joe Jamolawicz and Guinevere Kennedy. Rafael, who was the GMC Middle School Champion in the mile last spring, debuted with a stellar year finishing as the fastest freshman mile runner in all of Group 1 New Jersey with a PR time of 4:51. Rafael's time is also the fastest indoor freshman mile time in school history. Joe Jamolawicz had a great season smashing his PR in the mile by over 30 seconds and running an 11:47 for the two mile. Guinevere Kennedy established a new PR every time she stepped on the track and ended the season with a 6:26 mile and a 13:57 two mile. Junior Captain Maryann Walsh had a great year and qualified for states in the two mile for the second time in her indoor career with a new PR and school record of 12:37. Maryann also broke the school record in the 800 meters giving her ownership of every girls school record in distances 800 meters and up. Junior Abe Calderon also had an exceptional year by running sub 5 in the mile 3 times, including a team best for the season 4:50 which ranks him 5th all time in school history. Other runners who had particularly successful years include Bryan Pena in events ranging from the 400 meters to the mile, Nashari Payano, Nick Baginski, Nathan Vastey and Kamal Davis in the sprints, Jessica Henry and Captain Jack Lukie in middle distance events, and Charlie Smith and Spencer Kennedy in the 800 meters and the mile. Congratulations to the team on a great season and good luck as they gear up for spring track. Season's best are listed below (SR= School Record).



	<u>Boys</u>	<u>Girls</u>
55m	8.02 Nick Baginski	8.53 Kailie Arsenault
200m	N/A	31.45 Nashari Payano
300m	46.46 Nick Baginski	52.08 Kailie Arsenault
400m	58.85 Bryan Pena	1:12.11 Nashari Payano
600m	1:37.55 Bryan Pena	2:05.96 (SR) Jessica Henry
800m	2:12.70 Jack Lukie	2:53.79 (SR) Maryann Walsh
1000m	2:47.94 Jack Lukie	3:59.87 Guinevere Kennedy
1600m	4:51.25 Rafael Albarran	6:10.27 Maryann Walsh
Mile	4:50.82 Abe Calderon	6:03.42 Maryann Walsh
3200m	11:05.13 Abe Calderon	12:37.09 (SR) Maryann Walsh

For athletics schedules, please visit:

<https://www.greatermiddlesexconference.org/public/genie/343/school/27/>

PTO

The purpose of the South Amboy PTO is to strengthen the relationship between home and school, so that parents and teachers may work together for the success in the education of children at our schools. Our group helps the staff and students of our district by raising funds to provide technology and supplies needed, and has events to promote family unity.



If you're interested in helping with various activities such as a Fun Day committee, box top counters, and monthly birthday ice cream coverage. Please email a letter of interest to sapto08879@gmail.com.

For upcoming Events, please visit our [website](#).

For more information on our PTO, please email us at SAPTO08879@gmail.com

District Events/Activities

Date	Time	Description
3/1 – 3/8		Read Across America (ES) Link to daily events
3/5/19		Short Session for Students Staff In-Service
3/8/19	----	PTO: Mother Son Dance (ES)
3/14/19	6:00 pm-8:00 pm	Middle School St. Patrick's Day Dance
3/16/19	2:00 pm	South Amboy St. Patrick's Day Parade
3/18/19	6:00 p.m.	BOE Meeting

MHS = Middle High School

ES = Elementary School