

R.I. Baker Middle School

NEWSLETTER

DECEMBER 2019

Principal's Message



I cannot believe it is almost December! One thing we have been focusing on this year is trying to enhance school spirit within the building and focus on the mental well being of our staff and students. We have been recognizing students and staff for their accomplishments, and we have been celebrating the great things we do in this building. We also work hard to make meaningful connections with EVERYONE we come in contact with throughout the day. We are also encouraging students to do the same. If you would like to support this worthwhile journey at home, here are a few dinner time conversation starters you can use to create that positive dialogue.

1. **What was your highlight of the day?**
2. **What was one thing you did to make someone smile today?**
3. **What person made a positive impact on your day today?**
4. **Who could use a good deed tomorrow?**
5. **What can you do to impact someone's day in a positive way?**

This can seem a little hokey, I know. I also know that sometimes it's those little things that start some meaningful conversations. It will take time, but these conversations could turn into routine thoughts, and routine thoughts can turn into routine actions.

Stay warm,

Mr. Prebs

IMPORTANT DATES:

- Dec 2 - Term 2 Starts
- Dec 3 - Marine Bio Pointsettia Orders due
- Dec 4 - Wally's lunch
- Dec 6 & 7 - Sr Boys Bball Tourney
- Dec 11 - Christmas Concert
- Dec 11 - Booster Juice Lunch
- Dec 18 - 3G Lunch
- Dec 19 - Turkey Dinner
- Dec 20 - January Hot Lunch orders due
- Dec 21 - Jan 5- Christmas/Holiday Break
- Jan 6 - Back to School!
- Jan 8 - Booster Juice Lunch
- Jan 15 - 3G Lunch
- Jan 22 - Subway Lunch
- Jan 29 - Edo Lunch



School Reminders

1) Attendance - School Messenger

Please phone 1-844-260-7166 to report your student's attendance or you can also download the SchoolMessenger app for free on any mobile device!



2) School Fees & Extra Curricular Fees - School Cash Online

School Fees are now due, please access your School Cash Online account to see what your students fees. <https://palliserregional.schoolcashionline.com>

3) PowerSchool Parent Portal

<https://ps.pallisersd.ab.ca/public/home.html>

4) Daily Announcements - RIBMS Website

Not sure what's happening at Baker today? Check out our Daily Announcements on the RIBMS Website Homepage

“LOST and FOUND”

Our foyer benches have been OVERFLOWING with “lost and found” items this year.

Please make an effort to retrieve any items your family might be missing!

IMPORTANT!

If your child is late for school, they MUST sign in at the Office.

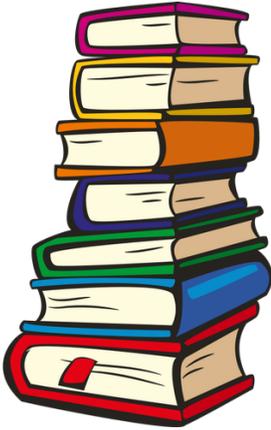
As a general rule, Attendance is taken after “O Canada” is played each morning. If your child shows up in class after “O Canada”, they are late!

Parents/Guardians, Please remember to check in at our Office before heading to your child's class!

Thank you for your cooperation with this!



Library News



Thank you to all that helped support our annual Scholastic Book Fair last month. With the proceeds from the fair we were able to purchase \$419.00 worth of new books for our school library collection and have some funds remaining to purchase more books from other vendors in the near future. This is a literary event that greatly enhances our library collection and your support is appreciated. These new titles will be on the shelves shortly and students will have the opportunity to enjoy reading them.

We also thank you for your support of the monthly Scholastic Book orders that also benefit our library collection.

The library is continuously showcasing new titles for our students to enjoy. Students are encouraged to try reading new genres and different writing formats as a way of expanding their reading habits.

Samaritan's Purse Operation Christmas Child Shoebox Gifts

Thank you to Mrs. Jean Vaselenak for picking up 12 gift filled shoe boxes that will be delivered to children in countries that would otherwise not receive a gift this season due to poverty, war or environmental disasters.

Canteen and Wednesday Hot Lunch Program

The canteen appreciates the weekly assistance of Mrs. Poettcker and Mrs. Neufeld during our very busy lunch hours on Wednesdays and Thursdays. Thank you ladies!

The weekly Wednesday Hot Lunch Program takes a substantial amount of volunteer hours to tabulate all of the student orders. Without the assistance of Carley Campbell we would not be able to provide this lunch program. Thank you Carley!

Sock it to 'Em Sock Campaign

Each December the caretakers of Palliser Regional Schools collect NEW PAIRS OF SOCKS for distribution to people in need in our communities. Students are encouraged to bring in at least one pair of NEW SOCKS to the school library where they will be collected by our caretakers and delivered to Palliser Central Office. The socks are donated to various charity organizations in our community for distribution in time for Christmas. Your support of this act of giving is greatly appreciated. All socks are welcome and can be for children or adults. Watch our school website for deadline dates.

LEGION POSTER/LITERARY CONTEST

Thank you to students that took the time and effort to either write or draw entries for the annual Canadian Legion Poster/Literary Contest. We were pleased to bring several great entries to the Lethbridge Branch where they will be judged according to age group. Last year R.I. Baker had 3 winners in the contest and we are hoping for success again this year. It's great to see some of our students taking some of their own time to show their appreciation to our Canadian veterans.

Family School Liaison Counselling Program

“How to Listen Actively to your children and teens”

(article written by: Alberta Health Services for their Parent Information Series)

KIDS NEED TO FEEL HEARD. Sometimes it may be difficult to hear what they have to say. Other times it may be hard to get them to talk about their thoughts at all. They may think you won't understand. They may be afraid to share their feelings because they think someone may make fun of them. If you practice being open and honest with your children and make it easy for them to talk to you, you will build a stronger relationship with them. This process works in two ways: 1. hearing what your children are saying 2. talking about your own thoughts and feelings with them. It can be tough to talk with your kids. Don't give up! Here are some ideas that may help you.

Four ways to improve communication with your kids:

1. Ask open-ended questions, such as “Tell me about your day” or “What did you do today?”

These allow your child to tell you about events. These questions also require more than a one-word answer.

2. Listen reflectively. You can do this by simply repeating what your children have said or by saying it back to them

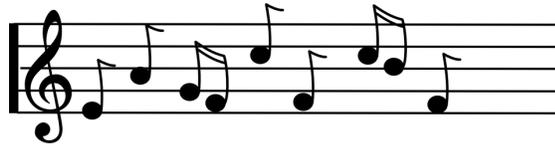
in your own words. This will make sure that you truly understand what your children are trying to tell you.

3. Affirm your child's feelings. This makes children feel supported and will make it easier for them to talk to you in the future. An example of this would be: “I understand that it must have been hard for you to come to me about this. I really appreciate your openness.”

4. Summarize what you've heard. This reinforces what your children have said and shows that you have been listening to them. Also, keep in mind that there are non-verbal ways of communicating that can also help with open communication. Making eye contact and nodding your head while they are talking are effective ways of helping someone else feel heard.



The Band “Beat”



Way to go band families that took advantage of our Pie Fundraiser and earned some great profits for your child’s individual fundraising accounts. You sold just under \$20,000 in pies!

Band Trip Deposit - In order to secure final numbers, grade 7/8 band parents are asked to submit a \$100 deposit for our March 8-11 trip to Edmonton. This deposit is due Friday January 10th and is payable on School Cash online. If you have enough fundraising credits to cover this cost it will not show up on your school cash. If you have a partial amount fundraised, the \$100.00 deposit will still be added to School Cash Online.

Upcoming Concerts:

December 11th: Christmas Concert - All band/choir/ students - 7:00pm at RIBMS

Music clubs:

Choir: (open to all students) Thursday at lunch recess with Mr. & Mrs. Conrad/Mrs. Holland

Jazz Band: (open to grade 7 and 8 students) Fridays after school 12:30-1:30

Yearbook

The 2018-2019 Yearbooks have arrived and have been handed out to students who pre purchased them. We do have some extra copies available for sale, each copy is \$30 and can be purchased in the Office.

Dance Team

We will have our first dance team performance on December 6th, at the boys basketball tournament. This team has worked incredibly hard over the last month, putting in some serious hours and practice. We would love all the support and cheers! The time of the performance is still TBD.



A Rundown of Bears Athletics

GRADE 5 VOLLEYBALL CLUB

Thanks to those who have been participating in our very own RI Baker Grade 5 Volleyball Club! We have some awesome players! The idea of the club is to introduce players to volleyball skills and concepts of the game. The club will continue to run through December and January. Students who have not been in this club are still welcome to join us. We'll be running a grade 5 basketball club following volleyball, which will likely begin in February. GO BEARS GO!



BASKETBALL



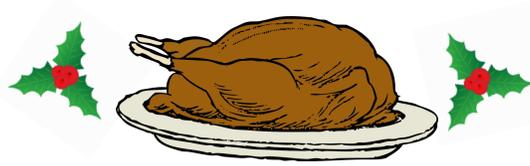
Congratulations to all of our players on making it onto our 2019/2020 teams. We have two girls and two boys teams that are eager to compete beginning in December. Just a reminder to parents to pay attention to their email for important items. We're looking forward to hosting our basketball tournaments, coming up December 6-7 and January 17-18. GO BEARS GO!

Baker Intramurals

We've been watching some awesome dodging and take outs in intramurals the past month as students compete in dodgeball. Dodgeball is quickly wrapping up. Next up in intramurals will be 3 on 3 basketball.

For the complete Athletics schedules please visit our school website RIBMS.ca, click on **Programs**, click **RIB Athletics**, and explore the **RI Baker Athletics website**.





RIBMS TURKEY DINNER

RIBMS will be providing a free turkey dinner for all students on **Thursday, December 19th**.

Thank you to Natasha Richards for coordinating this event for us. This meal will include turkey, potatoes, gravy, stuffing, corn, buns, dessert, and a drink.

In order to provide this dinner, **WE NEED YOUR HELP** in the following areas:

- **Set up on Thursday morning**
- **Servers for the dinner and clean-up help**
- **Cooking potatoes*** at home and bringing them to the school Thursday morning
- **Volunteers to put turkeys in the ovens @ RIBMS @ 8:30 AM on Tuesday & Wednesday morning**
- **Volunteers to help carve turkeys Tuesday & Wednesday afternoon**

* Ingredients, supplies and recipes are provided.



Sign up at the link on our website www.ribms.ca

OR DIRECTLY AT THIS LINK :

<https://docs.google.com/document/d/1D1-JmNbfXnn4-NjwvUSDY15BCEYgmdtdsUvaagKbZ84/edit>

This turkey dinner cannot be possible without volunteers, please consider helping out with this event. It's success depends on many volunteers.

Please direct questions to Bonnie Dyck at the school @ 403-345-3340, or go to the website and sign up!!

This lunch is being provided by funds raised from the canteen and WALKATHON, as well as donations from DAVIS AUTO GROUP, the COALDALE FOOD MARKET, PERRY POTATO FARM and the COALDALE BAKERY!



**Looking for a Christmas Gift Idea?
How about a trip?.....**

RIBMS Ski Trip—JANUARY 23, 2020

Information, registration and permission forms for our annual RIBMS ski trip to Castle Mountain have been sent home with your child. It is our hope that each child will attend this event and either learn the basics of skiing or practice their ski skills. For students who do not go skiing, it is a regular school day where grade level instruction will be provided. We need a majority of our students to participate in this event, or it may be cancelled. We strongly encourage and welcome parents to attend the ski day with your child.

****Ski trip fees and forms are due January 8, 2020.****

In accordance with procedures at Castle Mountain, every student must take an ability test and lesson, even if they are a season pass holder. All students must wear a helmet, the cost of which is included if they rent equipment.

In order to plan and order adequate transportation, every student needs to ride the bus to and from the ski hill. All students who are attending the ski trip must attend a ski safety presentation at the school..

As this activity is partially subsidized by the school, please note that schools fees and any other outstanding fees are to be paid in full prior to the ski date. Please call the office, 345-3340, if you would like details on outstanding fees or to speak to an administrator regarding payment plans to pay fees.

Parents accompanying our students on the ski trip will be expected to adhere to Palliser Regional School policy in regard to tobacco and alcohol.

Please Note: Students and parents who choose not to participate on the school ski trip but choose to ski that day (at Castle Mountain) will not in any way be affiliated with the school, its insurance, discounted rates or transportation. Also, if a student drives with a parent or another parent they become the responsibility of that parent. If a student who is not on the ski trip is a discipline issue or is injured they are the sole responsibility of the overseeing guardian.

BUSES WILL BE LEAVING THE SCHOOL PROMPTLY AT 6:45 AM AND RETURNING AT 5:30 PM. STUDENTS MUST BE AT THE SCHOOL BY 6:30am FOR PROMPT DEPARTURE.

STUDENTS WILL NOT BE ALLOWED IN THE SCHOOL WHEN WE RETURN FROM THE HILL SO PLEASE HAVE PICKUPS ARRANGED.

Grade 5 POD

The grade 5 pod will be skating at the Coaldale arena on Friday, Dec. 13 from 10:30- 11:30 am and Friday, Dec. 20 from 9:00 - 10:00 am. Permission forms are forthcoming. Please be sure that your child has skates and a hockey helmet for this activity.



Language Arts: We’ve finished up our unit on Complete Sentences, and are moving into story writing! First we will examine the structure of stories and the more academic language we use to discuss this structure. Next, we’ll focus on the Stuck Story format (think Robert Munsch!) and use this style to help guide our own writing. In word work, we’ve been focussing on various types of consonant blends, and will likely have another summative assignment before the holiday break. And as always, we encourage our students to be reading at least 2 hours outside of school time, each week!

Social: We have begun our travels across the regions of Canada, beginning in the Atlantic region. The landscape, resources, climate and history,(including the Halifax Explosion), of this region, will be just a few of the concepts studied. A project and exam based on this region will happen before the Christmas break.

Science: A, B, and C - We are currently working on our Electrical Mechanism unit. The students will spend the next couple of weeks working on their electrical project. Please see the grade 5 page on the school website for more information. After the Christmas break, we will begin our Classroom Chemistry unit.

Math: We are well into our subtraction and division unit. Currently, we are learning about long division. There are Math Antics videos for multi digit subtraction, basic division, as well as long division on the grade 5 webpage. We watch these videos at the start of a new skill and do practice questions as a class. Please have your child review these and do their own practice questions at home. **As always, please have your child practice memorizing their times tables up to 10 x 10.**

Grade 6 POD

Language Arts: This month we will be finishing up our unit on reading comprehension and moving onto our story writing unit. We will be completing our second major project at the end of November, with a focus on reading comprehension. If you have not yet done so, please ensure that you log into the parent portal, to access grades and comments. Have a wonderful December!



Social: In Social, the students have been busy working on their giant “SocialCity” project. The project is a month-long venture into founding, designing, and ultimately creating their own cities. Throughout

the project, students will elect a city council, balance a budget and then design their cities. Feel free to ask your child what their role is in SocialCity and how local government affects their lives.

Science: We have started the Sky Science unit in science class. So far, we've studied objects that emit and reflect light in space, characteristics of different stars, and what constellations are and how they move in our sky. This is a great time to get outdoors with your child and take a look at the night sky. The app "Sky View" is a tool that help locate stars and constellations in the sky!

Math: We have started the Patterns Unit in Math class and will be completing it before Christmas.

Grade 7 POD

Language Arts: We are finishing our core text study of *The Giver* and will be starting our Mock Trial project. This project will focus on argumentative/persuasive writing, using and citing evidence and public speaking skills.

Social: We are currently studying early European colonies, more specifically New France. Students are working on a hands-on visual project depicting one of the important groups/jobs within New France. They will have a chance to present their final projects to the class. We will then move into the Fur Trade and look at the timeline and economic competition that was spurred on by rival fur trade companies.

Science: We are continuing our Plants for Food and Fibre unit. Students are taking a closer look at the different parts of plants as well as their uses and environment. We will be finishing up the unit and having the unit test early December. We will also have the midterm before the holiday break which will cover this current unit on plants, as well as the previous unit on ecosystems. It will be a busy couple of weeks, but then students can relax over break!

Math: This month in math we will be wrapping up unit 2 which focused mainly on fraction operations including mixed numbers, stay tuned for a unit test date from your child's math teacher. Once unit 2 is complete we will be moving forward into unit 3. Unit 3 explores integers and integer operations. Students will focus on adding and subtracting integer numbers concretely, pictorially and symbolically.



Grade 8 POD

Language Arts:

Mrs. McDougall - We will be wrapping up our "Deep Study of Character" unit this month! We've explored how setting affects character, and now we will shift our focus to identifying theme and motif in text through characterization. Many students have read several novels through the course of this unit; check in with your child. What have they read? Thanks for your continued support at home! Keep them reading! :)



Mrs. Netzel- Students continue to read, analyze, and focus on short stories this month. There will be a group project on “The Monkey’s Paw,” that should primarily be completed in class. Thank you for the ongoing encouragement to students to read at home, in addition to reading at school! A good book makes a great present or stocking stuffer!

Social: Students are finishing a Humanism/Spread of Ideas unit. They are currently working on a major assignment: Modern Timeline Project. Ask them about their Top 10 Inventions of the last 40 years and how the invention of the printing press and universities led to these inventions. There will be a unit test on Humanism/Spread of Ideas in the next week. The study guide in the Google Classroom. The next unit will be Age of Exploration. Mrs. Saad will continue to cover for Mr. Smith until his return.

Science: Students will wrap up the unit on Fresh and Saltwater Systems in December. We look forward to our major unit, Cells and Systems, that will start first thing back in January.

Math: We will be spending the majority of December completing Chapter 3: Integer Operations. This includes a review of addition and subtraction of integers (completed in Math 7). Then, we will introduce multiplication of integers, followed by division of integers. Then, we will look to solve order of operation problems involving integers. Lastly, as with every chapter, there will be a problem solving component too!

BAKER GEAR IS AVAILABLE AGAIN! - The Perfect Present for a Baker Bear!!

Orders placed by November 22 will be guaranteed to arrive at RI Baker before December 20, therefore orders will be ready for Christmas!

To access our online store, copy and paste this link in your browser:

[R.I. BAKER MIDDLE SCHOOL 2019 | myapparelcoaldale](https://myapparelcoaldale.com/)



NAME: _____ HOMEROOM: _____

JANUARY HOT LUNCH - Due December 18, 2019 - 2019/2020

Student Name (R.I. Baker Middle School)

Hot Lunch is DUE December 18, 2019. NO LATE ORDERS WILL BE ACCEPTED
If your child is absent the lunch will be left in the fridge until the next day!

Booster Juice - January 8
3G Eatery - January 15
Subway - January 22
Taco in a Bag - January 29

January 8 - Booster Juice

- Mango Mania [add \$4.00]
- Berry Blossom [add \$4.00]
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$3.75]
- Protein Chicken - No sauce [add \$3.75]
- Pineapple Chill & Starberry [add \$4.00]
- Protein Chicken - BBQ Sauce [add \$3.75]
- Protein Chicken - Salsa [add \$3.75]
- 2 - Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$7.50]
- 2 - Protein Chicken - No sauce [add \$7.50]
- 2 - Protein Chicken - BBQ Sauce [add \$7.50]
- 2 - Protein Chicken - Salsa [add \$7.50]

January 15 - 3G Eatery

- Chicken Wrap - Breaded Chicken, Ranch, Mozzarella, Lettuce [add \$3.50]
- BBQ Beef on Bun - Roast Beef, BBQ Sauce, Hamburger Bun [add \$3.50]
- Meatball Slider - Pork Meatballs, Marinara Sauce, Mozzarella, Hamburger Bun [add \$3.50]
- Pasta Salad [add \$2.00]
- Potato Salad [add \$2.00]

January 22 - Subway

- Cold Cut Sub [add \$4.00]
- Pizza Sub [add \$4.00]
- Turkey Sub [add \$4.00]
- Ham & Cheese [add \$4.00]
- 2 - Cold Cut Sub [add \$4.00]
- 2 - Pizza Sub [add \$4.00]
- 2 - Turkey Sub [add \$4.00]
- 2 - Ham & Cheese [add \$4.00]

January 29 - Taco in a Bag

Sour Cream & Sala on the Side

- Taco in a Bag (Nachos, Beef, Cheddar Cheese & Lettuce) [add \$5.50]
- 2 - Taco in a Bag [add \$11.00]

TOTAL: _____



December 2019 Calendar

MON 2	TUE 3	WED 4	THU 5	FRI 6
Term #2 Starts	Poinsettia Deadline	Pep Rally Wally's Pizza Lunch		BOYS BASKETBALL TOURNAMENT
9	10	11 Booster Juice Lunch Christmas Concert Anniversary of the Statute of Westmin	12	13 KAHS Using the Gym Poinsettia Delivery Staff Xmas Pary
16 Staff Meeting	17	18 3G Lunch January Hot Lunch Due	19 Turkey Dinner Ugly Sweater Day	20 Grade 5 Skating
23	24	25	26	27
CHRISTMAS HOLIDAYS				
	Christmas Eve	Christmas Day	Boxing Day (regional holiday)	
30	31	Jan 1	2	3
	New Year's Eve	New Year's Day	Day After New Year's Day (Quebec)	



January 2020 Calendar

MON 30	TUE 31	WED Jan 1	THU 2	FRI 3
	New Year's Eve	New Year's Day	Day After New Year's Day (Quebec)	
6 Back to School Epiphany	7	8 Booster Juice Lunch Ski Trip Forms Due	9	10
13	14	15 3G Lunch	16	17 GIRLS BASKETBALL TOURNAMENT
20 Staff Meeting	21 ● 6:30pm Parent Council	22 Subway Lunch	23 SKI TRIP	24
27 SITE BASED PD	28	29 Taco in a Bag Lunch	30	31



Kids in grades 4 & 5 can ski & snowboard **2 times** at each of the **125+** ski areas across Canada, for just **\$29.99!**

(Including Castle Mountain Resort and Pass Powderkeg Ski Area)

Go to: www.mysnowpass.org to apply!

Open with ▾

Make saving a life your greatest gift.

Donate blood

Coaldale Cares - December 1-31

Lethbridge Donation Centre - 200 4th Ave S

Tuesday & Wednesday

3:30pm - 7:30pm

Thursday, Friday & Saturday

9:30am - 1:30pm

In partnership with:

Intercontinental Truck Body, Kinsmen of Coaldale & Town of Coaldale

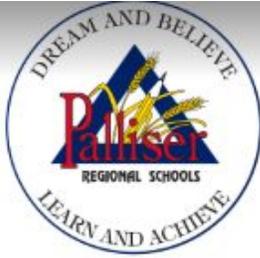


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ORGANS
& TISSUES

Page 1 / 1

Book now at blood.ca
or call **1 888 2 DONATE.**



Welcome the world to your home

Become a homestay family for an international student

Palliser Regional Schools is looking for homestay families in southern Alberta for our International Student Program, to provide our students opportunities to deepen their appreciation for and understanding of other cultures. One of the great benefits of being a homestay family is the opportunity to build connections with a family from another country and see our way of life, schools and community attractions through the eyes of a newcomer.

Hosting an international student can be an enriching, engaging experience that will give your family and the student memories to last a lifetime. Many homestay families stay in touch long after the student's visit has ended.

Host families provide food, lodging and a supportive environment and offer cultural experiences to international students. Host families are paid \$750 per month per student hosted.

If you are interested in becoming a homestay family, and would like additional information about our International Program, please contact Barb McDonald at Palliser's Central Office at 403-328-4111, toll-free at 1-877-667-1234 or email barb.mcdonald@pallisrdsd.ab.ca.





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girlguides.ca/jointoday

1-800-565-8111

Healthy Teens

December 2019 Parent Newsletter

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin



- D, protein and fluid needs.
- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.
- Visit [Healthy Eating for Teens](#) to learn more about healthy eating habits and a positive eating environment for youth. Learn about healthy eating during the teenage years and how it gives the energy needed to focus, balance moods and perform better.

➤ For more information on Canada's Food Guide, food choices, eating habits, recipes and tips, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Healthy Teens

December 2019 Parent Newsletter

Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may contain nicotine. Many flavoured e-liquids are enticing to young people

(e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Will my teen try electronic cigarettes?

According to a large scale national survey, electronic cigarette use in Alberta is rising at an alarming rate. About 28% (~69,000) of Albertan students in



grades 7-12 have tried an e-cigarette, and 15% (~35,000) use them more regularly. Moreover, 34% of students believe that regular use of electronic cigarettes poses little to no harm to their health.

What should parents do?

Alberta Health Services recommends talking to your teen about e-cigarettes. Discuss the facts about exposure to chemicals and nicotine and correct any misconceptions your teen may have. Since e-cigarettes do not leave a smell like tobacco, it will be harder to know if your teen is using electronic cigarettes. Watch for signs of use such as dry cough and mouth/throat irritation, as well as look for unusual attachment to items like USB stick, sharpie, car fob etc., as this could be an electronic cigarette.

➤ For more information and support, visit Albertaquits.ca or call toll free 1-866-710-QUIT

To find an electronic copy of this newsletter, visit www.ahs.ca/csh