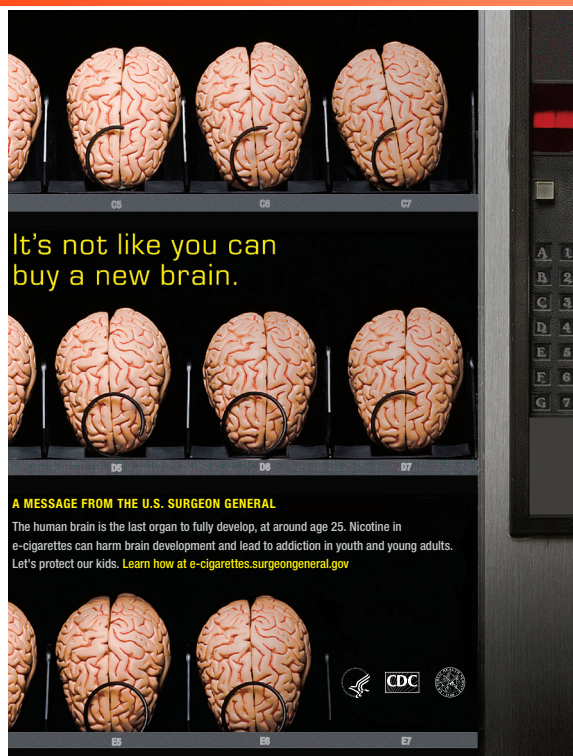


Student Services Newsletter

January 2019



E-cigarette Use Leads to Other Substance Experimentation

E-cigarette use has significantly increased among youth and young adults. E-cigarettes can look like pens, flash drives, and other everyday items making them easy to hide from parents and educators. A common view among youth and young adults is e-cigarettes are safe and non-habit forming; however, this is not the case. You can find more facts and talking tips regarding the effects of e-cigarettes on the [Surgeon General's](http://www.surgeongeneral.gov) website.

Did you know that youth that have been exposed to nicotine are more likely to try/use other substances, such as Marijuana. Below are some points regarding the use of Marijuana.

- Marijuana is one of the most commonly used substances among teens.
- Marijuana is addictive.
- Marijuana impairs one's driving ability.
- Possession of marijuana has major legal consequences.
- Like tobacco, marijuana is harmful to the lungs.
- Teen use of marijuana disrupts brain development and is linked to school failure.
- There is a link between marijuana use and a higher risk of anxiety and mood disorders.

The following are signs of marijuana use: increased anxiety, confusion, coughing, disorganized thinking, drowsiness, impaired judgment, increased appetite, increased risk taking, increased sociability and talkativeness, intense feelings of extreme happiness, paranoia, red or glassy eyes, reduced coordination, and short-term memory impairment. For more information and talking tips on the use of marijuana, please visit the [American Addiction Centers](http://www.addictioncenters.org).

District Alcohol & Other Drug Awareness (AODA) Week (January 28th - February 1st)

High School & Middle School

The middle and high school received an AODA mini-grant through the Department of Public Instruction to implement "Fatal Vision" a marijuana prevention curriculum. The High School Marshfield & Columbus Leadership Alliance (MCLA) students will be presenting at the middle school this spring on the harmful effects of marijuana. As part of this presentation, the middle school students will have the opportunity to use the "Fatal Vision" marijuana goggles to gain a deeper understanding of the effects of marijuana. In addition, the Middle School will also be using their Learn Time to host a poster competition called, "What I like to do drug free".

During the AODA week the High School will focus on raising awareness related to substance use. There will be daily activities focused on a variety of substances with a special emphasis on alcohol, marijuana, vaping, meth, heroin, and prescription drug use. Also, on Thursday, January 31st, there will be an Academic & Career Planning (ACP) advisory lesson presented to students with an emphasis on the risks of vaping and marijuana use.

Elementary Schools

All five elementary schools received an AODA mini-grant through the Department of Public Instruction. With the grant, all elementary schools are able to use a program called Mind Yeti. Mind Yeti is a well-developed audio mindfulness tool that can be easily used in the classroom. Teachers are encouraged to incorporate this tool at least once a day, as research indicates that five minutes of mindfulness a day is enough to help students refocus and regroup. Working proactively in promoting mindfulness helps students learn self-care and positive coping methods at an early age, which reduces the likelihood that students will turn to alcohol or other drugs to cope in the future.

In addition, the grant funds have helped the elementary schools increase their in-classroom sensory tools. These tools are used when a student needs an emotional regulation break. All students are encouraged to use their calming strategies learned in the classroom guidance lessons within a comfortable classroom area. Having these sensory tools available gives students an option that will keep them in the classroom as much as possible when they are feeling frustrated, stressed, overwhelmed, etc... This option ensures that students do not miss out on instruction time, and teaches them how to self-regulate without being disruptive to others or needing to be removed from the classroom.

Lincoln Elementary Students, during their Mind Yeti session.

