

Dear Parents and Guardians,

Good evening, hope all is well. This week we had referrals to my office from middle school that i want to make you all aware of, the first is Vape Pens, students have seen students with this device & passing it to other students to smoke; and the other is Cyber Bullying on Social media sites like Instagram and TikTok, please monitor your child/rens bags & phones. These are important topics because these go against our school policies and students can be suspended for this.

On a good note, we have a week and half left before Spring Break! Teachers will be working on grades because 3rd quarter ends on March 12th. If students have make up work they need to submit them ASAP. These report cards will be reviewed during Parent Teacher conferences on March 26th. Any questions, concerns or positive comments please let me know. Thanks for reading, Ms. Whitehair, Principal irowena.whitehair@bie.edu 505-786-6160

Information About Vaping

Vaping is the inhaling of an aerosol (mist) created by an electronic cigarette (ecigarette). It's common among teens.

By learning about vaping, parents can:

• Talk to their kids about its health risks. Recognize if their child might be vaping. Get help for kids who are vaping.

The health risks of vaping include:

- Addiction: E-cigarettes contain nicotine, a drugs that's highly addictive. You don't have to vape every day to get addicted.
- Anxiety and depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- Become a smoker: Young people who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.
- Sleep problems
- Exposure to cancer-causing chemicals
- Chronic bronchitis
- Lung damage that can be life-threatening

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so its health risks aren't all known.

Some evidence suggests that e-cigarette use is linked to alcohol use and other substance use, such as marijuana. And certain e-cigarette products can be used to deliver other drugs like marijuana.

As stated in the CCS Student/Parent Handbook "T'iists'ozi Bi'Olta' is committed to promoting and providing a drug-free academic environment for all students. Therefore, alcoholic beverages, tobacco and other drugs are prohibited on school premises or at schoolrelated activities in which a student participates (athletic event, field

trip) or represents the school. If a student is in violation, consequences will be administered according to the Discipline

Policy."

Upcoming Events SPRING CELEBRATION WEEK

MONDAY, MARCH 10 - SUPER HERO DAY TUESDAY, MARCH 11 - JERSEY DAY WEDNESDAY, MARCH 12 - DISNEY CHARACTER DAY THURSDAY, MARCH 13 - FLOWER DAY FRIDAY, MARCH 14 - PAJAMA DAY

Attendance Rate for the month of Feb. 2025: 91%

Our school goal is 93%, this month we are at 91%. Attendance is important!. Today we celebrate 100% of staff attendance as well!! :)

Reminders:

5th and 8th grade Science Test: 5th and 8th graders are scheduled to take the Science Test next week, please ensure they are in school, especially if they are in sports.

Daily Reading:

Please encourage your child to read at home for at least 15 minutes each day. It helps build their reading skills and fosters a love for books.



Go Warriors!!