

Westlake High School

Mt. Pleasant Central School District

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Dear Parents/Guardians and Students,

Spring is almost here and with it comes a whole host of building activities. Our Westlake Players are hard at work preparing for this year's spring musical, *Pippin*. Spring sports begin on Monday, March 5 and as long as the weather holds out, our fields will be ready to go for our season opening games. Seniors have secured their internship sites and are counting down the days until they start on April 16.

Over the past couple of weeks we have had several really great announcements. First, please join me in congratulating the Class of 2018 Valedictorian, Keira Donnelly and Salutatorian, Christine Sharabun. Both Keira and Christine are impressive students who will represent their class well at graduation. We are also excited to announce that Brian Kelly was named a National Merit Finalist. This is an impressive accomplishment given that only 8,000 students nationwide are selected from over 1.5 million students who take the PSAT. I also want to acknowledge Faith Summers who has been selected to represent Westlake High School at the Girls State Leadership Conference this summer.

Additionally, Westlake winter student athletes continued the trend from the fall season and 100% of all winter teams have just been named New York State Scholar Athlete Teams. This is an outstanding achievement and demonstrates the commitment of our students and coaches to stay both academically as well as athletically focused throughout the season.

Health and Safety

As many in our community and around the region are aware, there continues to be a surge in the use of e-cigarettes and vaping devices. Our PTA has partnered with Northern Westchester Hospital's Chief of Pulmonary and Critical Care Medicine, Dr. Richard Stumacher, to bring a worthwhile presentation to parents and students about this growing health threat.

Vaping, e-cigarettes, JUUL's and other devices and their negative effect on adolescent and young teen health are alarming. According to the recent Surgeon General's report, tobacco use among youth and young adults in any form, including e-cigarettes, is not safe: nicotine exposure during adolescent can cause addiction and can harm the developing adolescent brain.

The goal of this presentation is to provide parents and students with factual information regarding the impact the chemicals found in these systems have on the human body. The concern of these systems was such that this past July Governor Andrew M. Cuomo signed legislation (S.750/A.611), which banned the use of electronic cigarettes on all public and private school grounds in New York State.

Parents are strongly encouraged to speak with their children about the dangers of vaping, e-cigarettes, and how to avoid their use. Below are some facts that may assist in that conversation, along with a few images that will help you recognize and identify the different types of ENDS paraphernalia.

Vaping is safe and harmless (**Myth**)

Fact

- The e-liquid/e-juice frequently contains nicotine, the addictive chemical in cigarettes.
- Chemicals such as propylene glycol, high concentrations of formaldehyde, diacetyl and acrolein are all associated with ENDS (electronic nicotine delivery systems).
- Many of these chemicals were not intended for inhalation and are known carcinogens.
- Teens who start vaping with nicotine are six times more likely to transition to cigarette use.
- Research shows that often times the 3-liquid/e-juice that is sold does not accurately reflect the nicotine content in the bottle. Even some labeled nicotine-free had traceable levels of nicotine.
- Between 2011 and 2015, the U.S. Surgeon General found e-cigarette use among high school students increased by 900 percent.
- A 2012 study found that consuming nicotine during adolescence can worsen your working memory and attention, and increase your chances of developing mental and behavioral problems, such as major depressive disorder, panic disorder, and antisocial personality disorder.
- Accidental swallowing of nicotine, in a concentrated, liquid form by young children who may not understand the risks can lead to sickness, and in some incidents overdosing and death. (51% of Poison Control calls were for those under 5.)
- In 2013-2014, 81% of youth e-cigarette users cited the availability of appealing flavors as the primary reason for use. The flavors include everything from bubblegum and cotton candy to mango and mint.
- These units, oils, and coils can be easily purchased online and some ENDS look like a flash drive and can be easily misidentified, and the vapor, while smoking, can go undetected.

“The Truth About Vaping” presentation is planned for March 15 at 7:30pm in the WHS Auditorium. We strongly encourage all parents and students to attend. To that end, the Physical Education Department has given an incentive of two free Physical Education make-up classes to all students who attend the presentation with their parents (see attached flyer).

MARCH EVENTS	
Monday, March 5	Varsity/JV Spring Sports Begin
Thursday, March 8	Class of 2022 Scheduling Begins
Friday, March 9	WHS Quarter 3 Midpoint
Tuesday, March 13	WHS Social Studies Honor Society Induction 2:30 – WHS Library
Thursday, March 15	“The Truth About Vaping” Presentation 7:30pm – WHS Auditorium
Monday, March 19	Spring Teachers Institute Early Dismissal 11:10am
Wednesday, March 21	WHS Science Honor Society Induction 2:30 – WHS Auditorium
Thursday, March 22	8 th Grade Visit to WHS
Friday, March 30- Friday, April 6	Spring Recess – Schools Closed

As always, I appreciate your continued support and look forward to seeing you at our upcoming events.

Dedicated to excellence,



Keith Schenker

Enclosure: PTA – The Truth About Vaping