

## Common Ground Series

### **WALK THE TALK THURSDAYS (WTTT)**

To fully capitalize on the 2019-20 expanded Common Ground slate, WES Parent Education is excited to inaugurate "Walk the Talk Thursdays." This is an informal opportunity to discuss insights gained and questions raised during Common Ground presentations — and basically pick each other's brains while we walk the Albion Loop, ending at the HUB for wrap-up. Meet at Sellman at 8:45am.

### Upcoming Common Ground events:

#### Late Bloomers: Patience for Alternative Paths

Date: November 12, 7 p.m.

Location: Menlo School, 50 Valparaiso Ave, Atherton

#### Under Pressure: Confronting Stress and Anxiety in Girls

Date: December 10, 9:30 am

Location: The Nueva School, 131 E 28th Ave, San Mateo

Date: December 10, 7 p.m.

Location: Sacred Heart School, 150 Valparaiso Ave, Atherton

**SUHS Parent Education Series:** What should you know about JUUL and vaping? Stanford's Tobacco Prevention Toolkit presents [What's All the Buzz with JUUL & Smilar Vape Devices?](#) (Woodside High School MUR, Nov. 20).

## **Labyrinth and SEL**

This summer a labyrinth was installed behind the school garden. Students and staff were trained to use the labyrinth. They were taught to begin on the pausing stone then set an intention. Intentions include conflict resolution, practicing mindfulness, calming your "engine", preparing for a test, having quiet time with yourself, thinking of ways to solve a personal problem, or just walking with a friend.

Students have reported that after walking the labyrinth they calm down, become more relaxed and less angry or frustrated, gain insight for solving problems, feel closer to friends and are more aware of the things for which they are grateful.

## **Circle Up**

On September 30<sup>th</sup>, *Circle up* facilitated a Diversity Uncovered professional development session with the Woodside staff. During the training, staff was introduced to the concepts of implicit bias, microaggressions, and inclusion in schools. The training was a group learning experience in which learning, sharing, exploring, and growing through partner and small group activities and reflections was encouraged. *Circle up* designed this training by using situations and examples related to the work we do and the people we serve. Every activity and reflection was grounded within the context of the people we interact in our school. The goal was to learn some tools to help promote inclusion and interrupt discrimination through simple and



respectful approaches. Thank you to **Sequoia Healthcare District** for supporting this valuable training.



# FROM YOUR HEALTHCARE DISTRICT



Dear Community,

Last Winter we distributed a **newsletter** to families about our concerns regarding e-cigarette/vape devices and our youth. Given the national headlines about recent hospitalizations and deaths linked to vaping, we would like to give you additional resources and information. Many community partners are working together on this issue. San Mateo County Office of Education and Sequoia Healthcare District co-sponsored a recent Vaping Prevention Summit for educators. Parent and community events on this topic are also scheduled this fall and spring. Whether you have a grade-school child or a high school teen, I encourage you to learn how we, as a community, can combat this growing and concerning trend.

Sincerely,

Karen E. Li, MD, Director of School Health [seqhd.org](http://seqhd.org)



**Click here to view Upcoming Parent Education Events**

## Health Advisory

Since June of this year, 1,604 cases of vaping-related lung injuries have been reported to the Centers for Disease Control (CDC) from 49 states. 34 deaths have been confirmed in 24 states (as of Oct 22, 2019). Most have reported using THC or CBD, while some have reported using nicotine alone. No single device type or substance has been reported consistently.

CDC and California Department of Public Health are urging everyone to quit vaping altogether, no matter the substance or source. Vaping nicotine and cannabis is particularly dangerous for youth, whose developing brains are more vulnerable to these neurotoxins. **Click here to learn more.**



## Free Texting Program to Help Youth Quit Vaping

*This is Quitting* is a free mobile program from Truth Initiative designed for youth and parents to help youth quit vaping. The text-messaging program incorporates messages from other youth who have quit e-cigarettes. **Click here to learn more.**

## How to Talk to Teens About Vaping

**Click here for more info.**

- 1) Establish an open dialogue. Be willing to listen.
- 2) Explain the health risks because some kids really don't know. Teach, don't preach!
- 3) Highlight vaping's ties to Big Tobacco.
- 4) Help your kid practice saying "No".
- 5) Get help. Resources are available at [sequoiastrong.org](http://sequoiastrong.org)

## New, Free Resource For Parents & Youth!

**Sequoia Strong™** is a FREE, online resource guide that connects residents of all ages to free and low-cost activities and services in our area. All resources are personally recommended by the Sequoia Healthcare District. Resources for parents and youth include:

- Parent Education Event Postings
- Academic Support and Special Needs
- Mental Health Services
- Drug Prevention Information
- Extra-Curricular Activities



# VAPING PREVENTION SUMMIT

On September 27 2019, San Mateo County Office of Education and Sequoia Healthcare District co-sponsored a Vaping Prevention Summit for Educators. Here is what we learned!



## WHAT YOUTH HAVE TO SAY ABOUT VAPING

"Many of my peers believe that everyone is vaping, even though that isn't true."

"It's easy to buy vape devices, pods, and refills even if you're not 21."

"Instead of just punishment, which increases stress, adults need to address the mental health component of using substances and try to understand the triggers for use."

"You can't take away the vape device without substituting something in its place."

"There's a sensory/addictive component to holding the device, opening the packaging, clicking the pod in and out throughout the day, and having it always ready just like one's phone."

## PREVENTION AND RISK FACTORS

Certain factors make us more or less likely to struggle with addiction. The good news is that we can identify what makes us more at risk, and start taking action now to prevent it!

## RISK FACTORS FOR ADDICTION

- Mental health issues
- Family history
- Drug or alcohol use before age 13
- Friends use or approve of using
- Low self esteem or body image
- Childhood trauma or abuse

"Despite knowing that vaping can be harmful, a **Vape Culture** still exists."

"Quitting is easier with support of friends who are also trying to quit, or have quit."

## PROTECTIVE FACTORS FROM ADDICTION

- Mental health support
- Positive relationship with an adult
- Friends disapprove of drug use
- Volunteer opportunities
- Taking care of pets
- Academic competence
- Sports or exercise activities
- Music, drama, or dance activities
- Family eats dinner together

"Hearing the facts **from peers** rather than adults is most effective."