

FROM THE DESK OF Phyllis Alpaugh



SUPERINTENDENT'S NEWSLETTER

Rockaway Borough Schools
November 2019

REFERENDUM PLANNING BEGINS

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RAMS CORNER

Read about our
District Music Student of the Month



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For more information regarding these or other topics, feel free to contact me at pa@rockboro.org



While we are enjoying the beautiful fall foliage and weather, winter unfortunately is not that far away. In anticipation of the coming winter months, I would like to review school closing procedures for inclement weather so you are kept to date of our district plans and make sure you have access to all pertinent information. When school needs to close or we need to have a delayed opening or early dismissal, information is disseminated in a number of ways. The decision to close is based on the current and extended forecast along with consultation with our Rockaway Borough Department of Public Works as well as our Supervisor of Buildings and Grounds and the Morris Hills Regional District Superintendents. Once the decision is made, alerts will be set up through K-12 alerts with the information delivered through phone calls, texts and emails. Snow closing and delays can also be found on News 12 New Jersey and WABC TV. You can also check our district website and school Facebook pages. To receive caller alerts, you must be registered in K-12 alerts with current updated information.

If you are unsure of your status, please give Mrs. Sally Ascoli my Administrative Assistant a call and she will gladly assist you. Mrs. Ascoli can be reached by phone at 973-625-8601 x100 or by email sascoli@rockboro.org.

Phyllis Alpaugh
Superintendent of Schools

This issue's FEATURED ARTICLE... E-Cigarettes and What Parents Should Know



While E-cigarettes have been around for over a decade, vaping rates have soared in the last few years especially among teens and preteens. As a result, it has become a growing problem in both Middle and High Schools across the country as well as here in Morris County. In fact the Center for Disease Control and Prevention, reports that nearly one in four teens use electronic vaping products. Vaping itself involves inhaling a vapor produced by an electronic vaporizer or e-cigarette, which heats a liquid to generate an aerosol. The vapor can and may contain nicotine, marijuana oil or other illicit substances. The liquid concentrates that are vaporized, often called vape juices, come in many flavors, and are often sweet, causing vapor to smell fruity.

Vaporizers, e-cigarettes or juuls (named after an actual product) come in many different shapes. The most common styles look like a thick pen, a tablet stylus, a flash drive, a highlighter, or a small flask with a round chimney. Devices are typically small and can be easily hidden or disguised. Like cigarettes, stores legally cannot sell vaping products to individuals under 21, however items are easily accessible on the Internet or acquired through friends or older siblings and relatives. Locally there are a number of vaping stores in the Rockaway-Denville area.

While vaping is marketed as a safer alternative to cigarettes, nicotine is addictive and can have negative effects on adolescent brain development. There is also a concern that vaping at an early age can lead to smoking or other drug addictions. Here are some of the tell-tale signs to look for to detect the use of e-cigarettes:

- A sudden, unexplainable strong smell of fruit, candy or mints
- Excessive dry mouth or dry skin
- Increasing nose bleeds
- Possession of strange pen-like devices brother objects that may need to be charged

Vaping and the possession of vaping equipment is a violation of our Student Code of Conduct. While we are trying to proactively educate our students about the dangers of vaping, there will be consequences if a student vapes or is found in possession of any electronic smoking cartridges or paraphernalia on school property. As always, however, the health and safety of our students is our top priority and partnering with parents and guardians is no doubt, the best way to help students make positive decisions.

To help you continue the conversation about vaping with your children, I have included an article from the CDC which focuses on the "Quick Facts on the Risk of E-cigarettes for Kids, Teens and Young Adults" as well as a short video clip from St. Louis' Children's Hospital.



Here are some QUICK FACTS regarding E-Cigarettes

ROCKAWAY BOROUGH SCHOOLS www.rockboro.org



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