St. Jane HSA Used Uniform Sale

Tues. Aug. 20th 5:30-6:30PM

Tues. Sept. 10th 5:30-6:30PM

Conference Center – Ground Floor

*****Cash or Checks accepted*****

Feel free to send in outgrown uniform donations to the school office with your children or drop off any time during office hours. We appreciate your donations that allow us to keep our inventory stocked.

Happy shopping!!!

Contact person: Rebecca Frederickson

610-417-4245 or rebeccafrederickson@me.com

St. Jane School Stationery List 2019-2020

Items below must be purchased through the school and will be given out in class. Please send payment in on the <u>FIRST</u> day of school.

Grade 1	**($20.00)**		
3- Second Primary Copybooks		$2.00	($6.00)
2- Second Primary Theme Tablets		$2.00	($4.00)
2- pencil cases (regular and jumbo)		$6.25	($6.25)
5- folders		$0.75	($3.75)
Grade 2	**($31.00)**		
5- Cursive Copybooks		$2.00	($10.00)
2- Cursive Theme Tablets		$2.00	($4.00)
Pfaum Good News Subscription		$13.75	($13.75)
3- Folders		$0.75	($2.25)
1- Folder w/ 3 hole divider		$1.00	($1.00)
Grade 3	**($24.00)**		
3- Cursive Copybooks		$2.00	($6.00)
1- Cursive Theme Tablet		$2.00	($2.00)
1- Blue Marble Copybook		$2.00	($2.00)
1- My Homework Book		$3.75	($3.75)
2- Small Green Copybooks		$1.50	($3.00)
1-10-in-1 Folder		$3.75	($3.75)
1- Test Folder		$2.00	($2.00)
1- Art Box		$1.50	($1.50)
Grade 4	**($29.00)**		
6- Blue Marble Copybooks		$2.00	($12.00)
2- Regular Theme Tablets		$2.00	($4.00)
1- My Homework Book		$3.75	($3.75)
1-10-in-1 Folder		$3.75	($3.75)
2- Folders (Test and Seatwork)		$2.00	($4.00)
1- Art Box		$1.50	($1.50)
Grade 5	**($32.00)**		
6- Blue Marble Copybooks		$2.00	($12.00)
2- Regular Theme Tablets		$2.00	($4.00)
1- Homework Book		$3.75	($3.75)
1- Bible		$6.50	($6.50)
1-10-in-1 Folder		$3.75	($3.75)
1- Test Folder		$2.00	($2.00)
Grade 6	**($29.50) Add $6.50 for new Bible**		
7- Blue Marble Copybooks		$2.00	($14.00)
3- Regular Theme Tablets		$2.00	($6.00)
1- Homework Book		$3.75	($3.75)
1-10-in-1 Folder		$3.75	($3.75)
1- Test Folder		$2.00	($2.00)
Grade 7-8	**($19.75) Add $6.50 for new Bible**		
6- Blue Marble Copybooks		$2.00	($12.00)
1- Homework Book		$3.75	($3.75)
4- Test Folders		$1.00	($4.00)

Maschio's Food Services is Introducing a

New Digital Menu Format!

Maschio's has moved to a "paperless" digital menu format. We have a responsibility to our districts of being ADA compliant with our menus along with accommodating requests of being paperless.

The Nutrislice software produces menus which are ADA compliant and which meet the standards of the Web Content Accessibility Guidelines (WCAG) while conveying enough information about the food so customers can make healthy choices. This innovative and interactive site and mobile app make our menus more convenient and informative than ever before! Our menus are fully accessible on the food service link of your district website and are also available for print if needed.

General linking instructions to send to the district IT departments:

We ask that district webmasters do the following:
- remove any old menus or links to old menus from the district website
- place a one-click link to the front end Nutrislice site, preferably on the home page of the district website toward the top to avoid scrolling by the end-user
- avoid hiding the link under any tabs on the district home page
- use simple/obvious wording for the link text (if not using an image), such as "School Menus" or "Cafeteria Menus" (avoid using Nutrislice, as many end-users new to the program may not recognize it)

https://stjaneschool.nutrislice.com/

August 2019

St. Jane Frances de Chantal School
Lunch

Lunch Price Student Lunch: $3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26 Meatless Monday • **Cheese Quesadilla** with Salsa • Steamed Rice • Southwestern/Fiesta Corn	27 • **Boneless Chicken Wing Basket** with BBQ Sauce • French Fries	28 • **Twisted Cheesy Breadsticks with Marinara Sauce** • Freshly Prepared Garden Salad	29 • **Grilled Ham & Cheese Melt on a Pretzel Bun** • Seasoned Potato Wedges	30 Labor Day Break - No School

Maschio's Food Services, Inc
Download Our Free App Today
Download on the App Store
Download Our Free App Today
GET IT ON Google Play

Swap Outs: Monday: All-Natural Beef Hot Dog on a Bun, Tuesday: Hamburger on a Bun, Wednesday: Breaded Chicken Patty on a Bun, Thursday: Chicken Nuggets Dinner Roll, Friday: Mozzarella Sticks

Available Daily: Peanut Butter and Jelly Sandwich, Freshly Prepared Garden Salad Dinner Roll

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

More Details: stjaneschool.nutrislice.com/menu/st-jane-frances-de-chantal-school/lunch/
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This Institution is an equal opportunity provider.

You're INVITED

Be part of it!

What? HSA Open House Meeting

(Home & School Association)

When? Monday, 9/23 @ 7:00 pm

Where? Father Farrell Hall

Why? Lots of great reasons like…

- **Share your ideas, questions, and concerns**
- **Find out how you can help**
- **NUT Cards, Refreshments and Prizes!!!!!**

St. Jane Frances de Chantal School

1900 Washington Blvd., Easton, PA 18042

610-253-8442

www.stjaneschool.com

August 14, 2019

Dear Families,

My name is Carissa McMurtrie, and I am the Home and School Association (HSA) President for the 2019-2020 school year. On behalf of HSA, I would like to welcome you to St. Jane School. We are blessed to have such a wonderful community of teachers, parents, and administrators who are committed to the educational and spiritual development of our children. The HSA Executive Board is really excited about the upcoming year. There are lots of ways for you get involved with your child's education and we invite you to visit the website at https://www.stjaneschool.com/parents/home-school-association/ to consult the HSA tab regarding upcoming events and volunteer opportunities or check us out on Facebook at St Jane's Home and School Association-HSA.

Please also see the attached page for more information and volunteer opportunities!

The HSA board members welcome your questions or suggestions at any time throughout the year. Together we can achieve great things for our school. I look forward to meeting you and hope to see you at our first **HSA Open House General Meeting** on **Monday, September 23, 2019 at 7:00pm** in Father Farrell Hall.

Home & School Association 2018-2019 Executive Board Members

Spiritual Advisor	Msgr. Stephen Radocha
Principal	Mrs. Marybeth Okula (principal@stjaneschool.com)
President	Mrs. Carissa McMurtrie (Carissamcmurtrie@icloud.com)
President Elect	Mrs. Alesha Pretopappa (aleshasteager@hotmail.com)
Treasurer	Mrs. Kelly Fenner (kclary@rcn.com)
Secretary	Mrs. Charlene Williams (charswilliams@gmail.com)

Home & School Association Mission Statement: Parents and teachers committed to work cooperatively bringing home and school closer together in order to improve the welfare and education while enriching the lives and spirituality of our children.

St. Jane Frances de Chantal School

Home and School Association—Volunteer Opportunities

2019-2020

Name: _____

Cell Phone: _____

Email: _____

Child(s) Homeroom: _____

Ongoing During the School Year

Committee	Chairperson	Check if Interested
1) **Hot Pretzels** • Sort and deliver pretzels Thursday mornings approximately 3 times per month	Charlene Williams charswilliams@gmail.com Val Wasielewski Vwaz09@gmail.com	
2) **Library** • Need volunteers during Library time	Tim Schoenfield, School Librarian librarian@stjaneschool.com	
3) **Activities Committee** • Coordinate fun activities and assemblies for the school	Stephanie Chinchar chinchar@rcn.com	
4) **Box Tops** • Help count box tops for the school. • Can be done in the comfort of your own home!	Angie Delgado angiepants@rcn.com	
5) **Used Uniform Sales** • Sort, organize, and sell clothing	Rebecca Frederickson rebeccafrederickson@me.com	
6) **Hospitality Committee** • Help plan and support Middle States (December Wk 1)	Charlene Williams charswilliams@gmail.com	

Fall Trimester

Committee	Chairperson	Check if Interested
1) **Trunk or Treat** (Date TBD) • Help plan, set up, and run the event.	Jen Bogansky j_bogansky@yahoo.com	
2) **Cookie Sale** • Help with coordinating sales and distributing goods	Bobbie Morici morici275@gmail.com	
3) **Talent Show** (Date TBD)	**Need Chairperson**	

Winter Trimester

Committee	Chairperson	Check if Interested
1) Breakfast with Santa • Location/Date TBD	Alesha Pretopappa aleshasteager@hotmail.com	
2) **Santa Shoppe** (Dates TBD) • Set Up/Clean Up • Selling during school hours	Shawn Harak shawn@pearsonkoutcherlaw.com	
3) **Hawk Walk** (4/24) • Meetings (January-April)	Michelle VanWert michellevanwert@gmail.com	
4) **Father Daughter Dance** (2/7)	Cherrie Banaag chebanaag@gmail.com	
5) **Restaurant Night** (Date TBD)	Shawn Harak shawn@pearsonkoutcherlaw.com	
6) **Catholic Schools Week** (1/26 – 2/1)	**Need Chairperson**	

Spring Trimester

Committee	Chairperson	Check if Interested
1) **Staff Appreciation Week** (5/6-5/10) • Plan Activities • Set Up/Clean Up	Jennifer Anastasiou jenanastasiou@gmail.com	
2) **Field Day** (TBD) • Plan Activities • Set Up/Clean Up	Wendy Hornak Wendyann.hornak@gmail.com	

St. Jane Frances de Chantal School

1900 Washington Blvd., Easton, PA 18042
610.253.8442 principal@stjaneschool.com
https://www.stjaneschool.com/parents/home-school-association/

2019-2020 HSA CALENDAR ***(Dates Subject to Change)***

August

8/12 Used Uniform Sale 5:30p-6:30p
8/12 Kindergarten Parent Meeting 6:30p
8/14 HSA Exec Board Meeting 6:30p
8/14 Committee Chair Meeting 7:00p
8/20 Used Uniform Sale 5:30p-6:30p
8/20 Back to School Night (6th-8th) 6:30p (Chapel)
8/13 Used Uniform Sale 5:15-6:15PM

September

9/10 Used Uniform Sale 5:30p-6:30p
9/10 Back to School Night Grades (1st – 5th) 6:30p (Chapel)
9/23 HSA Exec Board Meeting 6:30p
9/23 Committee Chair Meeting 7:00p
HSA Open House (All are welcome!) 7:00p (FFH)

October

Giant A+ Rewards program begins
Cookie Sale Begins
10/17 Used Uniform Sale 5:00p-7:30p
10/22 Used Uniform Sale 2:30p-5:00p
TBD Trunk or Treat
Church Parking Lot

November

11/6 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00p

December

TBD Cookie Distribution
12/3 Middle States (12/3-12/6)
TBD Breakfast with Santa
TBD Santa Shop

January

1/8 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00P
1/24 St. Jane's Social @ Blue 7PM-12AM
1/26 Catholic Schools Week begins
TBD St. Jane's Indoor Carnival
TBD HSA Christmas Dinner

February

2/5 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00p
2/7 Father Daughter Dance Grades 3-6
6:30p-9:00p FFH

March

TBD Restaurant Fundraiser Night
(Location TBD)
3/11 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00p

April

4/22 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00p
HSA Open House (All are welcome!)
7:00p (FFH)
4/24 HAWK WALK! – Noon Dismissal

May

5/4-5/8 Staff Appreciation Week!
5/20 HSA Exec Board Meeting 6:30p
Committee Chair Meeting 7:00p

June

6/3 Field Day (Tentative)

TBD Events

- Talent Show
- Fun Activity Days

DONATIONS NEEDED FOR AFTERCARE

The St. Jane School Aftercare Program is looking for donations.

We are collecting the following items (new or like new): card games, Lego/building sets, and construction or drawing paper.
We need donations of individually bagged popcorn & pretzels.

If you have items to donate, contact Kevin Kimmel at kkimmel@rcn.com or 610-253-7794 ext. 2.

*Do not drop off the donations at the school without contacting Kevin Kimmel first.

Thank you in advance for your donations.

Thank you,
Sarah & Kevin Kimmel

*"**God**, I praise you, because I am wonderfully made; wonderful are **your works.**" **Psalm** 139: 14*

Donations Needed:

- Individually bagged pretzels or popcorn
- Lego/Building Sets
- Construction / Drawing Paper
- Card Games

THANK YOU

FOR THE DONATIONS

7th & 8th Grade Service Hours Opportunity

Extended Care Volunteers Needed

Extended Care is in need of 7th & 8th grade students to help on Mondays through Fridays.

Time: 2:00 p.m. until 4:30 p.m.

Volunteers will help with games, homework, and other activities.

Volunteers can help any day of the week.

To register to volunteer, email Kevin Kimmel at kkimmel@rcn.com or call 610-253-7794 ext. 2.

ST. JANE FRANCES DE CHANTAL CHURCH
CATHOLIC YOUTH ORGANIZATION

On behalf of the St. Jane's CYO, we are appealing to you to take part in our annual Tricky Tray (Chinese Auction) scheduled for Friday and Saturday, September 6th and 7th, 2019.

The St. Jane's Catholic Youth Organization is responsible for many of the extracurricular activities offered for all the children of our parish. These activities range from Academic Bowl and Declamation to the numerous sporting activities our children participate in. It is with your generous support that we can raise the funds needed to continue these activities and, in turn, enrich the lives of our children.

We are asking for a donation in the form of a gift, gift basket filled with goodies or a gift certificate to a local restaurant, store or movie theater. If you prefer to make a cash donation we will purchase a gift to be raffled off on your behalf or combine it with other cash donations to purchase a prize for the large prize table. Tickets to sporting events are also a great prize. All donations are fully tax deductible.

Prize Ideas…

Gift Baskets filled with hair stuff and other beauty products.
Assorted stuffed animals
Video games
Legos or Matchbox cars.

Gifts for adults too…i.e.: Golf Accessories, Pampered Chef Items, Candles, etc.

Holiday Decorations…especially creepy Halloween stuff…the kids love it.

We are asking every family to participate in this event. It's a great way to be involved with little effort. The CYO only has 2 fundraisers per year to raise the necessary funds to keep all of our activities going and our costs as low as possible. ***This year we are offering 25 free tickets for every donation received with ticket purchase.***

You may bring your donation to the gathering space before and after any Mass on August 17th & 18th or August 24th and 25th. Or to the school office c/o Shawn Dethlefsen Harak. Or contact us directly (610-417-0872, shawn@pearsonkoutcherlaw.com) and we will make arrangements to pick the donation up from you.

Thank you in advance for your generosity and for supporting our children.

Sincerely,
The St. Jane's CYO Tricky Tray Committee

Please contact Shawn Dethlefsen Harak at Shawn@pearsonkoutcherlaw.com or (610) 417-0872 with any questions you may have.

Please return this portion attached to your donation!!!

THIS GIFT WAS GENEROUSLY DONATED BY:

Family Name:_____

St. Jane's CYO Tricky Tray Order Form

Please complete and return this order form by Tuesday, September 3, 2019.
ALL tickets will be held at the door, no tickets will be coming home.

When:	DROP YOUR TICKETS Friday, September 6th	8:00 AM – 8 PM
	DROP YOUR TICKETS Saturday, Sept 7th	10 AM – 7:15 PM
	*AUCTION (need not be present to win) Sat, Sept 7th	7:30 PM to end
Where:	Father Farrell Hall	
Regular Prize Tickets:	**$5.00 per sheet of 25 tickets** *(checks payable to St. Jane's CYO)*	
	EARLY BIRD SPECIAL FOR ORDERS RECEIVED BY August 30th (Buy 4 sheets of tickets, receive 2 sheets of tickets FREE -- Total of 150 tickets for $20)	
Large Prize Tickets::	**Large prizes are prizes valued over $100**	
	$5.00 for 2 Tickets	
	$10.00 for 5 Tickets	
	$20.00 for 12 Tickets	
To Order:	Complete order form below and mail with payment to:	
	Attn: Tricky Tray c/o Shawn Dethlefsen Harak	
	St. Jane Frances De Chantal School	
	1900 Washington Blvd., Easton, PA 18042	
	OR RETURN TO THE SCHOOL OFFICE MARKED TRICKY TRAY	

THE SCHOOL CHILDREN WILL BE COMING TO THE TRICKY TRAY ON FRIDAY, SEPTEMBER 6TH DURING SCHOOL HOURS
Ordering their tickets ahead allows them more time to drop tickets

Parents Name_____Phone_____

Address_____

Total # sheets of tickets ordered $_____ Total # LARGE PRIZE tickets s ____ Total amount enclosed $_____

To be given at school:

Child's Name	Grade/Class	# Sheets
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**********TRICKY TRAY TICKET SALE USE ONLY**********

Amount Received_____Cash_____Check #_____Received on_____

EARLY BIRD Tickets_____ Assigned Ticket #s_____

****PRIZES NOT PICKED UP BY SEPTEMBER 17, 2019, WILL BE DONATED TO LOCAL CHARITY***

SCOUTING BUILDS CHARACTER, LEADERSHIP, AND ACHIEVEMENT THROUGH A
FUN,
FAMILY-FRIENDLY PROGRAM!
RACE
INTO SCOUTING
JOIN TODAY!
See reverse side for details.
SignUp4Scouts.com 610.264.8551
BOY SCOUTS OF AMERICA
MINSI TRAILS COUNCIL
CUB SCOUTS

SCOUT ME IN

CUB SCOUTS CAN...

LAUNCH ROCKETS

EXPERIMENT

USE A COMPASS

HIKE A TRAIL

CLIMB MOUNTAINS

BUILD A FIRE

CAMP OUTDOORS

CATCH FISH

ROW A CANOE

POSITIVE OUTCOMES FOR YOUTH

- Success in school
- Higher graduation rates from high school & college
- Increased participation in sports & extracurricular activities
- Increased personal physical fitness
- Higher self confidence

FAMILY SCOUTING OFFERS

- Convenience for the whole family
- Unique experiences together
- Become a closer family unit, learn skills and work together

JOIN TODAY!

VISIT A SIGN UP NIGHT BELOW

TRY CUB SCOUTS

SPECIAL OFFER: SEPTEMBER & OCTOBER FOR JUST

$20

AFTER 10/31/19 ADDITIONAL FEES APPLY. LIMITED TO NEW SCOUTS

SIGN UP BY SEPT. 30, 2019 RECEIVE A

FREE LEGO CREATOR SET

*LIMITED TO NEW SCOUTS ONLY. WHILE SUPPLIES LAST

Pack 24

Event Date TBD

Wilson/ Easton

St Jane Frances Dechantel Church

4049 Hartley Ave, Easton, PA 18045

Rich Knorp

610-217-4690

A registration fee is charged when signing up for Cub Scouts. Get all the details at the sign up event.

...& SO MUCH MORE. SignUp4Scouts.org 610.264.8551

VOL. 4 ■ NO. 1

NCEA® PARENT NEWS

A CATHOLIC SCHOOL EDUCATION NEWSLETTER

School, Supplies, Schedules and Sleep....

WHEN DID IT GET TO BE AUGUST? When did all the school supply sales start? How did the summer break slip away so quickly?

These are just a few of the sentiments you may be feeling as you look at the calendar and realize that depending on what part of the country you live in, the school year seems to be starting earlier and earlier. Across the country Catholic schools, public schools and private schools are opening anywhere from the last week of July through just after the Labor Day holiday in September. That means that parents need to start planning now on how to get their kids and their families back into the routine of school schedules and ready for a positive start to the 2019-2020 school year.

There are such a wide range of emotions for both parents and kids surrounding the start of a new school year – everything from relief to depression, fear to excitement, anxiety to the thrill of the unknown – and that applies to teachers also! But there are some great strategies for families to use in getting their students ready for success and sharing a positive attitude about the return to school. NCEA would like to share some of these ideas with you for different age levels of students that may be anticipating the start of school just around the corner – kindergarten, elementary, middle school and high school.

These first three suggestions are common for every age group:

1. Two weeks before the start of school – begin to adjust sleep schedules to match what it will be once school starts.
2. Begin to disconnect electronic devices and set limits for online usage. Make sure phones are not in your students' bedrooms throughout the night. Charge them in your room or a central, open location.
3. Re-establish the home routine – times to check in with parents, food for snacks, location of book bags each evening, homework time and keeping track of the calendar of their events.

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Kindergarten Students:

1. School supply list purchased together and set up a homework space for your newest student.
2. Shared reading routines and expectations can be set for evening shared time.
3. Visit the school and walk through the process of what the before and after school routine will be; how to ask to go to the bathroom and what to expect during the day from the teacher and classmates.

Elementary School

1. Create a homework/study space with their new school supplies.
2. Evening reading routine of favorite stories/authors based on your child's interests.
3. Re-establish house routines: where things go when you come home from school – paperwork that needs parent attention to a common location for backpacks and after school snacks.

Middle School

1. With your child, organize school supplies, a study space and talk about what goal or goals he or she might have set for this school year.
2. Check the uniform supplies and review the school dress code together.
3. Reacquaint family and students with the family activity calendar by setting up a once a week family meeting night to talk about the upcoming week of activities, commitments and events.

High School

1. Set goals for this school year (academic, activity and social) – how will you define success?
2. Re-establish house routines, rules and scheduling for family and kid's activities.
3. What academic/faith-based extras do you want to be part of your experience this year? Service hours, mission trips, college applications, college visits, extra-curricular events, internships – have you planned ahead for time, finances and academic impact?

These are what most experts consider the most important strategies to implement for a smooth start to the new school year. There are three faith foundational concepts to also consider for this school year: praying together as a family and Mass attendance, sharing your love, pride and dreams for your students and being positive about their school opportunities and experiences. With a little planning prior to the first day, it could create a great start to an exciting new school year – although some tweaks to the family schedule and re-establishing school routines should be a conscious effort before the first day sneaks up on you.

Contributed By Kitty Quinn
Office of Catholic Schools, Diocese of Columbus

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July 2019

Dear School Superintendent / Chief Administrator:

Pennsylvania Act 84 of 2015 requires that public and nonpublic schools receive electronic notice with general information about the Children's Health Insurance Program (CHIP) on an annual basis no later than August 15. A flyer was created and should be shared with every parent or guardian of every student enrolled in the district during the school year.

CHIP covers uninsured children and teens up to age 19 – and no family earns too much to qualify. With more than 116,000 uninsured children in Pennsylvania, this is great news for families!

CHIP provides quality, comprehensive health insurance for routine doctor visits, prescriptions, dental, eye care, eyeglasses, mental health, and much more. CHIP covers uninsured kids who are not eligible for Medical Assistance. For most families, CHIP is free – for others, it is low cost.

Please forward the CHIP flyer to each school under your jurisdiction at the beginning of the 2019-2020 school year. The flyer can be sent either through email or printed and distributed with other information that is being sent as parent packets or prepared for students to take home. By distributing the flyer at the beginning of the year, we ensure that all students, including those new to your district and incoming kindergarten classes, receive the information about the program if they are in need.

The flyer and many more resources can be found on the CHIP website at www.CHIPcoversPAkids.com, under CHIP Resources.

The CHIP program is pleased to partner with school districts in helping families find affordable health insurance for their children. After all, healthy kids are better students!

Thank you for your assistance in helping families in need find comprehensive health insurance coverage for their children.

Sincerely,

Patricia Allan

Patricia M. Allan, Executive Director
Pennsylvania Children's Health Insurance Program

Office of Children's Health Insurance Program (CHIP)
P.O. Box 2675 | 1142 Strawberry Square | Harrisburg, PA 17105-2675 | Phone: 717.705.0009 | Fax: 717.705.1643 |
www.dhs.pa.gov www.chipcoverspakids.com

Talk to Kids About the Harms of E-Cigs and Vaping

You'll hear about **a push to combat the rampant use of e-cigarettes (*Juul*, *Vuse*, etc) in adolescents**...which FDA is calling an "epidemic."

About one in 9 high schoolers and one in 30 middle schoolers use e-cigs...more than any other tobacco product. And there's about a 4-fold increase in use of traditional cigarettes among teens who've used e-cigs.

Now FDA is cracking down on companies and retailers that market and illegally sell e-cigs to minors...and it may ban flavors and online sales.

"Pods" (*Juul*, etc) are under fire too. These e-cigs are popular, discreet, and can look like a USB drive. They're marketed to beginners...and can be filled with higher nicotine liquids than other e-cigs.

Consider asking if kids and teens use e-cigs or pods or if they "vape"...just as you'd ask if patients smoke or use tobacco products.

Clarify that e-cigs DO have risks. About 80% of adolescents don't think that regular e-cig use is harmful.

Try to catch adolescents before they start. Warn that most e-cigs contain nicotine...and nicotine will impact them differently than adults.

For example, adolescents become addicted more easily to nicotine...and are more likely to have attention and memory problems from nicotine.

Plus kids who smoke e-cigs are exposed to possible carcinogens and toxins...and may develop respiratory symptoms, such as chronic cough.

Point out that we don't have long-term evidence about the effects of e-cigs on the heart, lungs, etc.

And explain that kids and teens who use e-cigs may be putting their friends at risk...since secondhand vapor can also have toxins.

Use our chart, *E-Cigarette and Vaping FAQs*, to learn more about the types of e-cigs...and for evidence about risks.

Key References:

-www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm620185.htm
-MMWR Morb Mortal Wkly Rep 2018;67(22):629-33
-Pediatrics 2018;141(1):e20171832
-Pediatrics 2018;141(4):e20173557

Pharmacist's Letter. Nov 2018, No. 341102

Cite this document as follows: Article, Talk to Kids About the Harms of E-Cigs and Vaping, Pharmacist's Letter, November 2018

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November 2018 ~ Resource #341102

E-Cigarette and Vaping FAQs

FDA has described the use of e-cigarettes and vaping in youth as an epidemic.[1] E-cigarettes were originally designed as a strategy for adult smokers addicted to nicotine to have access to a noncombustible form of nicotine.[2] There is no role for the use of e-cigarettes in youth.[3] But e-cigarette products appeal to youth with their flavors, discreetness, designs, social media advertising, online videos, etc.[4] In particular, pod e-cigarettes (e.g., *Juul*, *Vuse*, etc) have seen a dramatic increase in use by youth, currently accounting for more than half of e-cigarette sales.[3] *Juul* has been described as the "iPhone of e-cigarettes."[4,5] These devices are small, discreet, and have been reportedly used undetected by students during classes.[4,5] FDA and Health Canada are increasing regulations of e-cigarettes in an attempt to reduce their use in youth.[1,6] New restrictions include trying to decrease youth access (with possible ban of online sales), bans on flavorings (e.g., bubblegum, cake batter, gummy bear, etc), restriction of marketing targeting youth, and education to the public on the dangers of e-cigarettes.[1] Identifying e-cigarettes users can be tricky, as many people who "vape" do not identify themselves as smokers or even e-cigarette users.[4] Ask youth about their use of "vaping" products, as this term seems to be more popular in this age group. The chart below answers common questions about vaping and e-cigarettes including use, safety, and regulations.

Clinical Question	Answer/Pertinent Information
What are e-cigarettes?	• E-cigarette is a common term for "electronic nicotine delivery systems (ENDS)." Other terms used include vaping devices, electronic cigarettes, electronic vapor products (EVPs), vape pens, e-cigars, e-hookah, etc. • The act of using these devices also has several descriptors; including vaping, *Juul*ing, etc.[4,7] • Sizes and shapes of e-cigarettes vary (e.g., shaped like cigarettes, pens, flashlights, flash drives, etc).[6-8] • The device heats a liquid to produce an aerosolized vapor which is inhaled. • The liquids used may be called e-juice, e-liquid, etc.[6,9] Other substances used include wax, salts, and herbs.[6] • E-cigarettes can be "open" and refilled. Others are "closed," using disposable cartridges, pods, mod pods, etc.
Do e-cigarettes contain nicotine?	• Most e-cigarettes contain nicotine; however, there are some nicotine-free e-liquids. • Nicotine concentrations vary from very low to more than is found in tobacco cigarettes.[10,11] • Many e-cigarette products use "free-base" nicotine. However, higher nicotine concentrations of free-base nicotine are reported to cause "aversive user experiences."[9] • Newer devices, (e.g., *Juul*) contain protonated nicotine, derived from nicotine salts in tobacco.[9] ▪ Manufacturers claim that the salt-based solution plus additives can deliver higher levels of nicotine with less throat irritation and a more "satisfying experience" for the user.[3] ▪ Each *Juul*pod contains 0.7 mL of a 59 mg/mL nicotine solution, the equivalent of about 20 tobacco cigarettes.[9] *Juul* is reported to have the highest nicotine content available in the U.S. (two to ten times the nicotine concentration of most other e-cigarettes).[3,9]

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Clinical Question	Answer/Pertinent Information
How are e-cigarettes used?	• E-cigarettes are marketed to be used for smoking cessation. In addition, they are also being used for recreation in persons who have never used tobacco cigarettes, particularly in youth. • E-cigarettes are also used in alternate ways (with and without nicotine); such as for smoke tricks (including competitions), inhalation of flavors, inhalation of other substances (e.g., marijuana), etc. There is an abundance of information on ways to use and manipulate these devices online and within social media.[12] • "Dripping" is one alternate use that may be increasing the danger of e-cigarettes. The e-liquid is dripped directly onto the heating coil of the device and the resulting vapor is inhaled quickly. Exposing the liquid to this higher temperature may increase the release of toxins (e.g., formaldehyde, acetaldehyde, acetone, etc) in the vapors. "Dripping" is reported to give users thicker clouds of vapor, improved flavors, and a stronger "throat hit" (which appears related to a certain [higher] level of nicotine). Higher temperatures may also increase the nicotine in the vapor, leading to higher nicotine serum levels.[12]
Are e-cigarettes safe? *Continued...*	• Nicotine is highly addictive.[3,6] Using e-cigarettes can cause addiction to nicotine.[6] • The adolescent brain is more susceptible to nicotine addiction than fully developed brains of adults.[6,13] • Nicotine delivered via e-cigarettes is less harmful than smoking tobacco cigarettes.[6,14,15] When burned, the tobacco in conventional cigarettes releases thousands of harmful toxins and carcinogens which are the major causes of death and disease from tobacco.[1] • Nicotine alters brain development.[6] It can affect cognitive function, memory, and attention when used while the brain is still developing into the mid-20s.[3,5,6] • There are no long-term data on the risks of nicotine delivered via e-cigarettes (e.g., heart, lungs, etc).[15] ▪ There are some preliminary data for cardiac effects. One small study in otherwise healthy volunteers (21 to 45 years) showed an association between users of e-cigarettes and a shift in cardiac autonomic balance toward sympathetic predominance and increased oxidative stress.[16] • Nicotine is absorbed in e-cigarette users. Approximate saliva concentration of a nicotine metabolite (cotinine):[17] ▪ E-cigarettes (average use 220 puffs/day; variable nicotine content): 353 ng/mL ▪ Tobacco cigarettes (26 per day): 340 ng/mL ▪ Nicotine patch 21 mg: 165 ng/mL ▪ Nicotine nasal spray, 24 doses per day: 150 ng/mL to 200 ng/mL • E-cigarettes are a source of secondhand exposure to nicotine and other chemicals. The risks of secondhand vapor are unknown but are expected to be lower than tobacco smoke. Caution is recommended around non-users, youth, pregnant women, people with cardiovascular conditions, etc.[6,18] • Analysis of common brands of e-cigarettes showed contents included propylene glycol, glycerol, flavoring, diethylene glycol, ethylene glycol, ethanol, formaldehyde, and acrolein. The effect of chronic exposure to these chemicals is not known.[6,19,20]

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Clinical Question	Answer/Pertinent Information
Safety, continued	• The Canadian Lung Association warns that people who use e-cigarettes are inhaling unknown, unregulated, and potentially harmful substances.[21] • The release of chemicals and contaminants in e-cigarette vapor varies between devices and the way they are used. More chemicals are released (e.g., formaldehyde [a known carcinogen], etc) at higher temperatures.[6,12,20] • E-cigarette use has been linked to respiratory symptoms (cough, wheezing, etc).[22] • There is one case report of a previously healthy 18-year-old diagnosed with hypersensitivity pneumonitis after e-cigarette use.[23]
Are youth who use e-cigarettes at risk of becoming smokers?	• Preliminary evidence suggests that youth who use e-cigarettes are more likely to smoke tobacco cigarettes at a later age than youth who don't use e-cigarettes.[24,25]
Are e-cigarettes effective for smoking cessation?	• E-cigarettes are not an approved smoking cessation aid. • Switching from tobacco cigarettes to e-cigarettes reduces exposure to many toxins.[1,6,15] • Some smokers claim that e-cigarettes make them "feel better" than when smoking tobacco cigarettes, that they save money, and that e-cigarettes help them to quit smoking.[26] • Some evidence supports the use of e-cigarettes to help patients quit smoking.[2,6,27,28,42] • Royal College of Physicians (U.K.) supports the use of e-cigarettes, in combination with behavioral therapy, in smokers who have tried other methods of quitting without success.[29,30] • Patients who want to quit smoking should be advised to use approved nicotine replacement products. ▪ For practical tips and resources to help your patients successfully quit smoking see our toolbox, *Smoking Cessation: Helping Patients Who Use Tobacco*. ▪ If patients have failed multiple attempts with approved nicotine replacement/smoking cessation products they could try e-cigarettes.[15,31]
Can e-cigarettes be used in public places?	• Rules vary, but many public places (airplanes, hotels, etc) consider e-cigarettes and vaping within their no-smoking policies.[32] • E-cigarettes can trigger some types of smoke alarms.[33] • Rarely, e-cigarettes have been associated with explosions (due to the lithium battery) and fires causing serious burns and death.[6,34]

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Clinical Question	Answer/Pertinent Information
Can e-cigarettes be used by hospitalized patients?	• Many hospitals include e-cigarette use by patients and visitors in their no smoking policies.[35] • Patients who use e-cigarettes may experience a withdrawal syndrome from nicotine. • Hospitalized patients who cannot use e-cigarettes should be offered nicotine replacement therapy if needed. The amount nicotine in e-cigarettes can vary. Some hospital nicotine replacement protocols recommend starting e-cigarette patients on low-dose nicotine replacement therapy, then monitoring and titrating as needed.
Are there poisonings with e-cigarettes?	• The flavorings of e-liquids and designs of the devices are very appealing to children. They must be kept in a safe place, out of reach of children and pets.[6] • As e-cigarettes have become more popular, poison centers report an increasing number of exposures to nicotine-containing e-liquids, from 271 cases in 2011 to 3,073 cases in 2015.[36] • Commercially available e-liquids can contain up to 100 mg/mL of nicotine. • Just 1 mg of nicotine can cause adverse symptoms in a toddler, and 6 mg/kg to 13 mg/kg can be lethal.[37,38] • Poisonings from e-liquids are reported from ingestion, skin contact, or by inhalation.[39] • Symptoms of nicotine toxicity can include nausea, vomiting, diarrhea, salivation, weakness, hypertension, and tachycardia. In severe cases; seizures, coma, and death can occur.[40] • Use caution when handling e-liquids to avoid skin exposure, due to the potential for topical nicotine absorption.
How are e-cigarettes regulated?	• Regulations for e-cigarettes and vaping are evolving. • FDA and Health Canada regulate all aspects of e-cigarettes and vaping products; including packaging, promotion, banning of ingredients or devices, etc.[1,6] • Vaping products with nicotine are available to adults as an alternative to smoking.[6] • E-cigarettes are not able to be purchased by those younger than 18 years of age in Canada and the U.S.[6,41] • Healthcare professionals are also calling for regulations on these devices that may prevent them from being manipulated for alternative uses (e.g., dripping, etc).[12]

Users of this resource are cautioned to use their own professional judgment and consult any other necessary or appropriate sources prior to making clinical judgments based on the content of this document. Our editors have researched the information with input from experts, government agencies, and national organizations. Information and internet links in this article were current as of the date of publication.

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