

Welcome to Holicong Parent Council

October 17th, 2019

*Please sign in & ask
questions using the QR
Code*



How we want students to feel...



Friday @ Holicong



On Friday, October 18th, the Holicong Gay-Straight Alliance, will be sponsoring a multi-school GSA social to celebrate community and learn about the contributions of local LGBTQ in the region.



OCTOBER
BREAST
CANCER
AWARENESS
MONTH

PINK OUT @ HOLIOCNG

Saturday in Central Bucks



PUMPKINFEST

Moravian Pottery & Tile Works
Doylestown, Pa.
October 19, 2019



CB CARES Educational Foundation supports students, educators, and parents in CBSD. Visit CB-Cares.org for more information.



SAVE THE DATE!

FALL FEST
BUCKINGHAM ELEMENTARY

SATURDAY, OCT 19TH
11AM-4PM

FallFest is the PTO's largest **FUN**draiser. This year, it will be **BIGGER** and **BETTER** than ever!

And
Sunday
too!

KLJ 5K and Family Fun Day
October 20th, 2019
North Branch Park, Chalfont, PA

5K
RUN

Walk or Run
Registration at 8am
Race begins at 9am

Wear running gear or a
fun Halloween costume!

Visit:
www.pretzelcitysports.com
for race registration.

Kona Ice
Cone Appetit
InkBrave
UpCycled By Julie
Arbonne
Just Paint
Young Living Essential Oils
Thirty One
PartyLite
Nearing Nirvana...And MORE!

VENDORS

KLJ

5K

KIND LIKE *foxy* FOUNDATION

FAMILY FUN
10am to 1pm

Ballon Animals

Moon Bounces

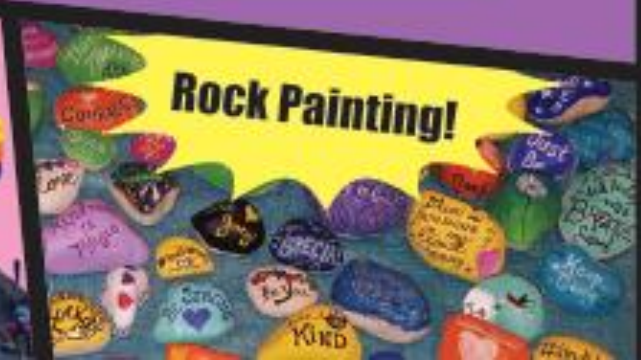
Photobooth

Rock Wall

Games



Rock Painting!



NEXT WEEK

Monday – Friday: Red Ribbon Week

Monday – Vaping Program & Safe2Say Introduction

Tuesday – Magazine Drive Trip to Lincoln Financial Field

Wednesday – Picture Retake Day; 9th Grade MBIT Visit

Friday – Pennies for Patients & Safe2Say Follow up





LEUKEMIA &
LYMPHOMA
SOCIETY®

OUR HEROES

TOGETHER WE CHANGE CANCER



WILL

Acute Lymphoblastic Leukemia

Will lives in Wind Gap, PA and is 8 years old. He returned to school in January 2019 as he celebrated being in the maintenance phase of treatment. Will has a zest for life, loves animals, enjoys arts & crafts and can recite movie lines when least expected!

LIZZY

Acute Lymphoblastic Leukemia

Lizzy lives in Furlong, PA and is 11 years old. She has a ton of energy which she puts into activities like ballet, hiking, biking, fishing and running. She is in remission and having cancer has taught her that she's stronger than she thinks.



CADENCE

Acute Myeloid Leukemia

Cadence lives in Abington, PA and is 8 years old. After several rounds of chemotherapy and two bone marrow transplants, Cadence is in remission and enjoying art and math at school. She loves arts & crafts, playing iPad games and hopes to be an artist when she grows up!



GARRETT

Acute Lymphoblastic Leukemia

Garrett is 9 years old and lives in Nazareth, PA. He enjoys being outside, camping, riding bike, and watching Dude Perfect videos. During treatment Garrett learned that he is brave and able to overcome his fears. He loves pizza and wants to become a park ranger when he grows up.



MADDIE

Acute Lymphoblastic Leukemia

Maddie lives in Easton, PA and is 7 years old. She keeps busy with Girl Scouts, enjoys dancing and loves her two younger siblings. Maddie is in the maintenance phase of treatment and doing well. She loves learning, coloring and wants to be a librarian when she grows up.



CRUZ

Acute Myeloid Leukemia

Cruz is in 6th grade. Baseball is his passion and he plays on a travel team. He enjoys hunting & fishing and the Philadelphia Eagles. Cruz is in remission and had an amazing attitude during treatment. You can always count on him for a laugh!

NO SHAVE NOVEMBER

Who? Holicong staff members

What? Students and staff will donate money into jars or online for who they want to have the wackiest beard. Teachers will shave their beards into a whacky beard depending on the amount of money raised at the end.

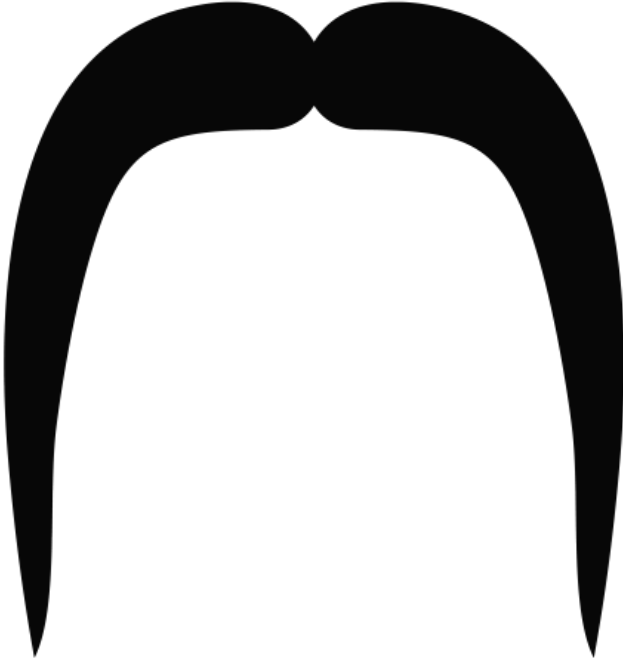
When? November 1st- 25th

Why? To raise money for Pennies for Patients

\$0-\$50



\$51-\$100



\$100 & up



How about Community Involvement!

Parents...Yes
Police...Invited!

Will send out invitation and link to sign up by next Wednesday!

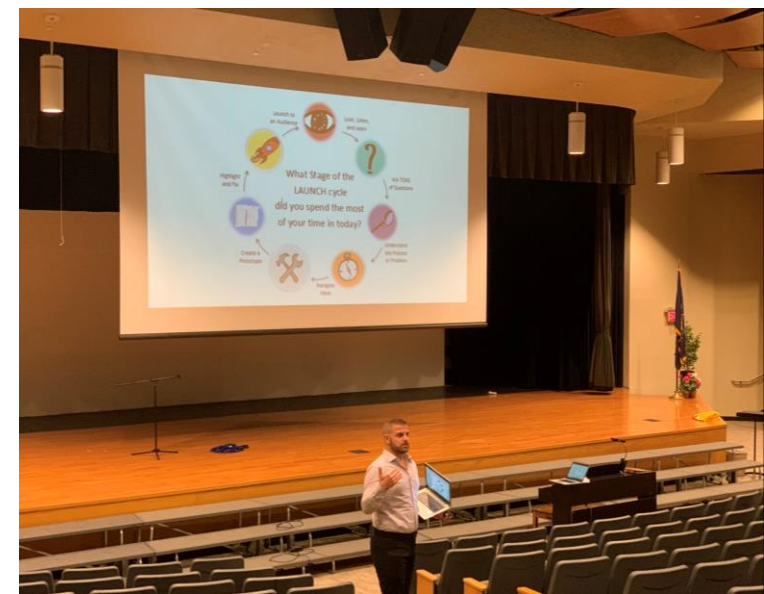
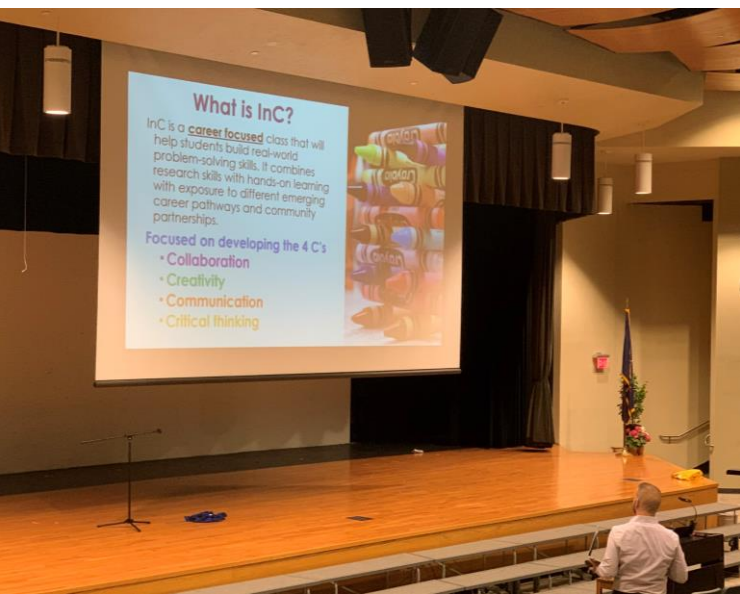
CURRICULUM SPOTLIGHT

Innovation & Creativity (InC)

Please welcome...

**Mr. Palmer &
Friends**



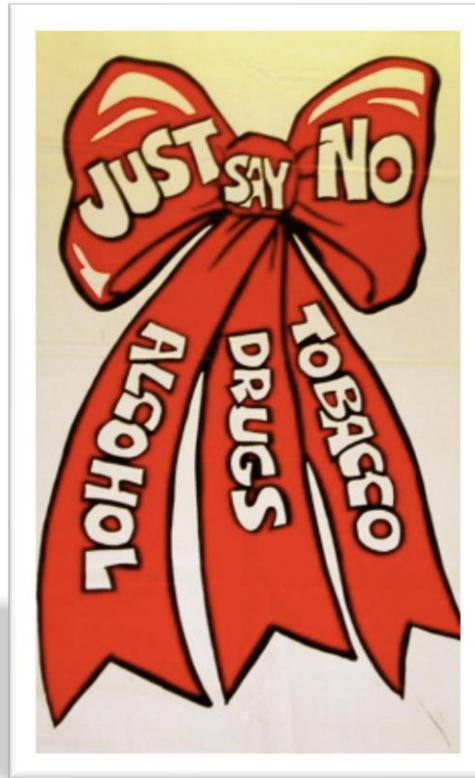




By Kim Gray

About Red Ribbon Week

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Although the start end dates can vary slightly depending on the organization and source,



Red Ribbon Week generally takes place the last full week in October, including the weekend before and after.

This year Red Ribbon Week will be celebrated October 21-25.

About Red Ribbon Week

Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our community through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.



Red Ribbon Week

Spirit Days 10/21 to 10/25

Sponsored by P.O.P.S.

Monday - Wear your ribbons



Tuesday - Hat Day “Put a Lid on Drugs!”



Wednesday - Team Jersey Day

“Chose your team! Chose to be Drug-Free!”



Thursday - Wear Red Day – Yearbook Picture



Friday- Pajama Day – “Dream of a good drug-free life!”



Vaping & Electronic Nicotine Delivery Systems

Please welcome...

Mr. David Fialko





Electronic Nicotine Delivery Systems (ENDS) – “Vaping”

Health Concerns For Students & Schools

David A. Fialko, BS, ICPS, CTTS
Certified Tobacco Treatment Specialist
The Council Southeast PA, Inc.
Dfialko@councilsepa.org



This project is made possible by funding through the Bucks County Drug & Alcohol Commission, Inc.



Nicotine



Effect of Nicotine on Body

- Nicotine is an addictive substance, distributed quickly through the blood stream and oxidized into its metabolite cotinine.
- Although nicotine itself is usually not referred to as a carcinogen, there is ongoing debate whether nicotine functions as a 'tumor enhancer' by deregulating essential biological processes like angiogenesis, apoptosis, and cell-mediated immunity [31].

Seema, P., Swathy, S.S., and Indira, M. **Protective effect of selenium on nicotine induced testicular toxicity in rats.** *Biol. Trace Elem. Res.* 2007; 120: 212–218

Effect of Nicotine on Body

- Increased risk of cardiovascular, respiratory, gastrointestinal disorders.
- Decreased immune response and it also poses ill impacts on the reproductive health.
- Nicotine affects the cell proliferation, oxidative stress, apoptosis, DNA mutation by various mechanisms which leads to cancer. It also affects the tumor proliferation and metastasis and causes resistance to chemo and radio therapeutic agents.



Effect of Nicotine on Learning

- Nicotine raises pulse & heart rate. Brain EEG becomes same as when people are agitated.
- Nicotine has a half life of 2 hours. Students who smoke may have more challenges learning and trouble concentrating due to withdrawal symptoms.
- Youth report withdrawal symptoms with lower amount of consumption than adults, even as low as 5 cigarettes per week.
- Smoking actually contributes to problems; withdrawal causes stress, anxiety.



Nicotine / THC Which Comes First

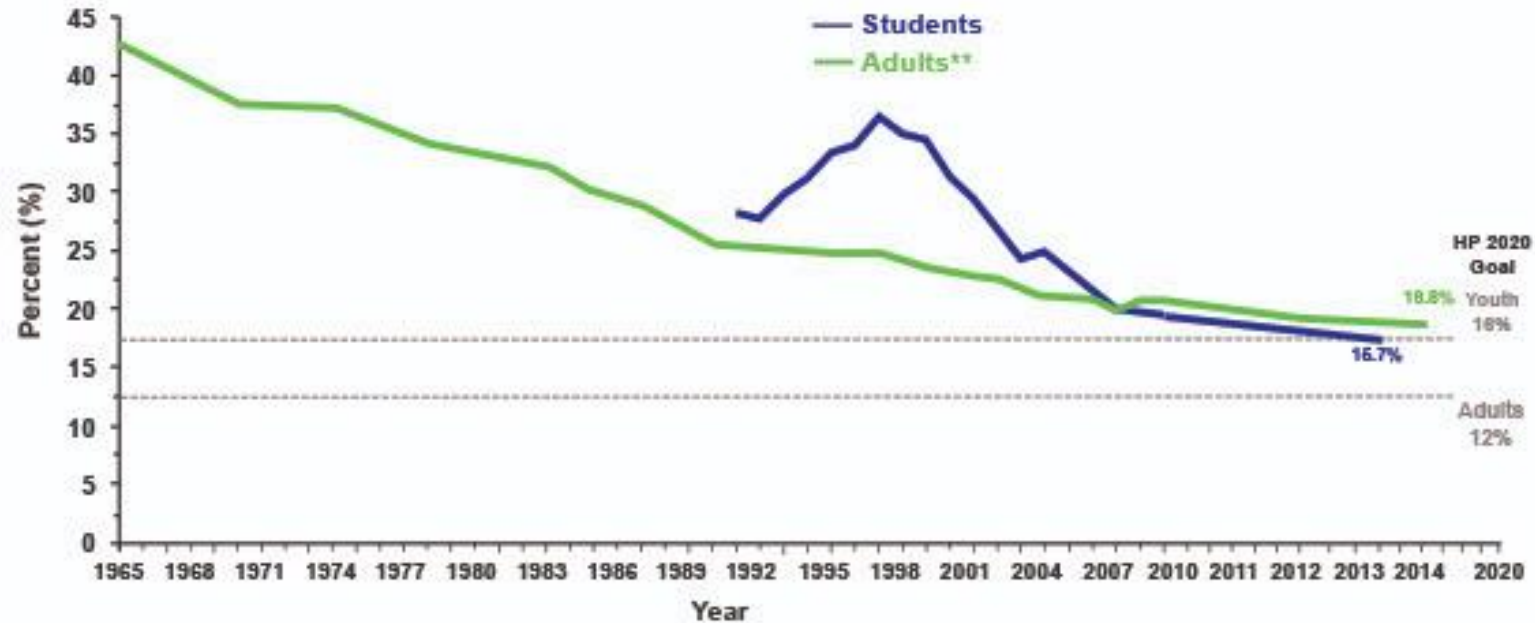
- **Electronic Cigarettes and Future Marijuana Use: A Longitudinal Study.**
 - E-cigarette use predicts subsequent marijuana use among youth, with a stronger associations among young adolescents.
 - Reducing youth access to e-cigarettes may decrease downstream marijuana use.
- **Marijuana Use indicates high likely hood of nicotine use**
 - Cannabis users are 3 times more likely to begin smoking than non-cannabis users.
 - Studies suggest that tobacco is a partial driver of cannabis dependence in young people who use cannabis and tobacco.



Traditional Tobacco

Tobacco Trends

Trends in Current Cigarette Smoking by High School Students* and Adults** — United States, 1965-2014



*Percentage of high school students who smoked cigarettes on 1 or more of the 30 days preceding the survey (Youth Risk Behavior Survey, 1991-2013).

**Percentage of adults who are current cigarette smokers (National Health Interview Survey, 1965-2014).

Not a “Habit Anymore”



Tiny cigars

- Black & Mild
 - Trendy
 - Viewed safer than cigarettes.
- Cigarillos
 - Blueberry
 - Cherry
 - Watermelon





Tiny Cigars

- Black and Mild's, Cigarillos, etc. are to be smoked as cigars, which means that they should not be inhaled but only have to be puffed in and out of the mouth.
- Substantially more nicotine and tar than the cigarette counterpart
- No filters
- One Black & Mild = 10+ cigarettes

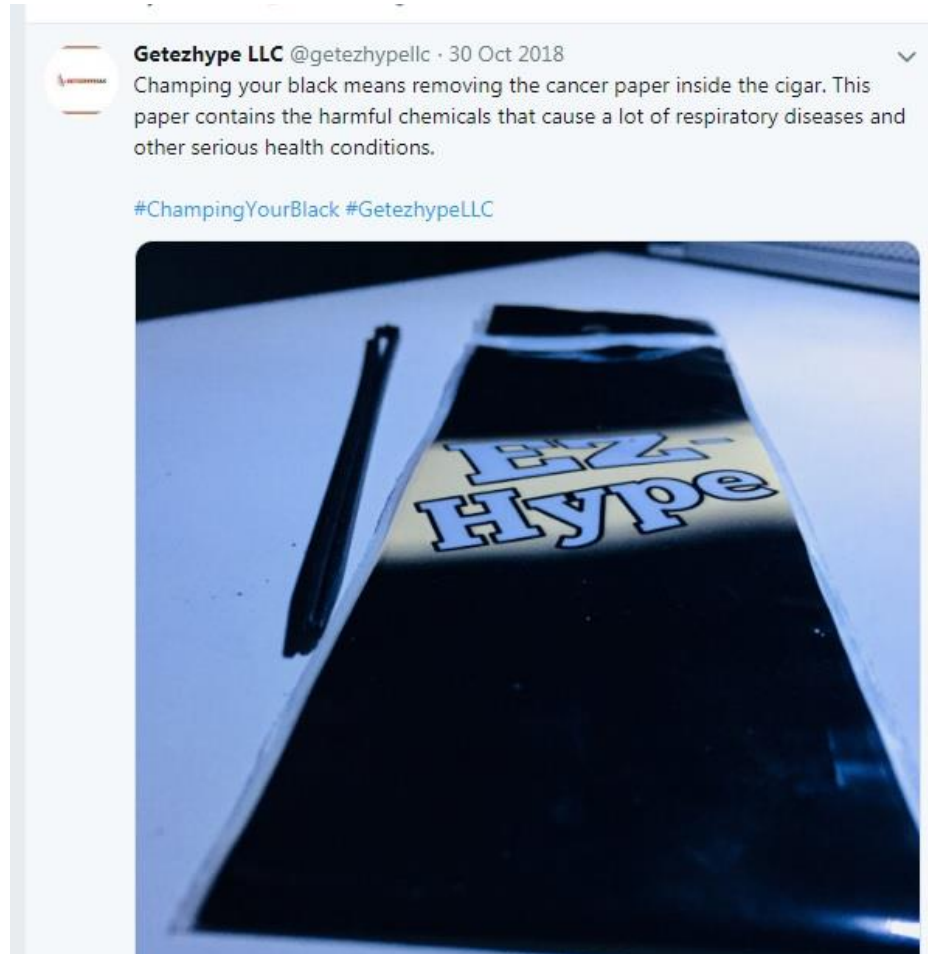
Blunts & Wraps



How to Freak a Black & Mild



Champ A Black



Menthol Cigarettes

- The Food and Drug Administration (FDA) concluded
 - Menthol cigarettes make it easier to start smoking and harder to quit.
- Menthol has some pain-relieving properties
 - In cough drops to relieve minor throat irritation
- Menthol makes cell membranes more “permeable” (i.e., opens up) to nicotine and other harmful substances in tobacco.
- Menthol cigarettes have been shown to inhibit nicotine metabolization, leading to increased systemic nicotine exposure





VAPING

Electronic Nicotine / non Nicotine Delivery System
(ENDS)

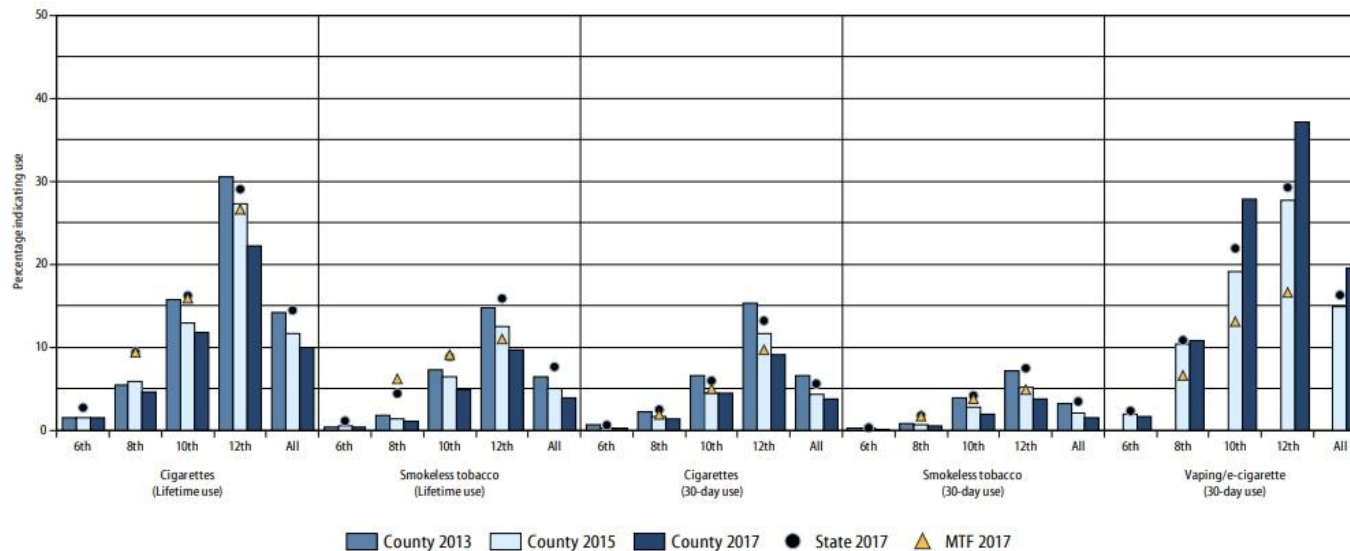


Current Statistics

Bucks County

PAYS2017 ATOD Use and Access: High prevalence/early initiation drugs

Tobacco and Vaping - Lifetime and 30-day use Bucks County 2017 Pennsylvania Youth Survey



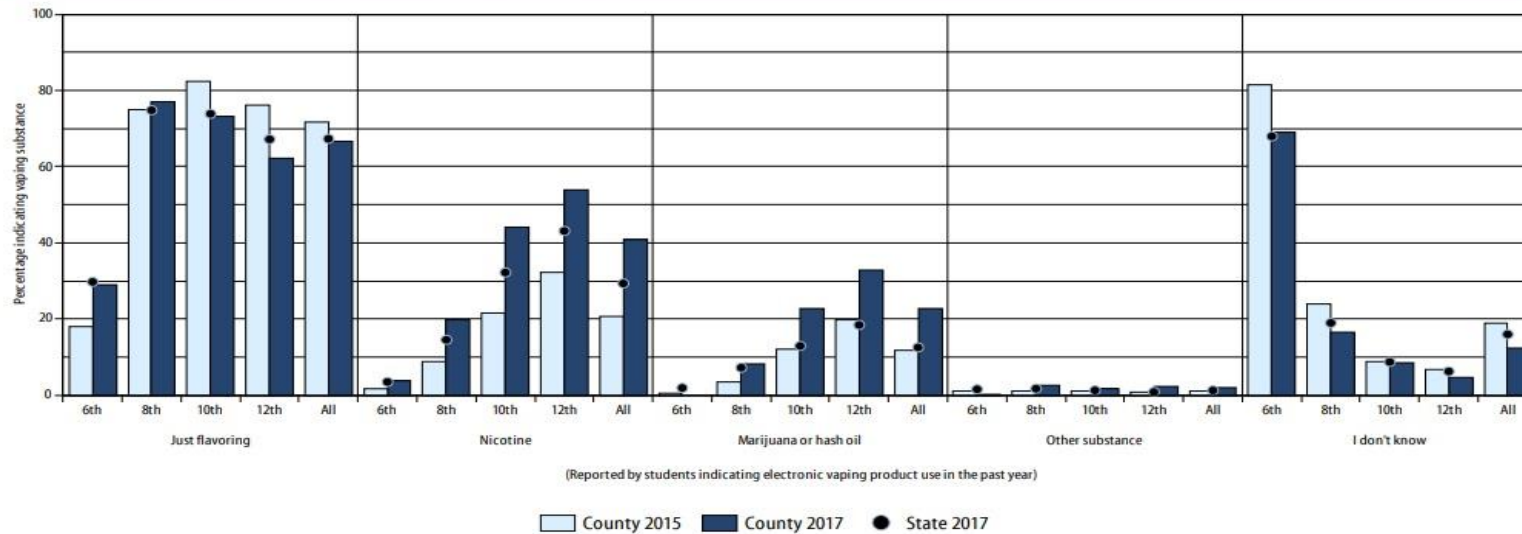
Grade	Cigarettes (Lifetime use)					Smokeless tobacco (Lifetime use)					Cigarettes (30-day use)					Smokeless tobacco (30-day use)					Vaping/e-cigarette (30-day use)				
	County 2013	County 2015	County 2017	State 2017	MTF 2017	County 2013	County 2015	County 2017	State 2017	MTF 2017	County 2013	County 2015	County 2017	State 2017	MTF 2017	County 2013	County 2015	County 2017	State 2017	MTF 2017	County 2013	County 2015	County 2017	State 2017	MTF 2017
6	1.5	1.5	1.5	2.7	n/a	0.3	0.5	0.3	1.1	n/a	0.6	0.2	0.3	0.6	n/a	0.2	0.2	0.1	0.3	n/a	n/a	1.9	1.7	2.3	n/a
8	5.4	5.8	4.6	9.4	9.4	1.8	1.4	1.1	4.4	6.2	2.3	1.7	1.3	2.5	1.9	0.7	0.6	0.5	1.8	1.7	n/a	10.4	10.9	10.9	6.6
10	15.8	12.9	11.7	16.2	15.9	7.3	6.4	4.9	8.9	9.1	6.6	4.5	4.4	6.0	5.0	3.9	2.8	1.9	4.2	3.8	n/a	19.1	27.8	21.9	13.1
12	30.4	27.3	22.2	29.0	26.6	14.8	12.5	9.7	15.9	11.0	15.3	11.7	9.2	13.2	9.7	7.1	5.2	3.7	7.5	4.9	n/a	27.7	37.2	29.3	16.6
All	14.2	11.7	9.9	14.5	n/a	6.5	5.0	3.9	7.6	n/a	6.6	4.4	3.7	5.6	n/a	3.2	2.1	1.5	3.5	n/a	n/a	14.8	19.5	16.3	n/a



Current Statistics

Bucks County

Vaping substances used by students indicating electronic vaping product use in the past year
Bucks County 2017 Pennsylvania Youth Survey



Grade	Just flavoring				Nicotine				Marijuana or hash oil				Other substance				I don't know			
	County 2013	County 2015	County 2017	State 2017	County 2013	County 2015	County 2017	State 2017	County 2013	County 2015	County 2017	State 2017	County 2013	County 2015	County 2017	State 2017	County 2013	County 2015	County 2017	State 2017
6	n/a	17.9	28.9	29.8	n/a	1.7	3.8	3.5	n/a	0.4	0.0	1.9	n/a	1.1	0.3	1.6	n/a	81.4	69.1	68.0
8	n/a	75.0	77.1	74.8	n/a	8.9	19.9	14.6	n/a	3.5	8.3	7.2	n/a	1.2	2.7	1.7	n/a	23.8	16.4	19.0
10	n/a	82.2	73.1	73.9	n/a	21.6	44.0	32.2	n/a	12.1	22.9	12.9	n/a	1.1	1.8	1.3	n/a	8.7	8.6	8.7
12	n/a	76.2	62.1	67.2	n/a	32.3	53.9	43.1	n/a	19.7	32.9	18.5	n/a	0.9	2.2	0.9	n/a	6.9	4.5	6.3
All	n/a	71.6	66.7	67.3	n/a	20.7	40.8	29.4	n/a	11.8	22.6	12.6	n/a	1.0	2.1	1.3	n/a	19.0	12.3	16.0



“ENDS”

- According to the FDA, ENDS are devices that allow users to inhale an aerosol (vapor) containing nicotine or other substances. (**E**lectronic **N**icotine **D**elivery **S**ystem)
- The main component of ENDS is the e-liquid contained in cartridges.
- To create an e-liquid, nicotine is extracted from tobacco and mixed with a base (usually propylene glycol), and may also include flavorings, colorings and other chemicals.



5 “Ideas” about ENDS

1. ENDS are less harmful than traditional smoking
2. ENDS are harmful
3. ENDS are equally addictive to cigarettes
4. ENDS are NOT the best smoking cessation aid
5. ENDS are getting a new generation hooked on nicotine!!

How.....?

Youth Marketing

- Cigarette ads have been banned from TV since 1971
- ENDS now marketed on TV & mainstream media channels
 - Candy-flavored products
 - Youth-resonant themes such as rebellion, glamour & sex
 - Celebrity endorsements



Home Moments



Scott Disick
@ScottDisick

For all inquiries please email
disickindustries@gmail.com

NY-LA

talentless.co

Joined January 2010

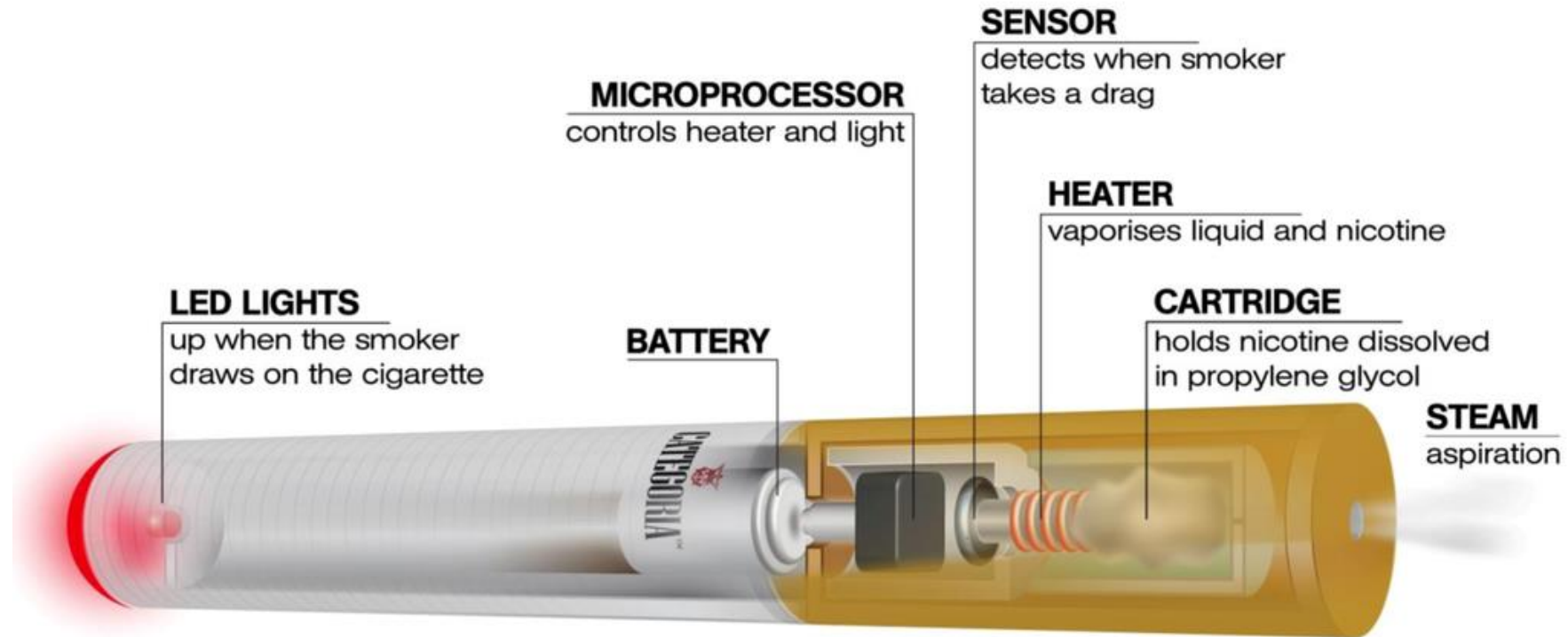
Scott Disick @ScottDisick [Follow](#)

Just found this new vape brand @EonSmoke and they are unbelievable. They are completely compatible with Juul and my favorite flavor is mango. Click here to check them out >> eonsmoke.com/12-buy-juul-co ... #ad



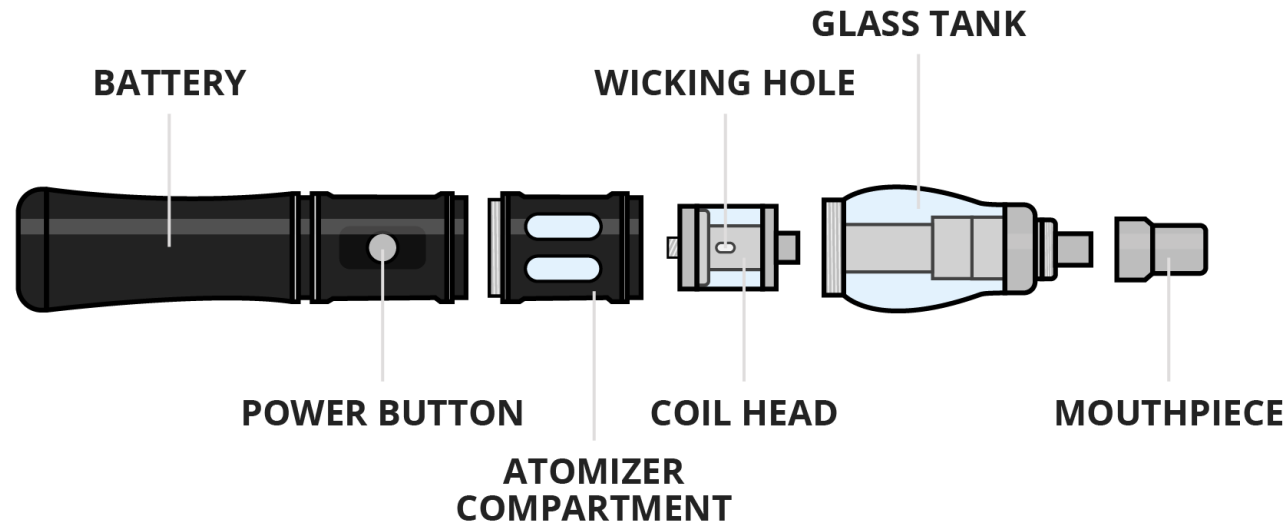
Take Your Freedom featuring Stephen Dorff - Brought To You By blu Electronic Cigarettes

Anatomy of an E-Cigarette



Anatomy of A Hookah Pen

THE ANATOMY OF A HOOKAH PEN





Vaping is not in fact “vapor”

- It is aerosol:
 - In physics, a vapor is a substance in the gas phase whereas an aerosol is a suspension of tiny particles of liquid, solid or both within a gas.
 - Vapor from an electronic cigarette simulates tobacco smoke, but the process of burning tobacco does not occur.
 - The aerosol of electronic cigarettes is generated when the e-liquid reaches a temperature of roughly 200–500 °F within the coil chamber.
 - The aerosol is made-up of liquid sub-micron particles of condensed vapor, which mostly consist of propylene glycol, glycerol, water, flavorings, nicotine, and other chemicals.

Electronic Nicotine Delivery Systems (ENDS)

- E-cigarettes
- Vape pens
- Hookah pens
- E-Hookah
- Personal vaporizers
- Tanks
- Mods



Vape “Mods”

- Offers extra power to personal vaporizers
- Bigger battery
- Power and voltage customizable for a cooler vape, warmer vape or more vape volume
- Generally used by advanced users



<https://www.youtube.com/watch?v=MyYHaOMkUMY>

UWELL AMULET



Suorin Air Ultra Portable



UWELL CALIBURN POD SYSTEM

“Uwell presents the Caliburn Pod System, a low profile refillable pod device that is made for salt nic juice vaping. This dual method firing device is pocket sized and ready for adventure.”



#1 Vape Trend

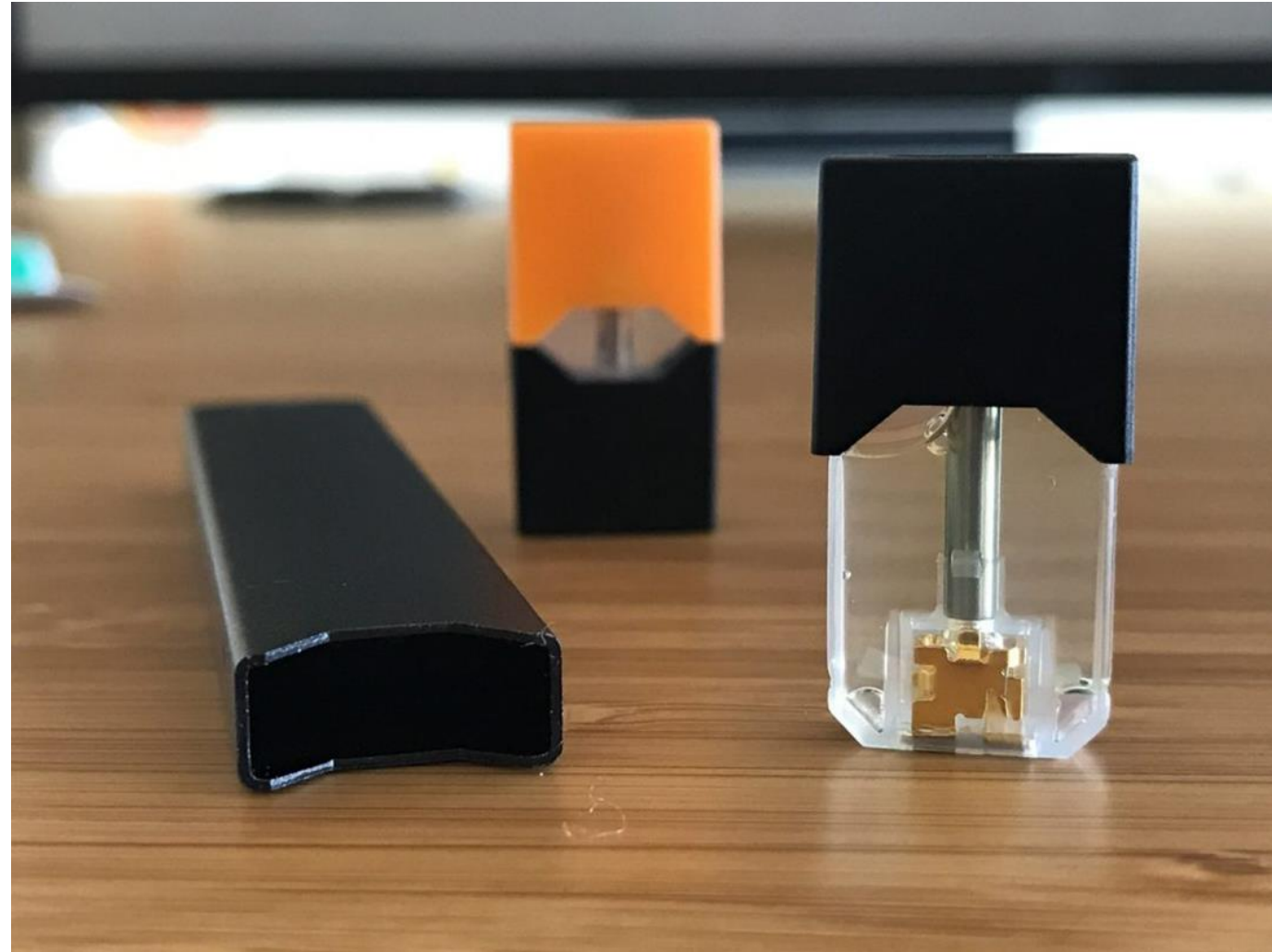


- Discreet
- Easily concealable
- Trendy
- Viewed as “harmful” as coffee
- Cost: Around \$50.00 for a starter kit
 - Refill pods are \$20.00 for 4 pack
 - 1 pod = nicotine equivalent of 1 pack of cigarettes

NPR Article on JUUL: <https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class>



#1 Vape Trend Amongst HS Age Youth



#1 Vape Trend Amongst HS Age Youth



*NOTE: The poll was done on vaping360.com and the results reflect more than 2,000 votes.

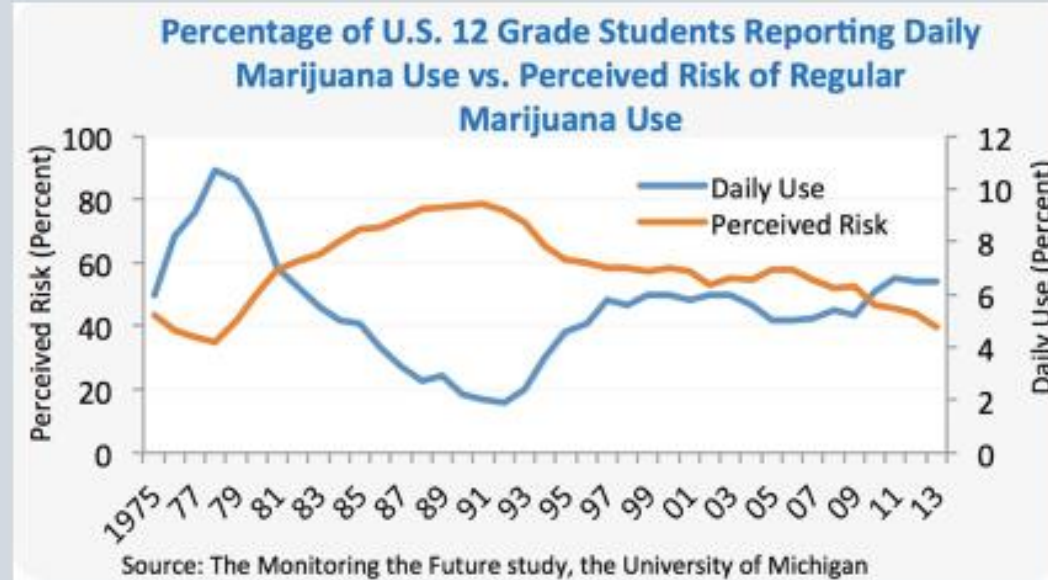


Cannabis

“Marijuana”

Cannabis & Cross Utilization of ENDS

A Low Perception of Harm



Cannabis

Academic and Vocational Outcomes

- High School
 - Lower grades, higher dropout rates, increased school disciplinary problems
 - May be social/functional, may be cognitive, may be both
 - Earlier use = worse outcomes
 - Greater frequency = worse outcomes
- College
 - Increased chance to skip class
 - Lower GPA
 - Potentially longer time to graduate
- Decreased lifetime earning potential



Cannabis

[Click to save a picture to your desktop.](#)

Cannabis – A Particularly Bad Idea for Kids

- Increased risk for addiction
- Negative academic and vocational outcomes
- Brain morphology changes
 - Residual impairment in memory, processing speed, and decision-making
- Impaired judgement
 - Increased risky sexual behavior
- Psychotic breaks
 - Increases with higher % THC

It's personal to us.

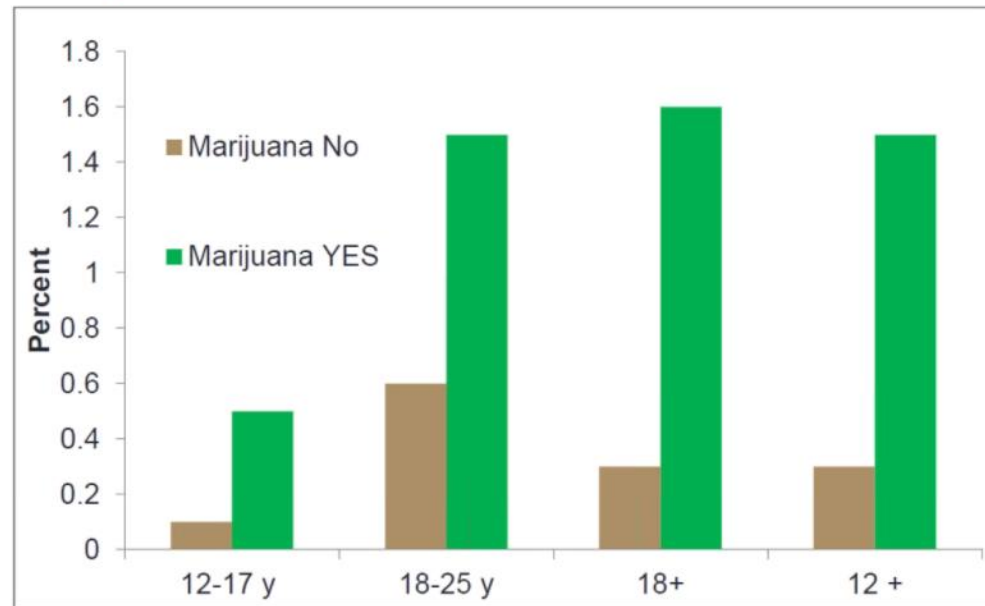


Cannabis

Click to save a picture to your desktop.

Gateway Drug?

Prevalence Of Heroin Use Among Marijuana Users in the US



SAMHSA's Center for Behavioral Health Statistics and Quality: NSDUH 2015



Comparing rates of Cannabis use to other ATOD

Monitoring the Future Study: Trends in Prevalence of Various Drugs for 8th Graders, 10th Graders, and 12th Graders; 2015 - 2018 (in percent)*													
Drug	Time Period	8th Graders				10th Graders				12th Graders			
		2015	2016	2017	2018	2015	2016	2017	2018	2015	2016	2017	2018
Marijuana/Hashish	Lifetime	15.50	[12.80]	13.50	13.90	[31.10]	29.70	30.70	[32.60]	44.70	44.50	45.00	[43.60]
	Past Year	11.80	[9.40]	10.10	10.50	25.40	23.90	25.50	[27.50]	34.90	35.60	37.10	[35.90]
	Past Month	6.50	[5.40]	5.50	5.60	14.80	14.00	[15.70]	16.70	21.30	22.50	22.90	22.20
	Daily	1.10	[0.70]	0.80	0.70	3.00	2.50	2.90	3.40	6.00	6.00	5.90	5.80
OxyContin	Past Year	0.80	0.90	0.80	0.80	2.60	2.10	2.20	2.20	3.70	3.40	2.70	2.30
Ritalin	Past Year	0.60	0.80	[0.40]	0.50	1.60	1.20	0.80	-	2.00	[1.20]	1.30	0.90
K2/Spice (Synthetic Marijuana)	Past Year	3.10	2.70	[2.00]	1.60	4.30	3.30	2.70	2.90	5.20	3.50	3.70	3.50



Comparing rates of Cannabis use to other ATOD

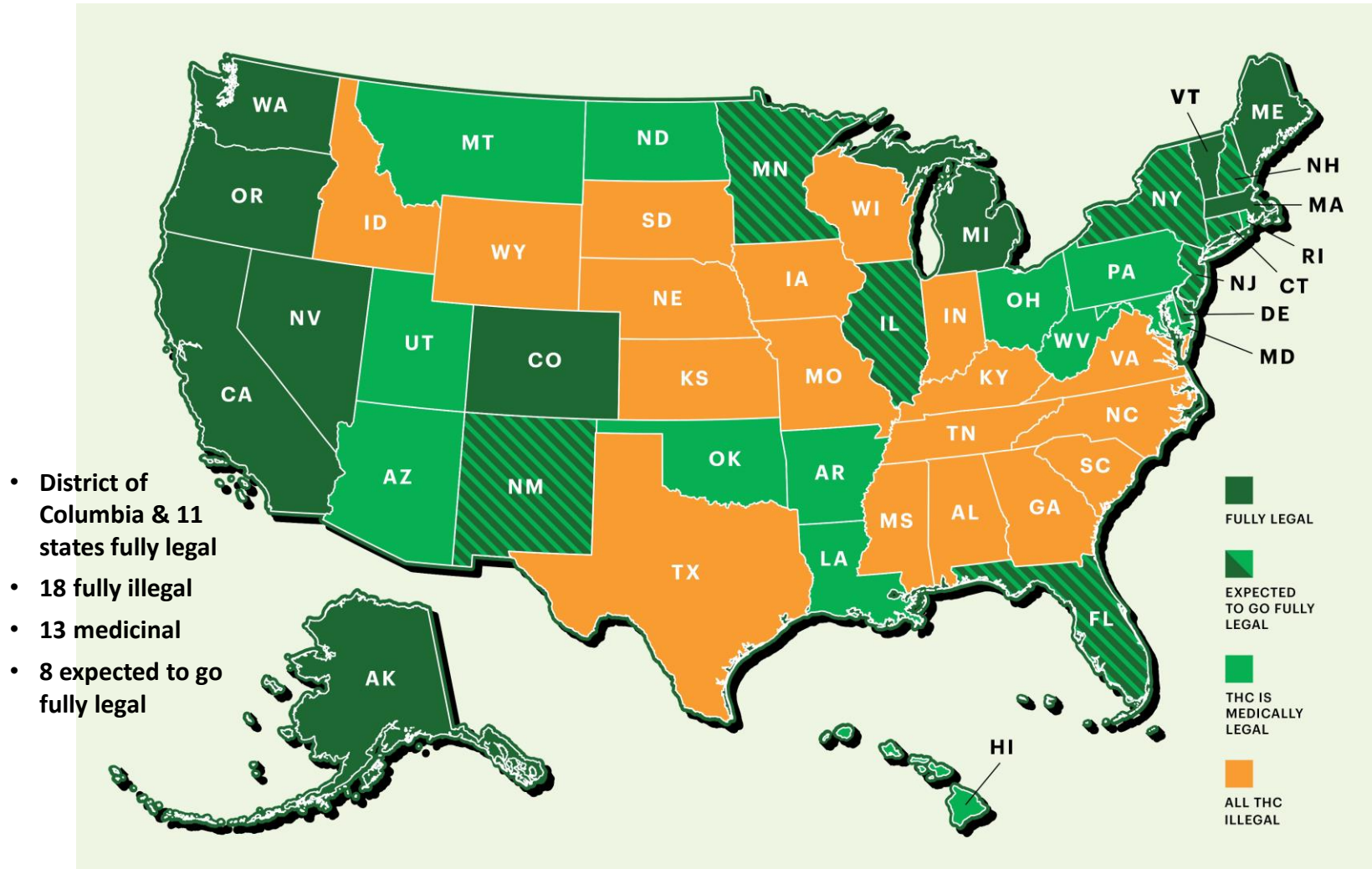
Monitoring the Future Study: Trends in Prevalence of Various Drugs for 8th Graders, 10th Graders, and 12th Graders; 2015 - 2018 (in percent)*													
Drug	Time Period	8th Graders				10th Graders				12th Graders			
		2015	2016	2017	2018	2015	2016	2017	2018	2015	2016	2017	2018
Alcohol	Lifetime	26.10	[22.80]	23.10	23.50	47.10	[43.40]	42.20	42.20	64.00	61.20	61.50	[58.50]
	Past Year	21.00	[17.60]	18.20	18.70	41.90	[38.30]	37.70	37.80	58.20	55.60	55.70	[53.30]
	Past Month	9.70	[7.30]	8.00	8.20	21.50	19.90	19.70	[18.60]	35.30	33.20	33.20	[30.20]
	Daily	0.20	0.20	0.20	0.10	0.50	0.50	0.60	0.50	1.90	[1.30]	1.60	1.20
Cigarettes (any use)	Lifetime	13.30	[9.80]	9.40	9.10	[19.90]	[17.50]	15.90	16.00	[31.10]	[28.30]	26.60	[23.80]
	Past Month	[3.60]	[2.60]	[1.90]	2.20	[6.30]	[4.90]	5.00	4.20	[11.40]	10.50	9.70	[7.60]
	Daily	1.30	[0.90]	[0.60]	0.80	3.00	[1.90]	2.20	1.80	[5.50]	4.80	4.20	3.60
	1/2-pack+/day	0.40	0.30	0.20	0.30	1.00	[0.60]	0.70	0.70	2.10	1.80	1.70	1.50
E-cigarettes	Past Month	9.50	6.20	-	-	14.00	11.00	-	-	16.20	12.50	-	-
Any Vaping	Lifetime	21.70	17.50	18.50	[21.50]	32.80	29.00	30.90	[36.90]	35.50	33.80	35.80	[42.50]
	Past Year	-	-	13.30	[17.60]	-	-	23.90	[32.30]	-	-	27.80	[37.30]
	Past Month	8.00	6.20	6.60	[10.40]	14.20	11.00	13.10	[21.70]	16.30	12.50	16.60	[26.70]



PA Medical Marijuana

- Under Act 16 of 2016 (the Pennsylvania Medical Marijuana Act or the Act), the term “medical marijuana” refers to marijuana obtained for a certified medical use by a Pennsylvania resident with a serious medical condition and is limited by statute in Pennsylvania to the following forms:
 - Pill
 - Oil
 - Topical forms, including gel, creams, or ointments
 - A form medically appropriate for administration by vaporization or nebulization, excluding dry leaf or plant form
 - Tincture
 - Liquid
 - Plant material (for vaporization only)

Current Legal Status



Vaping Cannabis

- Hash Oil : Several types
 - BHO: Butane extraction
 - Heavy metals & pesticide concentrates.
 - Brain lesions
 - NHO: Naphtha extraction
 - benzene, hexane
 - Cancer hazards
 - CDHO: Cannabinoids are drawn out by pressure and carbon dioxide to separate plant material. (expensive)



Vaping Forms of Cannabis

“DABS”

- Wax :
 - Another product from the butane & carbon dioxide process
- Shatter :
 - Yet another butane & carbon dioxide process product
- Crumble :





Specialty Vaping Products

- **PAX:** Manufactured by PAX LAB's, the same company that makes the JUUL
 - Can vape dry leaf
 - Can vape hash oil
 - <https://www.paxvapor.com/>



Above pic showing:

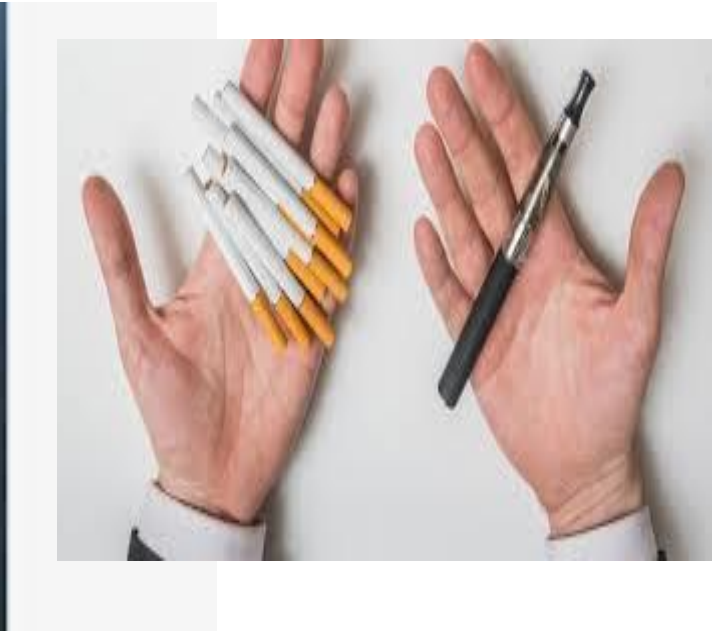
- Oil vape pod
- Wax vape pod
- Dry herb vape pod
- Concentrate vape pod

Vaping Hash Oil In a Juul

- https://www.youtube.com/watch?v=v_BHibYQH0A



Questions?





- Free Quitline
1-800-QUIT-NOW
- www.quitnet.com
- www.determinedtoquit.com
- Quit smoking classes available

QUITNET[®]
QUIT ALL TOGETHER



Holicong Parent Council

October 17th,
2019

