



GARDEN CITY HIGH SCHOOL

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Inspiring Minds
Empowering Achievement
Building Community

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Dear Parents,

In an effort to maintain the partnership between Garden City High School and our families, I am writing today to draw your attention to a significant health concern on Long Island and around the country.

E-cigarettes or vaping devices are being more widely used by high school students. These devices can be significantly more harmful than you might expect. For example, a commonly used product is called a JUUL, which may have a very high nicotine content; in fact, one pod can be the equivalent of an entire pack of regular cigarettes. A JUUL is small and significantly less obvious than the average vape.

Further, vaping devices can be compatible with illicit drugs including marijuana, liquid THC, and cocaine. Finally, you should be aware of the following as it relates to the legal aspect of purchasing e-cigarettes:

“In most local municipalities, the age to vape is the same as purchasing cigarettes, which is 18. There are exceptions out there however, such as 19 in Nassau County, NY and 21 in New York City.”

Here are links to several resources on this topic that you may find informative:

https://www.health.ny.gov/prevention/tobacco_control/campaign/e-cigarettes/

<https://e-cigarettes.surgeongeneral.gov/>

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

http://www.collegiatetimes.com/lifestyles/juul-the-new-cigarette/article_217f6b96-972d-11e7-b263-4f432ae36bc9.html

The purpose of this email is to make you aware of the potential dangers of these devices and to provide a vehicle by which you can enter into productive dialog with your son and/or daughter.

Working together, we remain vigilant in our commitment to protecting our young people from such a dangerous trend.

Thank you for your consideration.

Kevin Steingruebner