

SOMERVILLE HIGH SCHOOL

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Dear Parents/Guardians:

In recent years the use of electronic smoking devices has become a popular trend among our youth. Vaping or Juuling, as it is often called, is the act of smoking using an e-cigarette. An e-cigarette device has a battery, a heating element, and a place to hold liquid. The most popular device that we have been seeing on the campus of SHS is called a JUUL and it can be charged simply by using a USB port. The liquid used in these devices can contain a high concentration of nicotine and can also be used to deliver marijuana and other drugs. Although the research is limited regarding the long term effects of e-cigarettes, make no mistake about it, engaging in its use is dangerous and poses a health risk.

I encourage you to reach out to your son/daughter to discuss the potential health risks of e-cigarettes. I also want to emphasize that any student in possession or caught smoking will be disciplined in accordance to Somerville High School's Code of Conduct. I appreciate your assistance in support of your son/daughter safety and well-being.

For additional information, links to the CDC and FDA websites as well as an image of a JUUL vaping device and charger are below.

[FDA](#)

[CDC](#)



Regards,

Gerard T. Foley
Principal