



## LUTHER BURBANK MIDDLE SCHOOL

### BURBANK BULLETIN

May 29, 2018

#### A MESSAGE FROM THE PRINCIPAL

I write to you this week with concern about a growing phenomenon that seems to be increasing in popularity with adolescents in and around our community. You have likely heard of “vaping” in the news and media. [Vaping](#) is the act of inhaling and exhaling aerosol, often referred to as a vapor, from an e-cigarette or similar device. Particles from this vapor contain varying amounts of toxic chemicals, including high amounts of nicotine, and are often masked in e-liquid flavors ranging from mango to crème brulee.

Unfortunately, the vaping phenomenon is hitting far too close to home. While certainly not widespread, this year our school has experienced a small handful of situations involving students in possession of vaping devices, electronic inhalation devices, better known as vape pens or by the popular brand-name, Juul. These situations have been addressed with immediacy and serious consequences have ensued in adherence to school and district discipline policies. Outside of the disciplinary implications, however, are the significant health implications vaping presents to the brains and bodies of our developing adolescents. It is for this latter reason that I write to you today to ask that you speak with your child about vaping and the dangerous health risks it poses.

[The Center on Addiction](#) provides the following information in its article, “10 Surprising Facts about E-Cigarettes”:

- E-cigarettes and other vaping devices are NOT risk-free.... There is a [growing body of research](#) to suggest that they may lead to negative health consequences.
- They contain nicotine, a highly addictive drug with known health risks.
- Nicotine can affect brain development and functioning in young people... The developing brain is more vulnerable to the effects of addictive substances than a fully developed adult brain. Additionally, nicotine can disrupt brain development, interfere with long-term cognitive functioning, and increase the risk of various mental and physical health problems later in life.
- E-cigarettes and other vaping devices are not FDA approved.
- There is no evidence that the aerosol from these products is safe.

Attached to this Bulletin you will find two fact sheets about vaping and e-cigarettes from the Massachusetts Department of Public Health about CDC, respectively. Both of these resources provide helpful tips and talking points to use when speaking with your child about this important topic. For the vast majority of our student community, the topic of vaping is a non-issue. Our students are strong and smart, and, yet, they are at a vulnerable age. It is my hope that this information may precipitate an open dialogue amongst our families that will further help our students to make informed and intelligent decisions about their health and wellness now and in the future.

Yours in partnership,

A handwritten signature in black ink that reads "Laura J. Friend".

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## **DATES TO REMEMBER**

May 29- June 1, Gr. 8 grade DC Trip

June 6, "Do it for Douce" Relay, 6:00 PM, NRHS (\*note: rescheduled date)

June 8, BMX Stunt Show, 1:00 PM (sponsored through district enrichment)

June 14, Meet and Greet – Incoming grade 6, 6:30 PM with Title 1 event to precede Meet and Greet @ 6:00 PM

June 18, Field Day, All School Event (volunteers needed – see below for more information!)

June 20, Move Up Day

June 20, Gr. 8 Grade Recognition Night Ceremony & Dance (more information has been mailed home)

June 21, Last day of school (early release, no lunch served, dismissal 10:45 AM)

## **ANNOUNCEMENTS**

### 8<sup>th</sup> Grade Trip to Washington, D.C.

I will have the honor of joining our 8<sup>th</sup> graders as a chaperone on their trip to Washington, D.C. this week, 5/29 - 6/1. Our school will be in good hands with our remaining faculty. Our neighboring MRE administrators, Mr. O'Shea and Mr. Blanchard, will also be on hand to support our students and faculty during my absence. Keep up with our travels by following us on Twitter [@LBMSPrincipal](https://twitter.com/LBMSPrincipal).

### Memorial Day Assembly – A Powerful Event

Last Thursday we held our annual Memorial Day assembly in which we remembered all those service men and women who sacrificed their lives on behalf of our nation. The assembly featured our middle school concert band and chorus, as well as 8<sup>th</sup> grade student speakers who shared meaningful poems and essays, including Abraham Lincoln's "Gettysburg Address." We were honored to have local Lancaster veterans join our Memorial Day assembly and participate in our remembrance exercises. This year, we were also honored to participate in a Skype conversation with a relative of one of our Lancaster community members who is currently serving in Kuwait.

### 7<sup>th</sup> and 8<sup>th</sup> Grade Band Earns Gold at Great East

Last Friday, our 7<sup>th</sup> and 8<sup>th</sup> grade band represented our school at the New England Great East Music Festival. The Great East Festival experience provides students with a formative evaluation of their performance as well as a comprehensive clinic to further their skills. We are thrilled to announce that our band was awarded the "GOLD" medal by Festival adjudicators. We couldn't be more proud! Our full band then rounded out a jam-packed weekend by participating in the Lancaster Memorial Day ceremony and parade on the town green.

### LBMS Spirit Week, Coming Soon!

June 11 - Hey there, adventurers! Come to school on Monday in your BEST TRAVEL CLOTHES!!! Hawaiian shirts, fanny packs, and bucket hats are all acceptable.

June 12 – Rainbow Day. Wear as many colors as possible. Wear a tie-dye shirt, multi-color pants, and light-up shoes!

June 13 – Character/Cartoon Day

June 14 – Class Color Day. Sixth grade – blue; seventh grade – white; eighth grade - black.

June 15 – Dress Up/Dress Down Day. Proper footwear required.

### LBMS Field Day – Parent Volunteers Needed! June 18<sup>th</sup>

We will be holding our Annual Field Day on June 18<sup>th</sup>. This event is a super-charged full day of fun and community-building. We would love your company and your help. Please consider donating your time and joining us! We are in need of parent/guardian volunteers from 8:00-11:00 AM for field day activities and from 11:00-12:30 PM to supervise our annual cookout and volleyball tournament.

Please email Judy Ursuliak at [jursuliak@nrsd.net](mailto:jursuliak@nrsd.net) if you are willing and able to volunteer. Please email by June 8th with your available time slot, 8:00-11:00 and/or 11:00-12:30.

An updated CORI will be required.

### LBMS Book Swap

Do you have any middle school appropriate books that your children have already read? Would you be willing to part with them knowing they could be enjoyed by your child's classmates? Would you like your child to have easy access to books of their choosing this summer?

We're excited to announce plans for a Book Swap again this June. Please check your bookshelves to see what you might be willing to contribute. We're looking to circulate gently used books in preparation for the summer break. Please refer to the flyer included in the Community News Events attached to this email for more information. Happy reading!

### LBMS School Store – Open with Spring and Summer Merchandise!

Our [LBMS School Store](#) has been reopened with lots of new SPRING and SUMMER merchandise. Check it out and show your school spirit! The store will be closing soon. All proceeds will go to our Student Council. Go Lancers!

### NRHS Fall Athletics Update

The fall pre-season meeting for students in grades 8-11 is scheduled for Wednesday, June 13, 2018, at 6:30PM at Nashoba Regional High School. Please refer to the flyer included in the Community News Events for more information.

### Nashoba Regional School District – Looking for Substitute Teachers

- Are you interested in supplementing your income but would like to work a schedule that is within your control?
- Are you interested in a position that matches your child's school day schedule?
- Are you interested in participating in Professional Development Workshops for staff and students at no cost? Topics range from software training to differentiated instruction.

If so, our District would love to have you! Please click [here](#) for more information and next steps.

### 2018-2019 School Calendar

The Nashoba Regional School District School Committee has approved next year's school calendar. Click [here](#) to access the calendar.

**PICTURE OF THE WEEK**



Memorial Day Assembly 2018