



Dear Parent/Guardian,

I am reaching out to make you aware of a growing problem at Morris Knolls and in many other high schools across the country. Recently, we have noticed a considerable increase in the student use of electronic cigarettes or “vapes”. According to the Centers for Disease Control and Prevention, nearly 1 out of every 4 high school students use electronic vaping products. The CDC has also recently put out an official warning regarding the severe pulmonary disease associated with e-cigarette products. Please see the following link: [CDC Warning - 2019](#)

Common additives in electronic cigarettes include nicotine and caffeine, both substances found in high doses to have negative effects on adolescent brain development. E-cigarettes can also be used to vaporize cannabis oil or melt highly concentrated “dabs,” a crystallized form of hashish. These products eliminate the odor produced by the typical ways of burning marijuana, which makes it difficult for parents to detect that their teenagers are getting high.

Here are some useful links to provide more information:

[Vaping Epidemic - USA Today](#)

[NBC News - Vaping Lung Injuries Story](#)

[NJ.com Article](#)

Many vaping stores have recently opened in Denville, Rockaway and surrounding towns. Some of these locations ensure that the buyers are the legal age of 21, however some store owners are turning a blind eye to the law and selling to minors, in an effort to earn a profit.

Here are some signs to look for to detect the use of vapes. :

- A sudden, unexplainable strong smell of fruit, candy or mints
- Excessive dry mouth/dry skin
- Increasing nose bleeds
- Possession of strange pen-like devices or other objects that may need to be charged

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Here are a few examples of the most common vape products that we are seeing students use:



We are looking to continue to partner with our parents to help keep our students healthy and safe. In an effort to curtail the use of e-cigarettes and ensure the safety of our students, the Morris Knolls Administration will continue to take the following steps when we have confirmed the use of e-cigarettes/vapes on school grounds or at school sponsored activities.

- Student will receive an In-School Suspension for the first offense.
- Student will be seen by our school nurse for any safety concerns.
- Parent/Guardian will be notified.
- Student will be sent out for an immediate medical evaluation and drug screening.
- School Counselors will be made available for consultation.

We encourage you to have a conversation with your son or daughter about the dangers of e-cigarettes/vaping and please feel free to reach out with any questions or concerns.

With Golden Eagle Pride,

Ryan MacNaughton
Principal