

The Lawrence Ledger

October 11, 2019

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<https://www.facebook.com/swregional/>

Principal's Message



Drop Off & Pick Up

Please exercise caution when dropping off your children and do not pass other vehicles. If you perceive that you may need "extra" time for drop off, please park your vehicle in the parking lot and walk your child to the front door.

For pick up, parents and guardians should park and walk to the door nearest the fence.

PEACE WEEK
(October 21st-25th)



Monday: Peace Pledge

I promise:

To respect myself and all people,
To respect my school and property that does not belong to me,
To take responsibility for my own behavior,
To work out disagreements in a peaceful manner.
To help keep our school a peaceful place where everyone is accepted!

Tuesday:

"For every minute you are angry, you lose 60 seconds of happiness."

"Don't let the anger heat you up."
Instead:

- Count to 10
- Take a deep breath
- Squeeze a stress ball
- Go to a safe place and rest
- Write or draw about what is bothering you.

Wednesday:

"Love is the only force capable of transforming an enemy into a friend."

Dr. Martin Luther King, Jr.
Try to get to know a new friend today. Invite someone new to play with you during recess.

Thursday:

"Before you say something, think how you would feel if someone said it to you."

Remember that mean words can really hurt, and we can't totally erase the hurt they can cause. But always try to say that you are sorry.

Friday:

"Peace begins with a smile."
Mother Teresa
Offer a smile to someone new, and try to give a compliment or words of encouragement to someone!

**THIS IS NOT
A FLASH
DRIVE.**



Please see below some information from the NJ Department of Health that you may find meaningful regarding E-Cigarettes/Vaping.

The NJ Department of Health has indicated that, "Until the CDC/FDA determines the cause of 380 confirmed and probable cases of lung illness associated with the use of e-cigarettes in 36 states and the U.S. Virgin Islands, the CDC is recommending that people **not use e-cigarettes.**"

"E-cigarettes are electronic devices that produce an aerosol by heating a liquid that usually contains nicotine (the addictive drug in regular cigarettes, cigars, and other tobacco products), flavorings, and other chemicals to help make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. E-cigarettes come in many shapes and sizes.



10/14/19-School Closed (Columbus Day)

10/21/19-SEPAG Meeting CEL @ 7:00 pm
-School Violence Awareness Week.

10/23/19-PTO Trunk or Treat CEL

10/24/19-PTO Trunk or Treat CEL (Rain Date)

10/28/19-Red Ribbon Week

10/30/19-BOE Meeting SMS @ 7:00 pm

10/31/19-Halloween

11/4/19- SWPTO Meeting SMS @ 7:00

11/5/19-Election Day

11/6/19-End of Marking Period 1

11/7-8/19-School Closed Teacher Convention

11/11/19-Veteran's Day

11/12/19-CEL Family Reading Night
Multi Purpose Rm @ 6:30 pm

11/13/19-Report Cards

11/15/19-PTO Yankee Candle Fundraiser Pick Up-CEL 3:30-7:30pm

11/16/19-PTO Yankee Candle Fundraiser Pick Up-CEL 9:00-12:00pm

11/22/19-11/27/19-Early Dismissals

11/28/19-11/29/19-School Closed (Thanksgiving)

They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems.” Using an e-cigarette is sometimes called “vaping” or “JUULing.”

Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items.

Many e-cigarettes and vaping materials contain harmful or potentially harmful substances, and it is difficult to know what each individual product contains.

E-cigarettes can potentially also be used to deliver other drugs.

Judith Persichilli, Acting Commissioner, NJ Dept. of Health and chair of the Governor’s Electronic Smoking Device Task Force further stated, ‘I am very concerned about the health dangers posed by vaping and the increasing incidence of severe respiratory illnesses that have hospitalized our youth.



(Continued from page one “NJ Health)

Equally alarming is that flavored vaping oils are marketed with names like cotton candy, strawberry cheesecake and razzleberry that are attractive to children despite the fact that such sales are illegal in this state.’

At this time, the New Jersey Department of Health is investigating multiple reports from healthcare facilities of severe lung illness in people who report vaping. Cases in New Jersey have been primarily reported among persons between the ages of 16 to 45 with no significant past medical history. The Department has sent a [statewide health alert](#) to health care providers and local health departments following recent reports of severe lung disease in people who have used vaping products.

No single product has been implicated. Patients have reported high variability in substances/products they used in vaping, including both tobacco and tetrahydrocannabinol (THC) containing products as well as other products.”

More information can be found at:

<https://www.nj.gov/health/fhs/tobacco/vaping/>