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Spirit Week | Dress up like a Teacher Day

SUPERINTENDENT NEWS

by Josh Meyer, Superintendent

The Board of Education has approved the hiring of Angela Petersen to fulfill the duties of elementary principal for the upcoming school year. I have served in that position for the past six years, but in order to improve the elementary school and support student needs, the Board determined that a separate position for elementary principal is once again required. The Board has also approved the hiring of Hannah Sallee as the Family & Consumer Sciences teacher for next year. We are very excited to welcome them both to our school family.

About 20 years ago, the district began to see a decline in student enrollment. This mirrored the decline in overall population in the county at the time. The loss of enrollment forced budget cuts, staff reductions, and put the district into somewhat of a survival mode.

CONTINUED ON PAGE 3

Use your smartphone camera.



UPCOMING EVENTS



NO SCHOOL / MUSIC FESTIVAL

March 2nd @ All Day

CAREER DAY

March 3rd @ All Day

NO SCHOOL / TEACHER WORK DAY

March 4th @ All Day

JH SCHOLARS BOWL

March 7th

CPL at Ellinwood.

CPL MUSICAL FESTIVAL

March 8th @ 9:00 am

For JH / HS Band and Choir.

NO SCHOOL

March 11th

SPRING BREAK

March 14th - 18th

No school Students. No school Staff.

SPRING PICTURE DAY

March 23rd

For Pre-K through 6th grade only.

CLUB GROUP PICTURES

March 23rd

Yearbook pictures for all clubs and groups during LS and after lunch. See Mrs. Benhke for details.

DECORATE FOR PROM

March 24th @ After school

Parents and Students help to decorate for Prom.

DECORATE FOR PROM

March 25th @ All Day

Parents and Students help to decorate for Prom.

JUNIOR / SENIOR PROMENADE

March 26th @ 7:30 pm

Promenade starts at 7:30 pm. Photos at 8:00 pm. Dance from 8:30 pm - 11:30 pm.

DADDY DAUGHTER DANCE

March 27th @ 3:00pm - 5:00 pm

In the Main Gym, hosted by Rec. Contact Rec for more details.

PROM CLEAN UP

March 27th @ 6:00 pm

Junior Parents & Junior Students help clean up Prom in Main Gym.

SUPERINTENDENT NEWS

CONTINUED FROM PAGE 1

Enrollment has remained pretty steady for the last decade. However, the Quivira water right impairment issue came to a head several years ago. The potential devastating economic impact on our community has stifled most thoughts of future improvements or growth.

Then two years ago, the global Covid pandemic threw a wrench into everything. This was a difficult situation with no clear right answers. Regardless, our focus was limited to what was needed to keep kids in school and keep the doors open.

These situations have all made it very difficult to think long-term and focus on the future of our district. These are serious issues; some with no clear resolution. However, the need to plan for the future does not go away because we have challenges.

Realizing this, the Board of Education has begun the process of developing a long-term plan for school district improvement. Gary Sechrist with the Kansas Association of School Boards worked with around 50 people including parents, community members, and parents to get input for this improvement plan. The group met two evenings recently and provided valuable feedback to the Board and school district staff. Over the next couple of months, the Board and staff will work to develop a long-term improvement plan.

I feel very proud of what we do here in our school district. We have a great staff that does their best to meet the needs of every student. Feedback from parents and patrons backs this up. While we can be proud of our district, it is also important to recognize that there is always room for improvement.

Legislators are hard at work in Topeka this time of year. Since K-12 education is such a large portion of the state's budget, it is a focus of legislation every year. One bill you may have heard about has to do with "parents' rights." There is a lot of information in the bill, but essentially it would require school districts and teachers to post all instructional materials online. The selling point is to give parents access to curricular materials.

The reality is that any parent can review any of this information now upon request. The amount of time, effort, and cost associated with posting all of this information would be immense. There is also a bill that would require school districts accept out-of-district students. Another bill would force schools to accept homeschool or virtual school students in their athletic and activity programs.

What is frustrating about some of this legislation is the encroachment on local control and excessive government mandates. I hope that our legislators will ultimately see that people generally want decisions made at the local level. We have elected 7 people to make these decisions based on the needs in our community as opposed to the party politics in Topeka.

As always, if you'd like to visit about any of these topics or have other questions or concerns, I can be reached at 620-549-3564 or meyerj@usd350.com. I am proud to be a Tiger and proud to serve USD 350 with Purpose, Passion, and Pride.

- Josh Meyer - USD 350 Superintendent



Morgan Send off to State Wrestling

2-22-22 PICTURES

TWOSDAY MOMENTS



TWOSDAY MOMENTS



TWOSDAY MOMENTS



TWOSDAY MOMENTS



FB HIGHLIGHTS

St. John - Hudson Tigers USD 350
February 13 at 7:31 PM · 🌐

The Forensics team competed at Greensburg on Saturday. Congratulations to Brooke for participating in her first meet! Congratulations to Ian for placing 7th in Informative, Garrett for placing 4th in Original Oratorion, and...Elijah for placing 1st in Extemp which qualified him for State Championships!




👍❤️ 54 7 Comments 2 Shares

St. John - Hudson Tigers USD 350
about a week ago



Introducing the 2022 SJH inductees into the National Honor Society. Congrats Ian, Heidi, Paige, Caden and Jade

👍❤️ 78 11 1

STUDENT MOMENTS

St. John - Hudson Tigers USD 350
about a month ago



CPL CHAMPIONS!!!
Congrats to the JH Lady Tigers. They are the 2022 CPL Champions with a 30-24 win over La Crosse today

👍 132 💬 35 ➡️ 9

VALENTINE'S DAY DELIVERY

by *Brandon Henkle*

KAYS delivered Valentine's Day cookies to teachers. Pictured: Elijah, Connor and Hunter pictured, all seniors.



Delivering Cookies

JH SCHOLARS BOWL

by Mrs. Feril, Club Sponsor

The junior high scholars bowl team has been busy the past few weeks. The teams have attended contests in Ellinwood, Otis-Bison, LaCrosse and our own home meet. Although they have only brought one place home they have competed very well.

Our home meet was successful with 6 other varsity teams attending. JH JV team got 2nd at Lacrosse Scholars Bowl on March 1st. Members are Jenny Gracia, Ixik Mawhirter, Garrett Dunn, and William Martin.

Monday, March 7th will be the CPL meet at Ellinwood.



CLASSROOM HIGHLIGHTS

STUDENTS DESIGN AND CREATE SPANISH MAGAZINES

by Mrs. Mixon, Spanish Language Aide

Recently Ida Long Goodman Library donated some Spanish / Hispanic magazines to the Spanish classes. The students enjoyed browsing through the magazines and reading the articles, advertisements and news. The Spanish classes are grouped into teams of 3 to 5 members. Each team was assigned to create their own Spanish magazine. They were supposed to create something entertaining, relevant to the hispanic culture and they were to use as much Spanish as they could without using outside help to translate. You can visit www.maestramixon.com to read and view each of the digital magazines.



CLASSROOM HIGHLIGHTS



HUMAN BIO



1ST HR



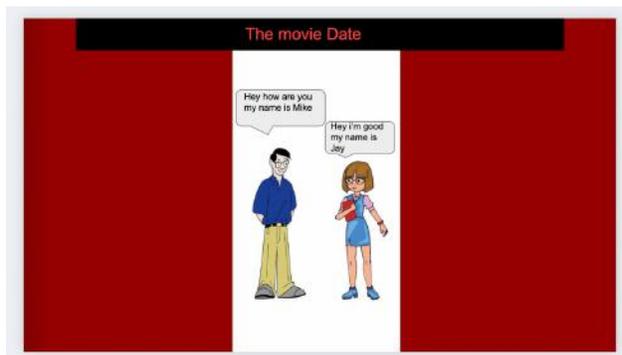
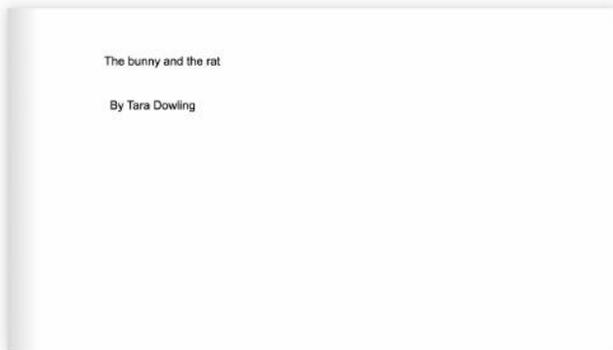
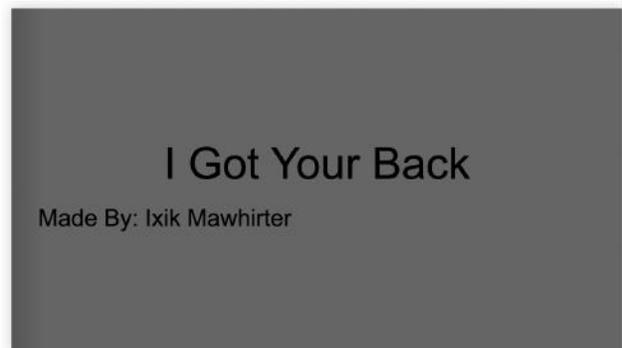
PICS BY CHRISTIAN

CLASSROOM HIGHLIGHTS

7TH GRADERS DESIGN SLIDESHOWS

by Mrs. Mixon, Computer Class

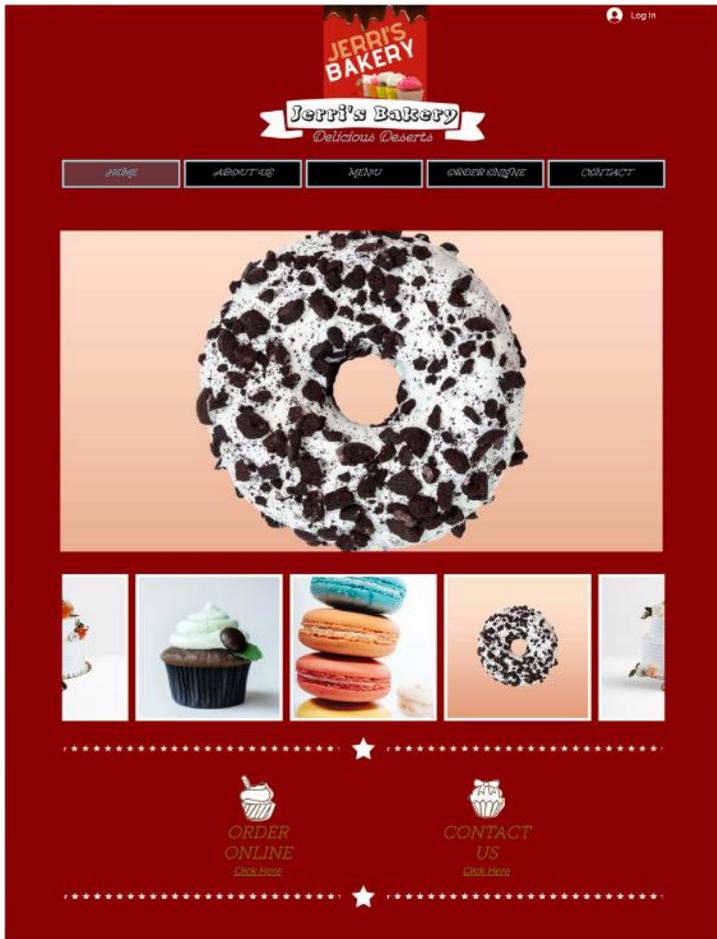
The second semester 7th grade computer students designed and created slideshows using Google Slides. Visit www.maestramixon.com to view their slideshows online.



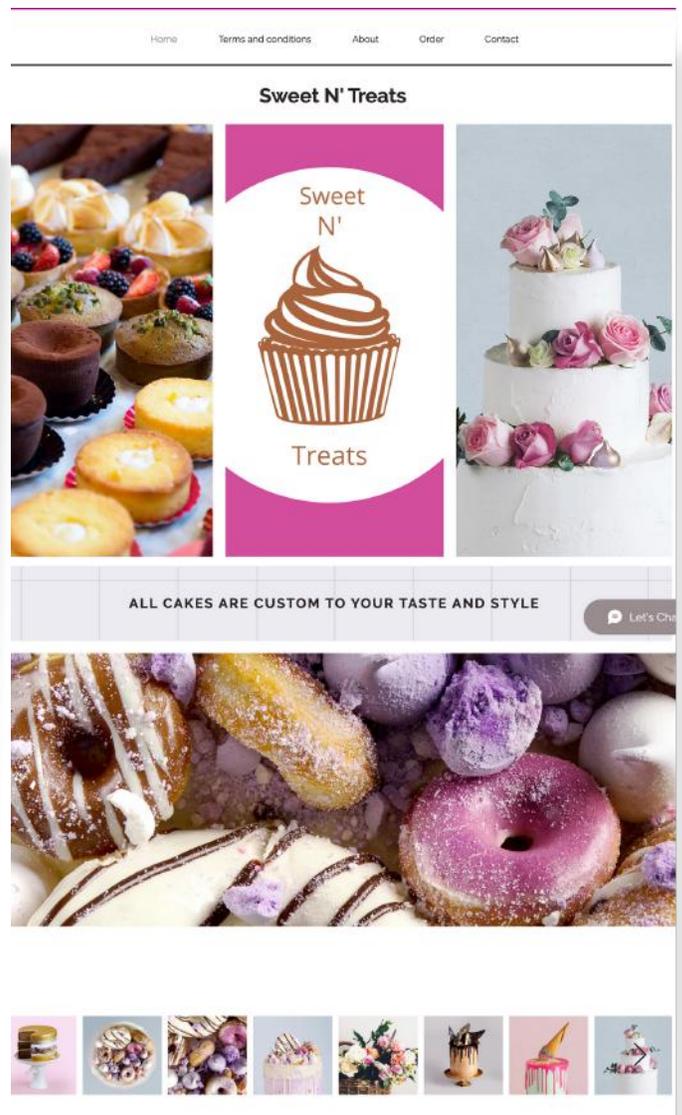
7TH GRADERS CREATE BUSINESS WEBSITES

by Mrs. Mixon, Computer Class

The class learned how to create business websites for their own 'business'. They learned how to put together design branding guidelines, such as choosing fonts, colors, and graphics. From there they designed their logo, business cards, grand opening flyers and 5 page websites to promote or run their 'business'.



by Jericho Mawhirter

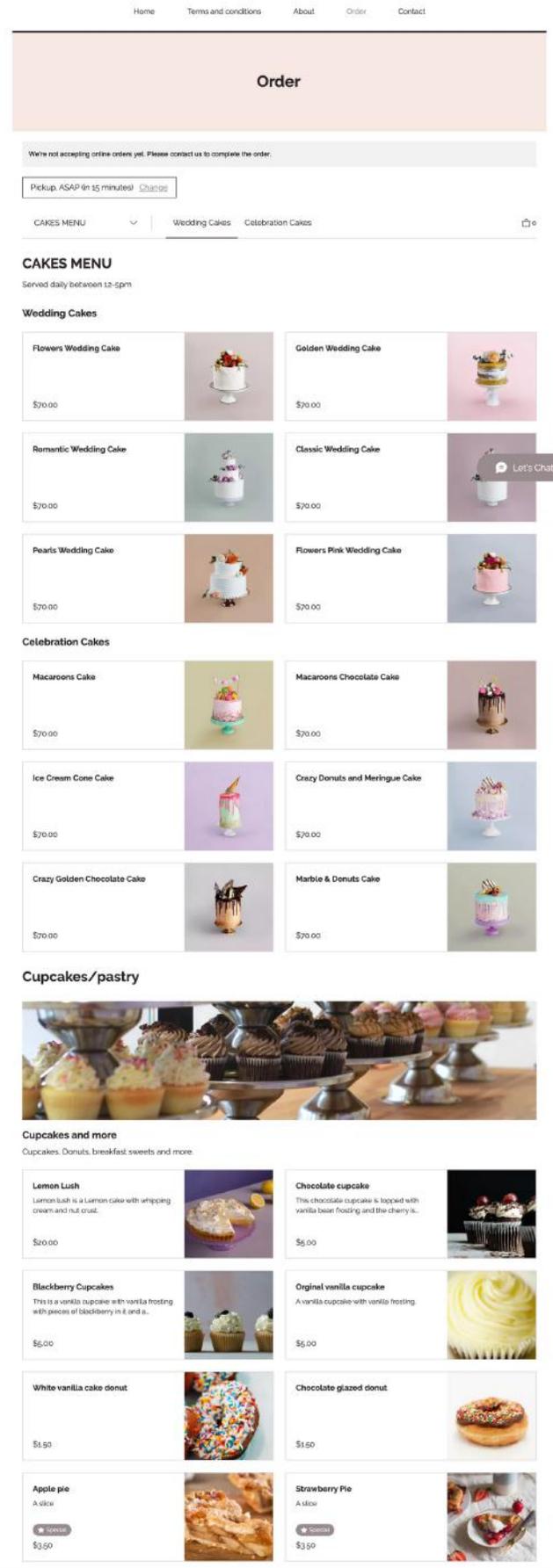


by Lilly Brummer

CLASSROOM HIGHLIGHTS

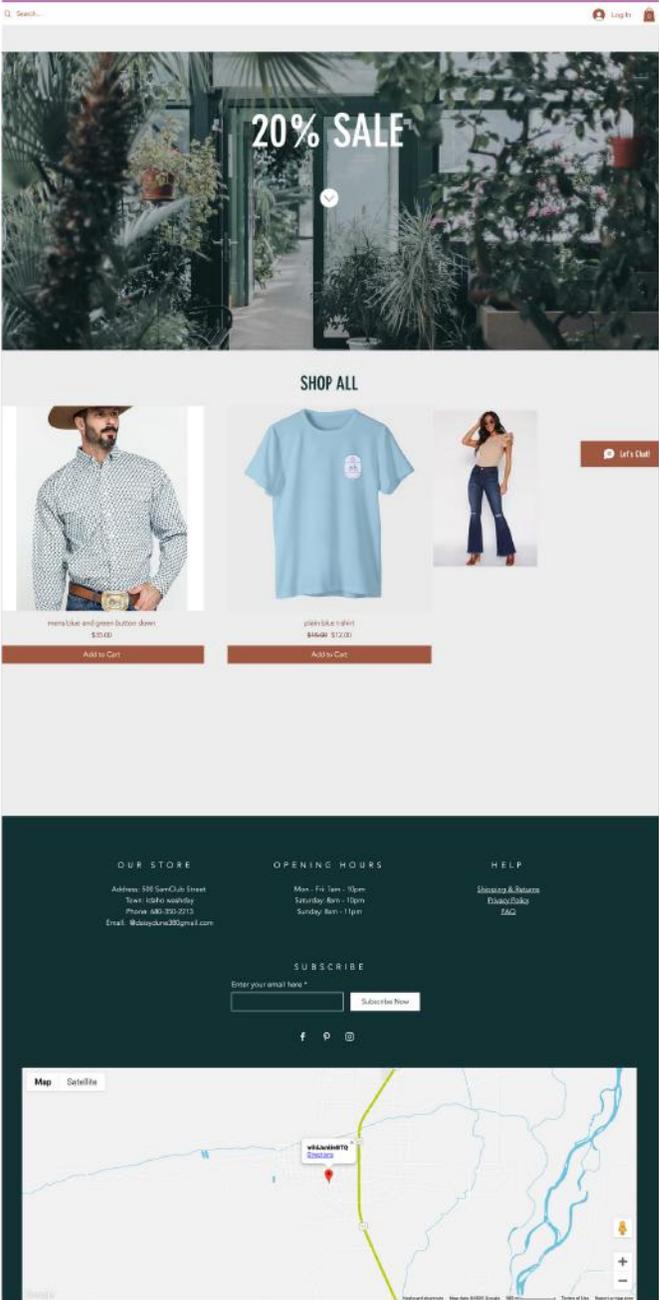
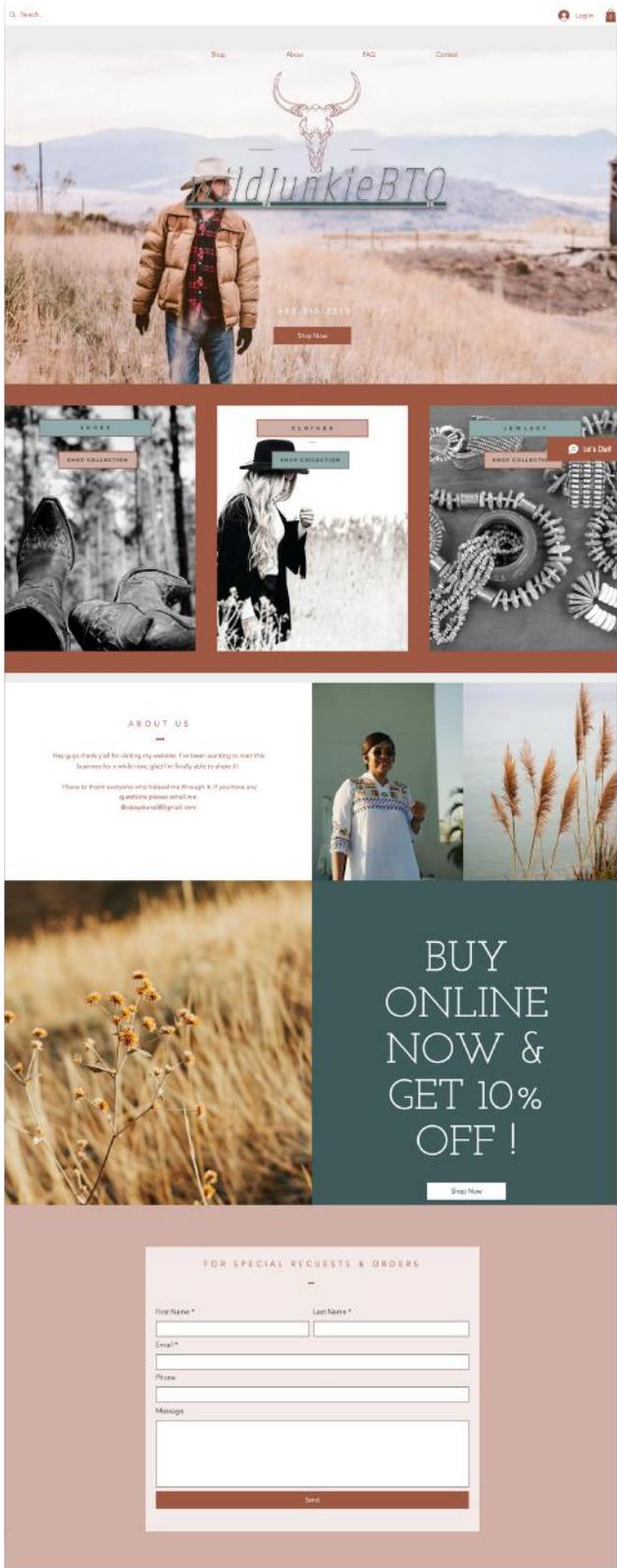


by Ixik Mawhirter



by Lilly Brummer

CLASSROOM HIGHLIGHTS

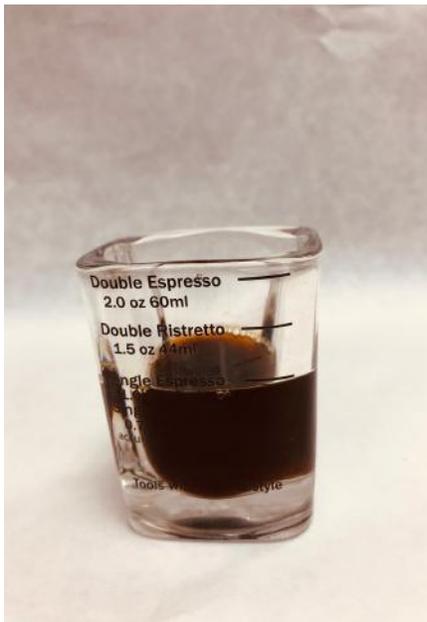


by Allison Lopez

TIGER COFFEE SHOP OPENS MARCH 7TH

by Mrs. Patterson

Tiger Coffee Shop opens March 7th and will also be open during Parent Teacher conferences.



FACS NEWS



FACS NEWS





FACS NEWS





FACS NEWS



PARENTING AND FAMILY STUDIES

by Mrs. Patterson

Real baby weekend experiences have been taking place in the last three weekends and students have been exposed to taking care of a computerized baby with feeding diapering rocking burping and other issues a really good fact check whether or not you want to be a parent at this stage in your life lots of fun stories and frustration.



CONGRATULATIONS MUSICIANS!

by Mr. Mac Knight

Congratulations to our 5th, 6th, 7th and 8th grade musicians on their outstanding performances at the St. John Music Invitational today! Our students were wonderful representatives for our school and community. For those unfamiliar with music ratings, here is a brief overview. The judge uses a rubric to score various musical elements. Each element is worth a specific number of points and the point total determines the final rating. The ratings range between 1 and 5, with a 1 being the top rating. Our results from today:

St. John Jr/Sr High Band - 1
St. John 5th/6th Choir - 1
St. John JH Choir - 2
Mia Meyer (Vocal) - 1
MiKaela Ridgel (Vocal) - 2
DJ Barney (Piano) - 1
Aaron Llanas (Clarinet) - 1
Kalla Foote (Flute) - 2

Lainey Peterson (Clariner) - 1
Liam Knight (Trombone) - 1
Emmett Delp (Trumpet) - 1
Juan Lozano (Trumpet) - 1
Abigail Herrera (Trumpet) - 1
Rafael Gonzalez (Alto Sax) - 1
Ryer Ward (Piano) - 1
DJ Barney (Mallet) - 1

Phenomenal ratings come from a ton of hard work! A huge thank you goes out to our school staff for making the festival run so smoothly. And thank you to our accompanists, Mrs. Linda Hiebert and Mrs. Pam Turner, for the gift of their time and talent to help our students!



MUSICAL FESTIVAL



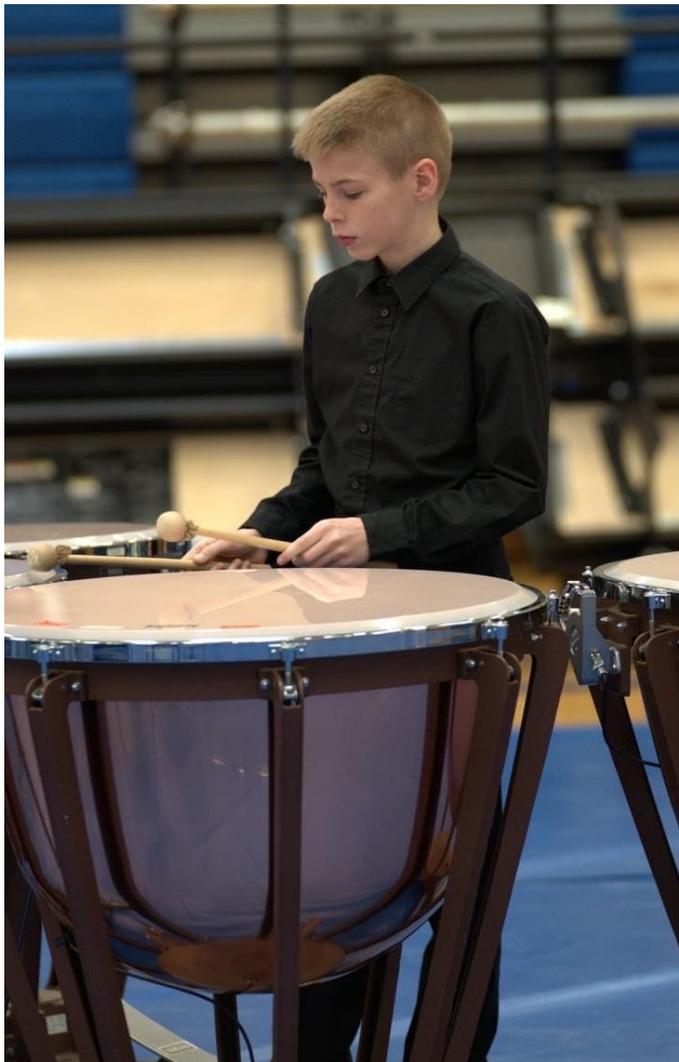
MUSIC FESTIVAL



MUSICAL FESTIVAL



MUSIC FESTIVAL

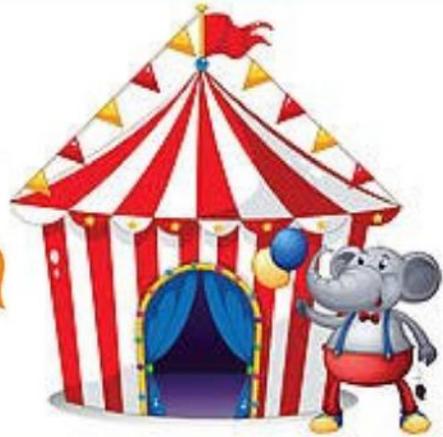


MUSICAL FESTIVAL



Elementary CARNIVAL

hosted by St. John PTO



Saturday, April 9th

3:00 pm — 5:00 pm

Main Gym & Commons Area

**Games &
Prizes**

**Face Painting &
Hoop Shoot**

\$0.25 / ticket

Inflatables

Concessions

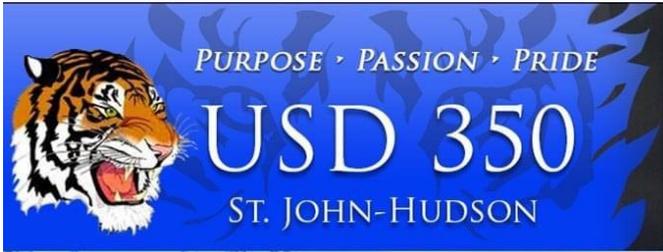
Cotton Candy

Popcorn

Chips

Pop

Water



4-Man Scramble

**Saturday, April 23rd
10:00am**

Stafford County Country Club

**Benefit for the
St. John-Hudson USD 350
Education Foundation
& St. John-Hudson
Booster Club**

\$200 per team

Limited to 18 teams

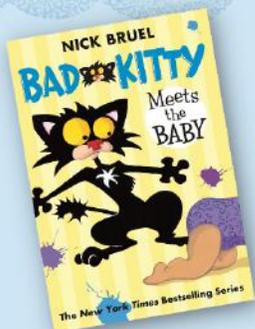
Call/Text Danton 620-243-2997
or Josh 620-617-0524 to register

- **Lunch included**
- **Cash prizes in each flight**
- **Hole prizes**
- **Raffle prizes including rounds of golf, golf bag, putter, gift cards, and more**

Limited carts available for rent

The Summer Library Program **IS RIGHT AROUND THE CORNER**

For Kindergarten - 4th Grade



EARN BOOK BUCKS

Read to earn book bucks.
Buy prizes from our Treasure Store
with your Book Bucks !



REACH YOUR READING GOAL

TO WIN A GRAND PRIZE

Book autographed by the author!
(Limited Quantity)

COLLECT RAFFLE TICKETS

Get a chance to win surprise baskets! You will
receive a raffle ticket each day you join us!

Registration forms will be sent home in May...
get a raffle ticket when you register!



DESIGNED BY MRS. MIXON

#IDALONGGOODMANMEMORIALLIBRARY

SUMMER 2022 / OCEANS OF POSSIBILITIES

FRIENDS OF THE LIBRARY QUARTER BINGO IS BACK IN APRIL!

by Mrs. Laura Davis

This popular fundraiser for Friends of the Ida Long Goodman Memorial Library is back in April! Mark your calendars now to attend Quarter Bingo. Each game starts at a minimum of \$20 in cash prizes thanks to our local business sponsors. Games are 25¢ per card per game...so bring the piggy bank with those quarters.

Games start at 2 pm in the Community Room of the library on April 24th.



APRIL 24 TH, 2022

B I N G O

on Sunday *afternoon* **2 PM**

Ida Long Goodman Memorial Library

406 N. Monroe, St. John

Prize money starts at \$20+ each game

25¢ per card / per game



VAPING: THE ‘OTHER’ PANDEMIC

by Blain White, HS Principal

Whether we like it or not, we have a pandemic that we have been fighting for much longer than we have had to deal with Covid-19. This pandemic is teen vaping using some type of electronic delivery device. Vaping has been in our schools for some time now and is not isolated to St. John by any means. As I talk with my colleagues in other schools, I find that it is a frustration and challenge everywhere. One of our main frustrations is that the devices used by teens are made and marketed for teen use. They are available in many flavors (cheesecake, orange soda, mint, chocolate, etc.) and the devices are easy to conceal. The age requirements to purchase the device or the “pods” is 18 throughout Kansas and 21 in parts of the state but as you know, teens are finding a way to get them.



My concern is for the student and their health. Vaping puts high concentrations of nicotine into the body in a short period of time. That nicotine is highly addictive and can slow brain development in teens and affect memory, concentration, learning, self-control, attention, and mood. Nicotine addiction has been linked to depression and increased suicidal thoughts in teens. It also increases the risk of other types of addiction later in life.

Below is an excerpt from the student handbook concerning use of such devices.

TOBACCO AND NICOTINE DELIVERY DEVICES Use and/or possession of any tobacco product or nicotine delivery device by students is prohibited in any district facility; in school vehicles; at school-sponsored, activities, programs, or events; and on school owned or operated property. Administrators may report students who are in violation of this policy to law enforcement,

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HIGH SCHOOL NEWS

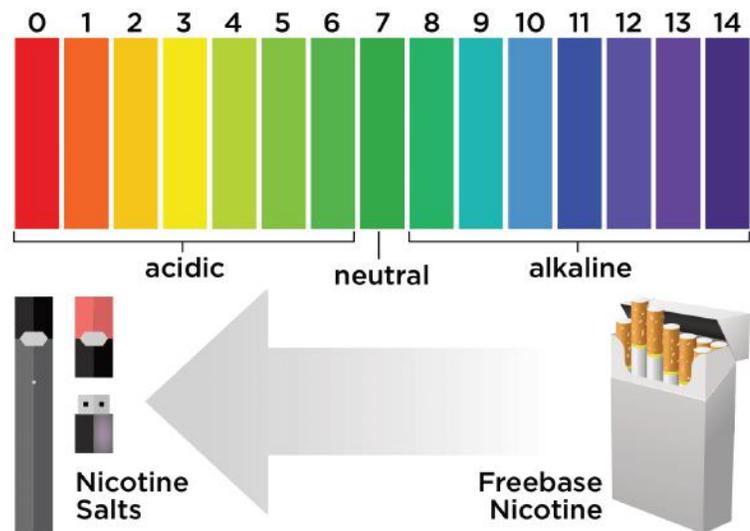
as appropriate. For the purposes of this policy, “nicotine delivery device” means any device that can be used to deliver nicotine to the person inhaling from the device. Such definition shall include, but may not be limited to, any electronic cigarette, cigar, cigarillo, pipe, or personal vaporizer.

Up to this point the consequences for use or possession of such device have been In-School Suspension and contacting parents on the first offense. Subsequent offenses are given a longer suspension, parents contacted and law enforcement contacted. If a student is a participant in extracurricular activities, there are additional consequences that are applied in every offense.

Consequences from this point forward will be:

- Notify law enforcement on every offense. Law enforcement will determine whether or not to file a case against the student (which would require the parent to appear in court if the student is under 18 years old).
- The term of the In-School Suspension will be extended until 4:00, instead of releasing students at 3:20 when school is dismissed
- The parents will still be contacted by the school in all instances.
- Students may also be required to complete a substance abuse course while at school.
- If law enforcement suspects tampering (adding THC or other narcotics) to the pod or device, it will be tested. Positive results will result in long term expulsion.

I know that many parents have the same concerns as we have at school. I believe that if we all work together we can make a difference. There are a lot of articles and web sites available for parents concerning vaping, and what to know about it. A quick Google search will overload you with information. Throughout this newsletter there are a few different graphics to help you but I encourage you to search for resources and talk to you teen, even if you know they aren't involved in it. Communication is key. If you have any questions, please feel free to contact me.



For accessibility, explanation of graphic can be found in [Appendix, page 25](#).

- Blain White - HS Principal

Pod Mods

- Pod Mods typically use nicotine salts rather than the freebase nicotine used in most other e-cigarette, or vaping, products.
- Nicotine salts, which have a lower pH than free base nicotine, allow particularly high levels of nicotine to be inhaled more easily and with less irritation to the throat than freebase nicotine.

How to Classify the User's E-Cigarette, or Vaping, Product

For an accessible explanation of schematic below on how to classify e-cigarettes, go to [Appendix, page 25](#).

Important notes:

1. E-liquids can contain nicotine, THC, CBD, flavors, or other solvents.
2. Marijuana herb, hash oil, dab wax are used with vaporizers.



THE DO'S AND DON'TS OF *Talking to Teens About Vaping*



Conversation Starters:

- “Would it be okay if we talked about vaping?”
- “Tell me what you know about vaping.”
- “Why do you vape?” AND “What do you not like about vaping?”
- If providing factual information, ask, “What do you make of that?”
 - For example: “Youth who vape are more likely to go on and smoke cigarettes. What do you make of that?”

Do:



- Listen twice as much as you speak, use three reflections for every question.
- Encourage an open dialogue.
- Ask open-ended questions and reflect on those responses, make the teen feel heard.

Don't:



- Criticize or try to instill guilt.
- Turn the conversation into a lecture.
 - Focusing on facts is less effective and can lead to teens digging in their heels.
- Use scare tactics
- Try to answer questions you don't know the answer to, look the answer up together!

Conversation Closers:

- Give back the autonomy:
 - “At the end of the day, the decision of whether or not to vape is up to you. Only you can make that decision. I’m here for you.”
- Schedule a time later to talk more about resources, follow up on how the student is doing, & discuss possibilities of parent notification.
 - “Do you mind if we share this flyer with your parent?”

Youth Tobacco Cessation Resources:



The My Life, My Quit™ program is the free and confidential service for teens who want help quitting all forms of tobacco including vape. By enrolling, teens receive one on one coaching sessions with a tobacco treatment specialist trained in adolescent cognitive development.



Not-On-Tobacco (N-O-T) was created by the American Lung Association that is a group program designed for 14-19 year olds who are daily smokers/vapers and who demonstrate motivation to quit. Consists of 10 weekly 50 minute sessions plus 4 booster sessions, conducted in a school or community setting, with 10-12 participants per group.



This is Quitting is a free mobile program from the Truth Initiative designed to help young people quit vaping. A text messaging program incorporates messages from other young people who have attempted to, or successfully quit e-cigarettes. Participants also receive evidence-based tips and strategies to quit and stay quit. Tailored based on age, between 13 and 24 years old.



To learn more about what you can do to prevent teen tobacco use, visit our website at https://www.kdheks.gov/tobacco/vape_free_schools.htm



TEEN VAPING: WHAT TO WATCH FOR



Today, teens are vaping and using e-cigarettes that do not have the familiar tobacco smell and may not have any odor at all. Here are some signs that may be side effects of vaping:

1 FINDING UNUSUAL OR UNFAMILIAR ITEMS:

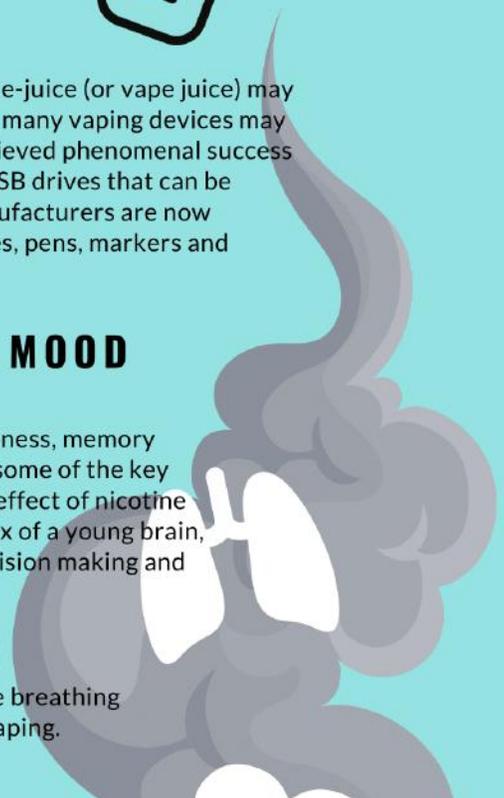
Disposable or refillable pods that contain the e-juice (or vape juice) may be the most commonly-found item. However, many vaping devices may look like benign objects in disguise. JUUL achieved phenomenal success in part by designing its devices to resemble USB drives that can be hidden and charged in plain sight. Other manufacturers are now designing vape devices that resemble watches, pens, markers and other common objects.

2 BEHAVIORAL CHANGES, MOOD SWINGS, AGITATION:

Mood swings, agitation, impulsivity, secretiveness, memory loss, inability to concentrate and anxiety are some of the key changes you may see. This may be due to the effect of nicotine substantially diminishing the prefrontal cortex of a young brain, which largely governs emotional control, decision making and impulse regulation.

3 SHORTNESS OF BREATH:

If a child is an athlete and starts having trouble breathing during practices or games, it could be due to vaping.



4 POOR PERFORMANCE:

If a child's academic or athletic performance starts to decline, it could be due to nicotine-induced changes in the brain. Students who get caught vaping at school may be suspended or kicked off the team.

5 INCREASED THIRST AND NOSE BLEEDS:

Some types of e-liquids contain chemicals that dry out the mouth and nasal passages. This can heighten thirst and prompt more frequent nose bleeds.

6 MOUTH SORES, ABNORMAL COUGHING, THROAT-CLEARING:

Vaping inflames mouth cells and oral tissue, which could lead to lesions, gum disease, tooth loss and other forms of oral decay. It can also irritate the throat, causing vapers to frequently cough or clear their throat.

7 STRANGE/SWEET ODORS:

One of the appeals of vaping is the "fun" flavors like mint, bubblegum, and chocolate. While certainly less pungent than cigarette smoke, the trace odors of vaping are still noticeable. The most popular flavors are sweet so you may notice an unusually sweet smell, although it goes away quickly.

8 VAPING LINGO:

Vaping has developed its own culture, with popular videos on YouTube and Twitter showing vape cloud tricks and slang. Keep an ear out for overheard conversations with coded phrases like "atty" for the device's atomizer and "sauce" in place of e-liquid or e-juice.



By The Vape Free Kansas Schools Task Force, November 2020.

LO QUE HAY QUE HACER Y LO QUE NO HAY QUE HACER

al hablar con los adolescentes sobre el vapeo



Iniciadores de conversación:

- "¿Está bien si hablamos del vapeo?"
- "Dime lo que sabes sobre el vapeo".
- "¿Por qué vapeas?" Y "¿Qué es lo que no te gusta del vapeo?"
- Si proporciona información objetiva, pregunte, "¿Qué opinas sobre esto?"
- Por ejemplo: "Los jóvenes que vapean tienen más probabilidades de continuar y fumar cigarrillos. ¿Qué opinas sobre esto?"

Haga esto:



- Escuche el doble de lo que habla, utilice tres reflexiones por cada pregunta.
- Fomente un diálogo abierto.
- Haga preguntas abiertas y reflexione sobre las respuestas dadas.
- Haga que el adolescente se sienta escuchado.

No haga esto:

- Criticar o tratar de infundir culpabilidad
- Convertir la conversación en un sermón
- Centrarse en los hechos es menos eficaz y puede conducir a que los adolescentes no sean receptivos.
- Utilizar tácticas de miedo
- Intentar responder a preguntas que de las que no sabe la respuesta. ¡Busquen juntos la respuesta!



Cierres de conversación:

- Devolver la autonomía:
 - "Al fin y al cabo, la decisión de vapear o no depende de ti. Sólo tú puedes tomar esa decisión. Yo estoy aquí para apoyarte".
- Programar un tiempo más tarde para hablar más sobre los recursos, hacer un seguimiento de cómo le va al estudiante y discutir las posibilidades de notificar a los padres.
 - "¿Te importa si compartimos este folleto con tus padres?"

Recursos para que los jóvenes dejen de fumar:



El programa My Life, My Quit™ es un servicio gratuito y confidencial para los adolescentes que desean ayuda para dejar todas las formas del uso de tabaco, incluido el vapeo. Al inscribirse, los adolescentes reciben sesiones de entrenamiento individual con un experto en el tratamiento del tabaco especializado en el desarrollo cognitivo de los adolescentes.



Not-On-tobacco (N-O-T) fue creado por la Asociación Americana del Pulmón y es un programa de grupo diseñado para jóvenes de 14 a 19 años que fuman o vapean a diario y que demuestran motivación para dejar de fumar o vapear. Consiste en 10 sesiones semanales de 50 minutos cada una, más 4 sesiones de refuerzo, realizadas en un entorno escolar o comunitario, con 10 a 12 participantes por grupo.



This is Quitting es un programa móvil gratuito de la Truth Initiative diseñado para ayudar a los jóvenes a dejar de vapear. Un programa de mensajería de texto incorpora mensajes de otros jóvenes que han intentado dejar el tabaco o lo han conseguido. Los participantes también reciben consejos y estrategias comprobadas para dejar de vapear y mantenerse libres del vapeo. El programa es adecuado de acuerdo con la edad, entre 13 y 24 años.



Para saber más sobre lo que puede hacer para prevenir el consumo de tabaco entre los adolescentes, visite nuestro sitio web https://www.kdheks.gov/tobacco/vape_free_schools.htm



VAPEO EN LOS ADOLESCENTES: EN LO QUE DEBEMOS ESTAR ATENTOS

Hoy en día, los adolescentes vapean y utilizan cigarrillos electrónicos que no tienen el olor familiar del tabaco y a veces no tienen ningún olor. Estas son algunas señales que pueden ser efectos secundarios del vapeo:

1 ENCONTRAR OBJETOS INUSUALES O DESCONOCIDOS:

Las cápsulas desechables o recargables que contienen el e-jugo (o jugo de vapeo) pueden ser el objeto más comúnmente encontrado. Sin embargo, muchos dispositivos de vapeo pueden parecer objetos benignos disfrazados. JUUL logró un éxito fenomenal en parte por haber diseñado sus dispositivos para que se parecieran a unidades USB que puedan esconderse y cargarse a plena vista. Otros fabricantes están diseñando dispositivos de vapeo que se parecen a relojes, bolígrafos, marcadores y otros objetos comunes.

2 CAMBIOS DE COMPORTAMIENTO, CAMBIOS DE HUMOR, AGITACIÓN:

Cambios de humor, agitación, impulsividad, secretismo, pérdida de memoria, incapacidad de concentración y ansiedad son algunos de los cambios que se pueden observar. Esto puede deberse al efecto de la nicotina disminuyendo sustancialmente la corteza prefrontal de un cerebro joven, que gobierna en gran medida el control emocional, la toma de decisiones y la regulación de los impulsos.

3 FALTA DE ALIENTO:

Si un/a adolescente es deportista y empieza a tener problemas para respirar durante los entrenamientos o los partidos, esto podría deberse al vapeo.



4 BAJO RENDIMIENTO:

Si el rendimiento académico o deportivo de un/a adolescente empieza a disminuir, podría deberse a los cambios inducidos por la nicotina en el cerebro. Los estudiantes que son sorprendidos vapeando en la escuela pueden ser suspendidos o expulsados del equipo.

5 AUMENTO DE LA SED Y DE LAS HEMORRAGIAS NASALES:

Algunos tipos de e-líquidos contienen sustancias químicas que secan la boca y las fosas nasales. Esto puede aumentar la sed y provocar sangrados nasales más frecuentes.

6 LLAGAS EN LA BOCA, TOS ANORMAL, CARRASPEO:

El vapeo inflama las células de la boca y el tejido bucal, lo que podría provocar lesiones, enfermedades de las encías, pérdida de dientes y otras formas de deterioro bucal. También puede irritar la garganta, haciendo que los consumidores tosan o se aclaren la garganta con frecuencia.

7 OLORES EXTRAÑOS/DULCES:

Algo que hace atractivo al vapeo son sus sabores "divertidos" como la menta chicle y chocolate. Aunque ciertamente son menos penetrantes que el humo de los cigarrillos, los olores del vapeo siguen siendo perceptibles. Los sabores más populares son dulces, por lo que usted puede notar un olor inusualmente dulce, aunque desaparece rápidamente.

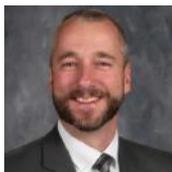
8 JERGA DEL VAPEO:

El vapeo ha desarrollado su propia cultura, con vídeos populares en YouTube y Twitter en los que se muestran trucos y jerga del vapeo. Manténgase atento a las conversaciones escuchadas con frases codificadas como "atty" para el atomizador del dispositivo y "sauce" para el e-líquido o e-jugo.



Esta información es presentada por la Vape Free Kansas School Task Force (Fuerza de Tareas de Escuelas Libres de Vapeo de Kansas), noviembre de 2020.

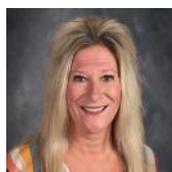
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