

December 7, 2017

Dear 10th Grade Families,

E-cigarette Use (Vaping)

Recently, we've heard quite a bit about student use of e-cigarettes (vaping). In response to this, we invited someone from the NCADA to speak specifically about vaping as part of our panel for the parent meeting a few weeks ago. I learned a ton during this meeting, and I've heard from many of you about how valuable the information has been to you as well. I found the information presented so useful that I made a similar presentation to educate our faculty and staff last week.

During morning assembly on Wednesday, November 29, Andy Abbott spoke to the student body about the dangers of vaping and the rise of this practice among teenagers, even teens within the Burroughs community. Many teens see e-cigarettes as a safe alternative to smoking cigarettes. This may be true – but it also may not be true. There is a lot of misinformation about their safety, and there simply hasn't been enough time to test these products thoroughly.

While it is true that some e-cigarettes do not contain nicotine (although there is some research that suggests that even so-called nicotine-free juices contain trace amounts of nicotine), the e-cigarette brand that we're hearing most about is called [Juul](#) and this brand doesn't sell a nicotine-free product. In assembly, Mr. Abbott not only spoke about the dangers of vaping but also about our school policies around vaping. If a student is found vaping or in possession of a vaping product, he or she can expect, at a minimum, to be placed on disciplinary probation. But please know that if your child is struggling with e-cigarettes, alcohol, or other drugs of abuse, we want to help them. If students come forward asking for help, we will absolutely work with them and their family to get them the help they need without disciplinary repercussions as long as they don't break any of our major school rules during the time they're getting help. For additional information about e-cigarettes and vaping, I encourage you to visit the following websites:

surgeongeneral.gov

drugabuse.gov

drugfree.org

<https://www.huffingtonpost.com/the-mash/vape-culture-attracts-tee b 8215340.html>

Finals Week

This very busy first semester is rapidly coming to a close and the first round of final exams probably looms large on your child's mind. English papers are due the Friday before finals (December 8) and exams for other core courses will take place on Monday through Thursday, December 11 through 14 at 10 am. Regular classes do not meet Monday through Thursday during exam week for these grade levels.

Students are not required to be here until their exam starts, and they can leave campus when they are finished, but lunch will be served if they choose to stay. Please also note that we have scheduled an exam make-up time for Friday, December 15 in case it is needed. This make-up day will only be used if school has to be cancelled sometime during that week. If you are making plans for winter break, please schedule your departures around this make-up exam day.

Academic Integrity

We have asked advisors to speak with their advisees before finals about academic integrity. Sometimes the stress that comes with a deadline for a major paper and final exams leads to students figuring out ways to cut corners. Cheating isn't just the wrong thing to do, it is also unfair to those who do follow the rules, it is unfair to you because you have made sacrifices to send your child to Burroughs, and it is unfair to the entire community whose reputation is at stake. I've shared two links with each of our advisors that feature Dan Ariely, author of "The (Honest) Truth About Dishonesty." [Click here for a short YouTube clip of his main arguments](#) and [here for an interview he did with Shankar Vedantam for the Podcast Hidden Brain](#). If your child is feeling terribly behind, please encourage them to seek out their teacher/s to discuss what can be done in the right way.

PSAT Results

In mid-October your child took the PSAT test. The results for this test should come sometime mid-December and at that time College Counseling will send you an e-mail with instructions for viewing your child's results. In 10th grade the PSAT test is purely for practice. The results of the test allow students to see where their strengths and weaknesses lie.

Have a wonderful winter break!

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