

D'Evelyn Accountability Committee Meeting
April 9, 2019
MINUTES

Welcome and Introductions

Opened meeting at 5:36 pm

Approval of March 2019 Minutes

- Approved by unanimous vote

**Presentation on Vaping and other nicotine issues / Presentation on Screentime
By Jen Bolcoa, Tim Schmeckpeper and Suzanne Roberts**

Vaping and E-Cigarettes

- Far fewer kids think vaping is risky compared to those that think smoking is risky
- Most kids try vaping because they are curious, like the flavors or believe they are safer than other tobacco products
- Media and social media have widely advertised e-cigarettes
- There is no regulation on marketing for these products
- Stealth vaping – products/clothing are made specifically to hide or make e-cigarettes unrecognizable
- Nicotine level in e-cigarette liquid is higher than in traditional cigarettes
- One pod is equal to a pack of cigarettes (nicotine amount)
- Even the non-nicotine products (e-liquid) contain harmful chemicals (diacetyl, propylene glycol and vegetable glycerin) – long term effects are unknown
- Contains aerosol – not harmless water vapor. Aerosol can also contain heavy metals and other particles. Also contains a certain level of carcinogens.
- School rule – cannot have any tobacco products in schools. At D'Evelyn the student is suspended out of school for first offense. This applies if the student argues that the “pod” does not contain nicotine.
- “Start the Conversation” training will start this spring and throughout next school year.

Screen time

- Youth report higher levels of loneliness, even though they are online. There is also more anxiety.
- Concerns around addiction (addicted to cell phone and screen time) – reinforcement for continued use
- Screenagers movie is screened at local schools and addresses teen screen use
- What can help? Work to reduce time online, model responsible use, highlight days and consider language, ask non-judgmental questions about use, assert important boundaries, engage in meaningful conversations
- Recommended books: Brainstorm (by Daniel Siegel), Irresistible (by Adam Alter) and IGen (by Jean Twenge)

Principal Report – Josh Griffin

- 6th grade issue:
Board if taking it under consideration and it will be considered again at the meeting on May 2nd.
- High School Spirit Week:
Week leading up to Prom
Encourage parents to talk to their students about good decision making

Steering Committee (SC) Report - Donna Li

- Steering would like to gather input about issues that should be a goal for next school year
- Current ideas include: phone use at school, cell phone policy, post-secondary preparedness and success, student awards night

Meeting adjourned at 6:50 pm

Attendees: Josh Griffin, Timothy Schmeckpeper, Suzanne Roberts, Jen Bolcoa, Carrie Kollar, Dana Miller, Mettett Karpinski, Donna Li, Lisa Rukstales, Gina Coco, Jothi Ravindran, Karol Steeves, Scott Spendlove

NEXT MEETING: MAY 9, 2019 @ 5:30-6:30 PM - LIBRARY