



# Lake Placid Elementary School Newsletter

**For the week of March 15-22, 2019**

Monday March 18, 2019	Day 1	Guitar Club, PE Club
Tuesday, March 19, 2019	Day 2	Newspaper Club, Mentoring, Art Club
Wednesday, March 20, 2019	Day 3	Band, Lego Club
Thursday March 21, 2019	Day 4	Chorus
Friday, March 22, 2019	XXXX	Superintendents Conference Day/No School

## **Read Across America Challenge!**

The girls are in the lead but here's a way you can get more reading credit: Watch the videos of LPES staff reading a story, comment below the video and gain not only the time it took to read with the LPES staff member but an additional 10 minutes of bonus time. Just sign your comment with your first name and class. For example: *Jane Doe in Mrs. Smith's class* would comment and sign *Jane 4S*

Follow the link below or search YouTube for  
*LPES Reading Corner*

<https://www.youtube.com/watch?v=qxKaDFhdejK>



## Important Dates:

- Friday, March 15: Wear Green for *Green Eggs and Ham*
- Thursday, March 21: Wear a shirt showing a special place for *Oh! The Places You'll Go!*
- March 22- Superintendent's Day – no school
- March 26: assembly K-5 – Chinese Acrobats
- Friday, March 29: Backwards Day (wear your clothes backwards) for *Wacky Wednesday*

## Reminders:

The breakfast and lunch menus can be found on our website. Contact Mr. Sean Bavis with any comments or suggestions related to cafeteria services.



<http://www.lpcsd.org/es-breakfast-lunch-menu/>

The office closes once the late buses have left. Please be sure to pick up your student from clubs by 3:30pm and if there are any transportation issues, call the bus garage at 518-523-4277.

## From The Office:

To help raise money for our playground. Inside the Elementary foyer is a “garbage can” labeled for bottles and cans. Please feel free to deposit your recyclable bottles and cans here (but please make sure to NOT place garbage in there).

## Seven Steps To Good Digital Parenting

Parenting today's tech savvy kids can seem overwhelming. But you can do it! Take these seven simple, though still challenging steps, to becoming a good digital parent.

<https://www.fosi.org/good-digital-parenting/seven-steps-good-digital-parenting/>



## VAPING ON THE RISE IN ESSEX COUNTY YOUTH

Written by Jarrod Sammis Communications and Community Relations The Prevention Team

In our Fall 2018 newsletter we began a series on e-cigarette use by answering the question “What exactly is vaping?” We discussed the fact that many electronic nicotine delivery systems (ENDS) – e-cigs or vapes – contain many of the same cancer-causing chemicals as traditional tobacco products. We also addressed the fact that these products are marketed to youth with their wide variety of flavors – such as candy, fruit, bubble gum and others. Juul, one of the most popular brands of e-cigarettes, resembling a harmless USB drive, has infiltrated public schools - leading to a surge of use among youth while often hiding in plain sight in classrooms. On December 18th 2018, the United States Surgeon General Jerome Adams openly declared “e-cigarette use [is] an epidemic in the United States.” That epidemic is now officially in Essex County. Last October and November, the Prevention Team and the Essex County Youth Bureau conducted the bi-annual “Prevention Needs Assessment” (PNA) survey. Students in grades 7-12 in all Essex County school districts participated in this anonymous survey. There is a county-wide report, as well as individual reports for each school district. In regards to e-cigarettes and vaping, there is growing cause for concern.

Of all the students surveyed within the county, vaping use has increased for all grade levels.

Overall student electronic cigarette usage more than doubled from 12% to 25% since 2016. This means that in 2018 one in every four students within Essex County has used an electronic cigarette or vaping device within the past month. Additional cause for concern is that Essex County vaping use rates are now proportionately higher than the national average (Monitoring the Future 2018).

The rate of use on a regular basis for students has increased across the board for all grades. From 2016 to 2018, both rates of use for high school seniors as well as 8th grade students have doubled. High school sophomores almost doubled in their use as well. While traditional means of nicotine consumption (i.e. cigarettes and chewing tobacco) dropped significantly in recent years, half of all high school seniors in Essex County report trying e-cigarettes at least once. Conventional tobacco, in comparison, is far lower at 25%. Rates of use for both traditional tobacco products and e-cigarettes still remain far above national averages. The shocking increase in the rate of e-cigarette use locally and nationally can be directly attributed to the JUUL. According to a recent report by the Surgeon General, sales of JUULs were up 600% in 2016-17. A single JUUL refill pod contains as much nicotine as 20 cigarettes. JUULs and other e-cigarette products can be just as addictive, and even more addictive than traditional nicotine products. For more information on this topic, or to seek our services in your school district, please contact 518-585-7424 or e-mail us at [Team@PreventionTeam.org](mailto:Team@PreventionTeam.org)

### **Learn to Ski or Ride for FREE**

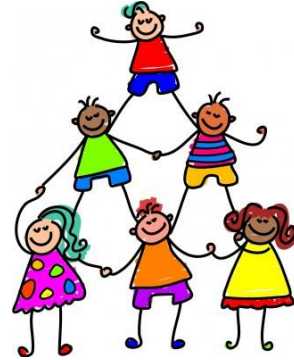
The Kids Learn to Ski or Ride Passport is the perfect program for those who do not ski or are true beginners. With the Learn to Ski or Ride program, a child receives a lift ticket, lesson and equipment rental free\* at all participating ski areas. There are over 20 ski areas throughout New York State participating in the Learn to Ski or Ride program. Once you receive your Passport in the mail, you can start hitting the slopes! Reservations at ski areas may be required.

\*\$27 processing fee applies. Must show proof child is in 3rd or 4th grade. See attached flyer or website below

<https://www.iskiny.com/ski-deals/free-kids-passport>

For more information regarding the newsletter or its content or to submit content, contact Mrs. Franklin at [sfranklin@lpcsd.org](mailto:sfranklin@lpcsd.org)

## **WANTED: YOU! as BROTHERS & SISTERS FOR INTERNATIONAL STUDENTS 2019-2020**



Have YOU ever wanted a brother or sister (...or another one)?! ...do you LOVE other languages and cultures? Not quite ready to travel abroad yourself?

**EXPAND YOUR WORLD  
& Bring the World to YOU!**

Host an international student for a semester or academic year! Or become a temporary family for as short as a weekend or a week!

Contact: Cara Atkinson (LPHS  
French teacher)

[catkinson@lpcsd.org](mailto:catkinson@lpcsd.org) or call 1-617-849-2636

# DINOSAUR DAY

at the

## Lake Placid Public Library

For Families with  
Children in Pre-K –  
Grade 5. Note: No  
School for LPCSD  
Students.

Free and Open to the Public. Questions?  
Contact [librarian@lakeplacidlibrary.org](mailto:librarian@lakeplacidlibrary.org) or  
518-523-3200.

**FRIDAY, MARCH 22**  
**FROM 10 a.m. – 12**  
**p.m.**

**CRAFTS, GAMES,  
PRIZES, BOOKS,  
AND ENOUGH FUN  
TO MAKE A T-  
REX SMILE!**

