

A decorative header image featuring a teal textured background. On the left, several colored pencils (yellow, green, red, blue) are stacked. In the center, a pair of red scissors is visible. To the right, a cluster of sharpened colored pencils (red, orange, yellow, green, blue) is shown, along with a small blue binder clip and a portion of a yellow apple.

# WINDRIDGE WEEKLY

*October 26, 2020*

## Important Dates!

October 29th - Last Day of the Term and Halloween Celebrations (FULL DAY)

October 30 - Professional Day - no remote learning this day

November 9 - Grades will be posted on MyDSD

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## Reminders

Here are a few reminders for parents and students:

- Please bring a clean mask to school each day
- Bring your water bottle - we are trying to minimize the use of our water fountains. We do have a bottle filler students can use to refill their water bottles
- Any donations of hand sanitizer for teachers would be very appreciated. We have been going through a lot as we supplement with sanitizer between soap and water handwashing.

# Halloween



We are happy to announce that we are still able to hold class celebrations for Halloween this year. There will be NO PARADE, but students are welcome to wear a costume to school on October 29th. Please be sure to keep costumes school appropriate (no weapons, no gore). Look for announcements from your student's teacher on class Halloween celebrations.

## Technology Competition Winners

Last spring, schools throughout the district were challenged to have every teacher complete a Microsoft training. The first school to have EVERY TEACHER complete the training won \$2,000 in prize money for their school. Windridge came in FIRST PLACE! Way to go faculty and staff!





## Vaping Talking Points for Families

### Grades 4-6

- What is vaping?
  - Vapes, also known as e-cigarettes, are electronic cigarettes that deliver a similar experience as smoking to users. They were originally created to help adult smokers quit smoking, but now companies are targeting kids with them too. Vapes come in lots of different shapes and sizes (show pics) and often contain dangerous drugs like nicotine.
- What is nicotine and why is it harmful?
  - Nicotine is the addictive drug found in normal cigarettes. Most e-cigarettes contain nicotine. Some (such as JUUL) can have the same nicotine content as an entire pack of 20 cigarettes. It is a highly addictive substance, especially to a developing brain. Nicotine is known to lead to development defects in adolescent brains and is linked to behavioral and mental health problems.
- Where do people get vapes?
  - E-cigarettes can be obtained from online stores, brick-and-mortar stores (CantaVape on 200 North is an example), parents or older siblings who vape, friends, or other individuals who sell them illegally. Most kids get e-cigarettes from an older sibling or through an older friend who are old enough to buy them in brick-and-mortar stores.
- What should I do if someone tries to get me to vape?
  - Say NO! You do not want dangerous drugs in your body. Tell your parents or a trusted adult as soon as you can so they can help protect you. If someone is trying to sell them to you, it is illegal.
- What should I do if my friends try vaping?
  - Tell them to stop! We need to protect our friends too. Tell your parents or a trusted adult as soon as you can so they can help you.
- Resources for parents:
  - [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
  - <https://kidshealth.org/en/parents/e-cigarettes.html>
  - <https://childmind.org/article/teen-vaping-what-you-need-to-know/>
  - <https://ballardbrief.org/read/usage-of-electronic-cigarettes-among-youth-in-the-united-states>



## Vaping Talking Points for Families

### Grades K-3

- What is vaping? (What does it look like? What does it smell like?)
  - Vaping is like electronic cigarettes. Because they are electronic they are sometimes called e-cigarettes! They can look really big or really small. They have lots of different smells, like candy and fruit. But, the good smells are a trick!
- What is inside?
  - The big secret is that vapes (or e-cigarettes) have dangerous drugs inside. When someone vapes, they blow out a big cloud of vapor. It looks a little like water vapor (like the steam from a hot shower), but it actually contains really bad drugs that can hurt your body a lot.
- Why is it bad?
  - The dangerous drugs enter your body when you vape and hurt your brain. They make you sick, and they also make you addicted! Your brain tells you to do it again and again. Vaping takes away your freedom!
- What should I do if someone wants me to vape?
  - Say NO! You do not want dangerous drugs in your body. Tell your parents or a trusted adult as soon as you can so they can help protect you.
- What should I do if my friends try vaping?
  - Tell them to stop! We need to protect our friends too. Tell your parents or a trusted adult as soon as you can so they can help you.
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  - <https://kidshealth.org/en/parents/e-cigarettes.html>
  - <https://childmind.org/article/teen-vaping-what-you-need-to-know/>
  - <https://ballardbrief.org/read/usage-of-electronic-cigarettes-among-youth-in-the-united-states>



DAVIS HELPS

# Mental Health Screening for Youth

**Registration closes October 29th**

PreK & Elementary  
Thursday, November 5  
4-7 pm

Jr. High & High School  
Wednesday, November 4  
4-7 pm

Meet virtually with a mental health provider.  
Learn about community resources.

Screening will address social and emotional needs,  
depression, anxiety, trauma, and suicide.

The screening is not a full psychological evaluation.  
Clinical diagnosis will not be made.  
Parents must be present.



To schedule an appointment visit [dbh.utah.gov/screening](https://dbh.utah.gov/screening)  
or call Angie Smith @ 801-336-1742.

DAVIS HELPS

# Exámen de Salud Mental para Jóvenes

**Regístrese antes del 29 de Octubre**

Grados Primarios y Prekínder  
Jueves, 5 de Noviembre  
de 4 a 7 p.m.

Jr. High y High School  
Miércoles, 4 de Noviembre  
de 4 a 7 p.m.

Visite virtualmente a un proveedor de atención de la salud mental.  
Aprenda sobre los recursos en la comunidad.

Las evaluaciones tratarán las necesidades sociales y  
emocionales, depresión, ansiedad, trauma y suicidio.

Las evaluaciones no son una revisión psicológica completa.  
No se proporcionarán diagnósticos clínicos.  
Los padres deben estar presentes.



Para programar una cita, visite [dbhutah.org/screening](http://dbhutah.org/screening)  
O llame al Rosa Garcia, 801-402-0670