



FULLERTON UNION HIGH SCHOOL

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201 East Chapman Avenue • Fullerton, California 92832 • (714) 626-3800

Laura Rubio, Principal

Dr. V. Scott Scambray, Superintendent

Annual Notification to Parents: New Lung Education & Cessation Classes

In an effort to address the significant rise in vaping use among students, the Fullerton Joint Union High School District is contracting with the Anaheim Regional Medical Center, through its *New Lung* program, to implement vaping and tobacco education and cessation training with students.

Specifically, students in grades 9-12 who are found to be vaping or consuming nicotine & tobacco-based products on campus, are referred to a one-time 60 minute vaping and tobacco education and cessation seminar class. If you are notified that your child has been referred to a cessation class, you will have the opportunity to opt them out if you do not want them to attend. In order to opt your child out of the class, you will need to submit a written request to the school's referring administrator, stating that you do not want them to attend the specific scheduled class. Parents will be notified by an administrator for each referral. ***Parents may ALSO refer their students if they have a history of vaping and would like them to attend education and cessation training.***

The classes occur one time per month and are hosted at various schools across the District. During this informational class, the cessation specialist reviews the risks and hazards of vaping and tobacco use, the various chemicals that are contained in vapes, e-cigarettes, and vape juices, investigates reasons why students are vaping, and discusses replacement behaviors or different ways students can feel a more "natural high" or stress release, without engaging in the at-risk behavior of vaping or tobacco use. During the class, students are also asked to complete a questionnaire about their history of tobacco or vaping/e-cigarette use. At the end of the seminar, the specialist gives students the opportunity to chart their goals and list what steps need to occur to achieve their goals pertaining to tobacco or vaping/e-cigarette use. The cessation staff member will also conduct follow-ups with students at 30, 90, and 180 days after they go through the class to check on their progress.

For students who receive 2nd offenses for vaping or tobacco-related incidents, they are referred to a 4-class series, where they attend four consecutive one-hour classes. Classes are hosted at various secondary schools across the District. During the series, the cessation specialist reviews more in-depth education and strategies for students to implement. You will also have the opportunity to opt-out of the four-class series in the same manner as the one class seminar.

If you have any questions regarding this letter, please contact Craig Weinreich, Assistant Principal Student Affairs at (714) 626-3811.

Cordially,

Laura Rubio
Principal
Fullerton Union High School