

THE INFERNO

GREYSTONE CENTENNIAL MIDDLE SCHOOL

SYNERGY,
CREATIVITY,
Citizenship



CONTENTS

Snowed In, 02

Report Cards &
Conferences, 03

GCMS Reminders, 04

School Council and
FOGS, 05

Inferno Notes, 06

Upcoming Events,
08

Community Resources,
11

PRINCIPAL'S MESSAGE

by Mr. Anil Padayas

In the next few months I ask parents and students to revisit learner expectations and personal growth at Greystone School. Encouraging students to be respectful to themselves by eating well, getting enough sleep and being physically active will go a long way in building resilience through the winter months.

Fostering a positive outlook and mindset will enable students to be energized and creative.

What are the characteristics of a positive mindset?

Optimism: a willingness to make an effort and take a chance instead of assuming your efforts won't pay off.

Gratitude: actively, continuously appreciating the good things in your life.

Resilience: bouncing back from adversity, disappointment, and failure instead of giving up.

Acceptance: acknowledging that things don't always turn out how you want them to, but learning from your mistakes.

Consciousness/Mindfulness: dedicating the mind to conscious awareness and enhancing the ability to focus.

Integrity: the trait of being honorable, righteous, and straightforward, instead of deceitful and self-serving.

Let's continue to create a culture at Greystone Centennial Middle School that embodies a positive mindset enabling students, staff and the community to build respectful relationships and responsible citizens.



"SNOWED IN" AT GREYSTONE



Thank you to everyone who came out and supported us at "Snowed In" at Greystone.

It was a wonderful evening of singing and playing by our GCMS Music and French students as well as our Grade 5/6 Choirs. If you were not able to attend the portion of the event in the gym, check out our FB page for some video of portions of the concert.

Other activities available that evening included cookie decorating and hot chocolate, a photo booth, and the ever-popular horse and wagon ride.

Thank you to our staff for organizing and staffing the activities at Snowed In, this event couldn't happen without your time and energy!

The FOGS basket raffle was a great opportunity to support the school, and this was a very successful fundraiser. Thank you to everyone who donated an item or bought a ticket and congratulations to the winners!

We appreciate the opportunity to celebrate the holiday season with all of you!



"Like" us on Facebook

Greystone School: <https://www.facebook.com/GCMSGCMS>

Greystone Athletics: <https://www.facebook.com/GreystoneAthletics/>

REPORT CARDS AND CONFERENCES

Assessment and Reporting

Our Term 1 Report Cards were available through PowerSchool on November 30th, 2019. Conferences were held on December 3rd and 4th. Thank you to everyone for accessing the online report card and for attending conferences this year.

Term 2 Report Cards will be available on March 13th, 2020 and Conferences will be held on March 17th and 19th.

Information on PSD's report card system is available at <https://www.psd70.ab.ca/Report%20Cards.php>

- **ASSESSMENT** involves gathering information about student progress, in order to improve teaching and learning.
- **EVALUATION** involves making a professional judgement based on the assessments provided.
- **REPORTING** involves communicating to students and parents the evaluation of student performance in relation to the learning outcomes in the Alberta Programs of Study.

Beginning with the 2019-2020 Academic Year, Parkland School Division will implement a simplified Report Card that provides parents and students with grade equivalents.

While a student's Report Card may have a variety of uses, it is primarily a statement of a student's progress at a particular time. Ultimately, the report card is mostly for the use of parents to understand the level of the child's progress at the time of reporting.

Currently, our High School students and their parents enjoy access to their report cards through the PowerSchool parent portal as an ongoing source of understanding how each child is progressing with any task. The plan is to have this expand to all grades from one through twelve with full implementation for PowerSchool in 2020-2021.



WE CARE

Our GCMS We Care team is passionate about supporting great causes in our school, our community and our world.



On November 20th, the We Care team spread awareness of global human rights through the "WE are silent" campaign. Please visit WE.org/wearesilent for more information.



We Care and GCMS also collected donations for the Kinsmen Christmas hampers. Thank you to everyone who donated to make Christmas a little brighter for families in our community.

We Care is supporting 'We Create Change' by hosting a bottle drive the week of January 13th to 17th.

Please send in your recyclable beverage containers to support this project. Money collected from the bottle drive will go to support families in third world countries.

The class that brings in the most bags of bottles will win a movie afternoon with pop and popcorn. Every morning that week, a We Care student will visit your classroom to collect your recyclables with the winning class being announced at the start of the following week. By saving your holiday cans and bottles we'll be able to support families in need in other parts of the world!



Winter Break: December 23-January 3

GCMS REMINDERS AND UPDATES



VISITORS AND GUESTS:

All visitors to Greystone are asked to check in at the office, and sign in if necessary.

SIGNING OUT YOUR CHILD

If you are picking up your child early, please come into the office to sign out your child. You may be asked to show identification.

CONTACTING YOUR CHILD

Just a reminder, that if you would like to get in touch with your child please feel free to contact the school office and we will happily pass the message on to them.

We are trying to minimize distractions to the learning environment from personal devices..

As such it is expected that **cell phones and other personal devices will remain in lockers during instructional time.**

Homeroom begins at 9:00am and the final bell rings at 3:45pm. Student break times are from 11:05-11:20 and 12:45-1:35.

REPORT A STUDENT ABSENCE

Regular and punctual attendance is important for academic and social success in school. We have an absence alert system in operation at Greystone Centennial Middle School. Parents are asked to notify the school office whenever their child will be absent from or arriving late to school.

Should your child be unable to attend school, please call 780-962-0357 or email greystone.absence@psd70.ab.ca to report the absence or late arrival. If your child is absent and you have not contacted the school, the school will call you after 9:30am (or 2:00pm if the child is only absent in the afternoon). Thank you for using our absence reporting system, as it speeds up our safe arrival program and helps us ensure the safety of all our students.

Thank you also for making arrangements to allow for sick students to recover comfortably at home.

POWERSCHOOL PARENT PORTAL

PowerSchool is the best way to keep track of your child's attendance, pay school fees, print off receipts and view report cards.

Forms can be read and acknowledged if PowerSchool including the Locker License Agreement, PSD 70 Acceptable Use of Technology, CASL and FOIP.

To pay your child's school fees, please use the online payment system on PowerSchool.

visit www.psd70.ab.ca or greystone.psd70.ab.ca for more information.

"Like" us on Facebook

Greystone School: <https://www.facebook.com/GCMSGCMS>

Greystone Athletics: <https://www.facebook.com/GreystoneAthletics/>

DRESS FOR THE WEATHER!

It is much colder now, and students need to be dressed appropriately in order to safely enjoy outdoor activities such as nutrition breaks, lunch breaks and physical education classes. A warm coat, mits and a hat are musts to keep in the backpack at this time of year.



As the weather gets wet, snowy and icy it is increasingly important that students have a pair of outdoor shoes or boots that they change into in order to keep our floors dry, clean and safe. All students are expected to have a clean pair of indoor shoes for use in the gym.

If you are missing a jacket or sweatshirt, ask your child to check the **lost and found**. They are quite full already. Feel free to come in at the end of the day and check it yourself as well.

Lost and found bin items will be donated over the break.

SCHOOL COUNCIL

Our GMCS School Council meets once a month from approximately 6:30-7:30pm. All parents are welcome to join us to learn more about the school. School Council provides the Greystone Administration Team with parent and community perspectives, enabling decision making that meets the needs of home and school.

We are currently looking for someone to hold the executive position of Vice-Chairperson. It is a great opportunity to work with a wonderful team.

For more information, please contact the School Council Chair Christina Welch at greystonescchair@psd70.ab.ca or visit our website for more details.



FRIENDS OF GREYSTONE SOCIETY

Did you miss pizza by the slice day? Do you know when the next ice cream day is or want to know when the next council meeting is? Sign up for FOGS remind to help keep you on track. To sign up simply text 289-814-2229 with the message @fogs5, @fogs6, @fogs7, @fogs8 or @fogs9 depending on your child's grade.

GCMS has a very active parent volunteer fundraising society - the Friends of Greystone Society (FOGS). The main function of our FOGS is to fundraise for items needed to enhance the quality of our school community.

Recently FOGS had a Mom's Pantry Fundraiser. FOGS also ran a basket raffle during Snowed In on December 12. Thank you for your donations to the themed baskets and for every ticket purchased.

For more information or to volunteer, please contact the FOGS chair Jodi Fobes at fogsfriendsofgreystonesociety@gmail.com. Or come out to our next meeting on January 14th at 6:30pm.

GCMS INFERNO NOTES



GCMS CHOIR

The Greystone choir performed at Rogers Place on November 1st at the Oil Kings Game. They also sang at our Remembrance Day Ceremony. Most recently they dazzled us at "Snowed In" on December 12th.

Choir Option has started for Grades 7-9 and they will be attending the Music Festival this year. If you would like more info on any of our music programs please email Mrs. Putt at gputt@psd70.ab.ca

INFERNO VOLLEYBALL and BASKETBALL

Inferno Volleyball recently finished up. Thank you to our dedicated staff coaches, volunteer coaches, students and parents!

Now it's time for Inferno Basketball our Sr. and Jr. Teams are ready to represent GCMS well! Be sure to watch the Greystone Athletics FB page to keep up to date on practices, games and tournaments, or any changes that might come up.

Come out and cheer on our teams at their upcoming games and practices. Go Inferno!!

LUNCH ROUTINE

Students eat lunch with other students from their LC from 12:45 to 1:05 pm. After the assigned eating time students are given an opportunity for recreation, which is generally outside. All students in Grades 5-8 are expected to remain on the school grounds, within boundaries, during recess time.

The gym is also open at lunch for students in Grades 7-9. At morning nutrition break the gym is open for students in Grades 5 & 6. (Unless there are practices.) The library is open each day at both breaks. The morning break is for students in any grade for reading or quiet work. At lunch break the library is available for students in a particular grade each day.

Students with the signed permission letter to go home for lunch must sign out and back in with the school office. Students arriving after the bell must report to the office for a late slip before going to class.

GREYSTONE HOT LUNCH

The GCMS hot lunch program is operated through "The Lunch Lady". This program gives a wide variety of choices for our students each week, including healthy choices, larger portions and smaller servings. Try a few new things! Order today at

<https://order.lunchlady.ca>

Greystone Website:

<http://greystone.psd70.ab.ca>



GCMS LIBRARY LEARNING COMMONS

It has been an exciting two months in the Learning Commons. We've had several successful book orders, as well as the Scholastic Book Fair during the week of conferences. Thank you for your support of the Book fair, and book orders, as these are major fundraisers for the library learning commons !

The library is open at break times for quiet work and reading. At nutrition break it is open for all students, and at lunch recess it is available to certain grade levels each day. This is a great space to come and read or catch up on homework or assignments. It is a tech-free zone at breaks.



Scholastic Reading Club

Discover the easiest, most reliable way to get your child excited about reading!



Support our Library Learning Commons and a love of reading by participating in the Scholastic Book Clubs. Each month there are different specials on a variety of books. You can return the order forms, or order online at <https://canadaclubs.scholastic.ca/en/why-reading-club-account>

INFERNO SPIRIT WEAR

Show your Greystone Centennial Middle School Inferno pride in custom Inferno Spirit Wear.

Shop the online apparel store for a wide selection of clothing, sportswear, gear, merchandise and accessories. You can shop, order and pay online. Orders are then shipped directly to your home.

Order today at <https://urstore.ca/greystone-centennial-school>



UPCOMING EVENTS



GCMS SKI & SNOWBOARD CLUB Thursday, January 9, 16, 23, 30 and Thursday, February 13, 20

Our Greystone Ski and Snowboard club will be heading out to Rabbit Hill over the next few weeks. Students will leave right after school and return at approximately 9:00pm.

Just a few reminders for our students who are attending:

- It is required that all students wear helmets when participating in this activity. Students who do not own a helmet, will have one provided by Rabbit Hill free of charge.
- All students are expected to participate in lessons intended to build their skills whether they are a beginner or an expert.
- Students may bring their dinner to eat at Rabbit Hill or they may purchase a meal from the cafeteria.
- If the temperature dips below -20 degrees Celsius, we will reschedule the week's trip to follow our last date on Feb 27th. It is important that students are dressed for the weather.
- This is a higher risk activity and students will not be directly supervised at all times.

Students are expected to follow all school expectations while on this school-sponsored activity.

GCMS SCHOOL COUNCIL/FOGS

Tuesday, January 14, 2020 @ 6:30pm

All welcome!

SWIMMING LC 5 & 6

6K/N: January 13-17

6LL/C: January 20-24

5R/5M: January 27-31

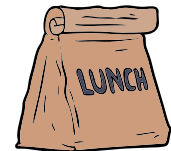
5P-5TS: February 10-14

Students will be taking part in a swimming program at the Tri-Leisure Centre.

HOT LUNCH – <http://thelunchlady.ca>

Friday January 10, 17, 24, 31, 2019

Check out our new hot lunch menu, courtesy of the Lunch Lady this Friday, and most other Fridays this year.



IMMUNIZATIONS (Round 2)

Tuesday, January 21, 2020

AHS will be conducting the second day of immunizations for students.

MADD PRESENTATION (Gr. 7-9)

Thursday, January 23, 2020 @ 2:00pm

MADD Canada will be presenting the film "Over the Edge" to Grade 7-9 students.



Greystone Online Calendar:

<https://greystone.psd70.ab.ca/Events.php>

CHANGE HEALTH COMMUNITY PROGRAM

Change Family Health Evenings

The CHANGE Clinic stands for Canadian Health Advanced by Nutrition and Graded Exercise, and provides a new model of health service delivery that supports preventive, personalized, and community-relevant care to the people of Alberta.

Parkland School Division is proud to partner with the CHANGE Clinic to offer FREE sessions for parents/guardians and their children, focused on four key areas;

- Nutrition
- Physical activity and fitness
- Mental health and well-being
- Strong partner/family relationships and community connections.

Participants will have the opportunity to make healthy changes to their daily lifestyles, engaging in hands-on activities that promote family fun, community connectedness and mental wellness, while trying their hand at nutritious recipes and learning about local health resources.

Sessions will run throughout the year. Dinner will be provided at each session, and participants are asked to dress comfortably, bring their indoor shoes and come prepared for some great activities. Register early if you are interested in this great opportunity. More information can be found on our website.

Wednesday Sessions in Spruce Grove

Start Date: Wednesday, December 4
Time: 5:30-7:30pm
Location: Woodhaven Middle School
(475 King Street, Spruce Grove)

Thursday Sessions in Stony Plain

Start Date: Thursday, January 9
Time: 5:30-7:30pm
Location: High Park School
(40 Highridge Way, Stony Plain)

Registration

Registration for these sessions is FREE, and will remain open until the end of January 2020.

To register, contact:

Jennifer Goulden
Parkland School Division Community Support Worker
Email: jgoulden@psd70.ab.ca

For more information contact:

CHANGE Health Community Program
Phone: 780-492-4488
Email: chcp@ualberta.ca
or speak to the Woodhaven Middle School or High Park School offices.

Change Program handout



Come to Woodhaven Middle School or High Park School to participate in this free program connecting you with family, community, health provider resources and activities. Meals will also be provided.

HEAD LICE IN SCHOOLS

Head Lice and How to Treat Them

Quick Facts

- Anyone who has hair can get head lice—they're not caused by being dirty. Head lice don't spread illness or disease.
- They're spread mainly by touching heads with someone who has head lice. They can sometimes be spread by sharing items such as hats, hairbrushes, and combs that were used by someone who has head lice.
- If 1 person in the family has lice, then someone else likely does too. It's important to check everyone in the family.
- It's a good idea for parents to check their younger school-aged children every week for head lice (see detection combing).
- These tiny insects can cause a lot of stress and create a lot of work!



About Head Lice

- Head lice:
 - are tiny insects that can range from the size of a head of a pin up to about the size of a sesame seed
 - can vary in colour from tan, brown, dark grey, to greyish-white
 - crawl very quickly, which can make them hard to see. They don't jump, fly, or swim.
 - live only on the human head and can make the scalp itchy. They're found anywhere on the head, but especially behind the ears and the base of the scalp (neck area).
 - don't live on and aren't spread by family pets
- Adult head lice lay about 8 eggs (called nits) every day. The nits are stuck to the hair near the scalp. They're hard to see and are sometimes mistaken for dandruff or hairspray droplets. After the nits hatch, their empty shell stays stuck to the hair.
- You can't get rid of lice with a hair brush or with a hair dryer.

Treating Head Lice

Only treat when you find live head lice. If you have questions, ask the pharmacist.

Head lice shampoos, cream rinses, and sprays have been tested and are safe and effective treatments for head lice. You can buy them at any pharmacy and don't need a prescription. If you're not sure which one is best for your needs, speak with the pharmacist.

Read and follow the directions on the head lice shampoo, cream rinse or spray,

Washing Items

Wash any items that were in contact with the head of the person who has lice (e.g., combs, brushes, bedding, hats).

- Washable items can be machine-washed, soaked in hot water, or put in the dryer on hot heat.
- Put non-washable items in a sealed plastic bag for 2 weeks. Lice can't live this long away from the human head.

To learn more about cleaning lice from items, go to MyHealth.Alberta.ca and search "lice cleaning".

How can I learn more?

To learn more about head lice, you can:

- speak with your pharmacist or family doctor
- visit your public health office
- call Health Link at 811



COMMUNITY RESOURCES

ADHD⁺⁺ Attention Deficit Hyperactivity Disorder

Go Away Anxiety!- Saturday, Nov 23, 2019, 9:30am—12:30pm

Presenter: Kim Silverthorn, B.A., R.P.C., M.P.C.C.

Tacit Knowledge Counseling and Mental Health Training

- This session will provide participants with a wide variety of hands-on activities and tools to help individuals of all ages cope with the negative and often debilitating feelings that accompany issues of trauma, anxiety and depression. This session is quick paced and experiential- participants will have the opportunity to try many of the strategies being shared in this workshop format.

ADHD 101: Myths and Realities - Wednesday, January 15, 2020, 6 pm

Presenter: Chantal Jackson, Registered Psychologist, Elements Health

- Discussion to bust myths about ADHD. Inform caregivers and the general public in order to increase compassion for the amazing humans living with ADHD, and to streamline interventions.

ADHD: Strictly Strategies - Wed, February 19, 2020, 6 pm

Presenter: Chantal Jackson, Registered Psychologist, Elements Health

- Useable strategies for home, school and other environments.
- Strategies for further developing the brain.
- [Therapyware will be on hand with products available for purchase.](#)

ADHD, Now What? - Saturday, March 7, 2020, 9:30am

Presenter: Larissa Predy, M.A., R.Psych, Little Oaks Psychology

- I suspect my child has ADHD, what do I do?
- My child has been diagnosed, what are the next steps?
- Where to go and how to apply for financial support.
- Resources & Programs for kids/youth with ADHD.
- Brief discussion on IPP's.



Family Connection Centre
5600 50 Street Stony Plain
780-963-0549 www.apfa.ca



COMMUNITY RESOURCES

FCSS

Spruce Grove FCSS is a great community partner. Spruce Grove Family and Community Support Services is a partnership between the City of Spruce Grove, Parkland County and the Province of Alberta. The mandate of FCSS is to provide locally-driven, preventative social initiatives to enhance the well-being of individuals, families and the community. They offer programs for youth, adults and families. Some programs require registration and others are drop-in. Take a look at the City of Spruce Grove website, or at the latest edition of the "City Pulse" magazine for information on upcoming programs and activities.



- <https://www.sprucegrove.org/communi.../programs/fcss-programs/>
- <https://www.sprucegrove.org/me.../3645/citypulse-fall-2019.pdf>

ALBERTA MENTAL HEALTH ASSOCIATION (EDMONTON)

*211



You may not be aware of the Canadian Mental Health Association - Edmonton 211* services. 211 is a free, confidential service that provides information and referral to a wide range of community, social and government services. Their certified community resource specialists are trained to help you navigate the complex network of social services.

They can help you find:

- basic needs (food, clothing, shelter and financial support)
- employment resources-parenting support
- counselling/support groups
- health care-legal services
- and MUCH more!

<https://edmonton.cmha.ca/pro.../211-alberta-edmonton-and-area/>



ALBERTA HEALTH SERVICES

IMMUNIZATIONS

Children who are eligible for Grade 6 and 9 immunizations may be immunized in the school setting with parental consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. In order for your child to be immunized, each consent form must be signed and returned to your child's school by the date indicated on the envelope. For tips on preparing your child for immunizations, please refer to: <https://www.immunize.ca/pain-management-children>

The immunization round dates for **Grade 6** at Greystone School are as follows:
 Round 1: 26 November 2019
 Round 2: 21 January 2020 (catchups)
 Round 3: 26 May 2020

The immunization round dates for **Grade 9** at Greystone School are as follows:
 Round 1: 21 January 2020
 Round 2: 26 May 2020 (catchups)

**If your child is not present on the round dates they may receive immunizations on other dates throughout the school year.

**If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations.



To ensure your child is up to date with all recommended immunizations refer to the schedule at <https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up to date immunization record or if you have any questions you may contact the nurse assigned to your child's school at 780-968-3784 or 780-968-4268

ALBERTA HEALTH SERVICES

If you have health related concerns or questions please head to MyHealthAlberta, or call the Health Link at 811

- <https://myhealth.alberta.ca/>
 - <https://www.albertahealthservices.ca/>
-

COMMON SCHOOL HEALTH QUESTIONS

When Should I Keep My Child Home From School?



To avoid spreading germs and amplifying illness, very sick children should recover at home where they will be most comfortable. If your child has a fever, they should stay at home until they have been fever-free for at least 25 hours. If your child has a serious cough or sore throat, then home is the best place for them to be until they are feeling better. Usually with a sore throat and cough they also aren't sleeping well, and need extra rest. If your child has vomiting or diarrhea, they should remain at home. Remind your children to always practice good handwashing techniques, that's one of the best ways to stay healthy!

ALBERTA HEALTH SERVICES

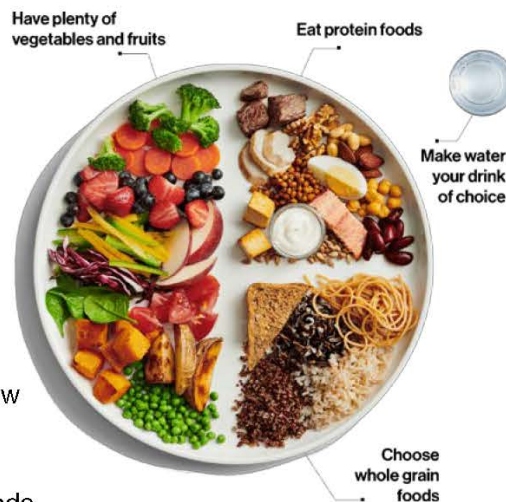
Healthy Children

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.

Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on Canada's Food Guide, food choices, eating habits, recipes and tips, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



ALBERTA HEALTH SERVICES

Healthy Children

Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.



Happy
Holidays