Welcome Back!

Welcome back to the 2019-2020 School Year. It seems, with a blink of the eye, summer comes and goes. We hope you are enjoying your summer, but also that you are eagerly anticipating the start of this new school year.

Each year brings changes, and so far this year we have 10 new staff members. You will have an opportunity to meet staff at our Parent Night on Monday, August 26 at 6 pm.

To those of you who are new to Legacy, let me assure you that you are coming to a school we have worked hard to shape into an environment where great role models are the norm. Positive relationships are a top priority, along with safety, and of course, learning. Every person on our staff... administrators, teachers, counselors, aides, cooks, custodians, and secretaries are working hard to take care of, and truly do care about, your student. We want nothing more than to help your child be successful not only in school, but in life, as well. We want Legacy students to graduate from high school fully prepared for the demands of a postsecondary education, meaningful careers, and effective citizenship.

Please let me encourage you to be involved in our school and in your student’s activities. As you know, there is a strong correlation between increased involvement by parents and high student success. So, please attend our athletic events, concerts, conferences, and become involved as a family. We have an abundance of extracurricular activities available to your student(s) including, but not limited to academics, athletics, the arts, and of course, technology.

It is my honor and privilege to serve as Principal of Legacy High School alongside our Assistant Principals, Mrs. Butts and Mr. Riehl, our Activities Director, Mr. Jundt, and our Dean of Students, Mr. Heinrich. Together we will make this school year one of growth, achievement, and adventure for all our students. Thanks for all you do to encourage this in your child as well.

Tom Schmidt, Principal

Freshmen/New Student Orientation Aug 12th

Orientation for freshmen & new students to LHS will take place for students and their parents at Legacy on August 12th. Presentations will begin at 6 pm. This is NOT an open house format. Learn about mod schedules, Saber Time, Saber Centers, Large Groups, athletics, meals, high school graduation requirements & more! School Store will be open 6:30-8:30.

Schedules & Schedule Adjustments

Student Schedules for the 2019-2020 school will be emailed to parent/guardian emails by August 1. Since the registration process was complete in February, class change requests are discouraged, and in most cases due to staffing changes, are not possible. Staffing was determined based on original registration numbers. Here are a few items to think about when deciding if you are going to come in for a schedule change:

1. Schedule adjustments will not be made to accommodate requests for teachers, lunch times, or free mods.
2. Schedule adjustments will not be made after the assigned schedule change date, except for situations caused by computer input error, an elective needed for the ND State Scholarship, a missing core class, or a lack of the appropriate pre-requisite.
3. In a few situations, there are some overlapping classes. Your student will need to discuss and work out an arrangement with both of the overlapping teachers when the school year begins. This is one of the advantages of the flexible schedule.

Click the link for more information.

Schedule Adjustments
### LHS Dates 2019-2020 (subject to change)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 5</td>
<td>Schedule Changes, Seniors 8-11 &amp; Juniors 12-3</td>
<td>November 19</td>
<td>Sabers Got Talent</td>
</tr>
<tr>
<td>August 6</td>
<td>Schedule Changes, Sophomores 8-11 &amp; Freshmen 12-3</td>
<td>November 28-29</td>
<td>No School, Thanksgiving &amp; Conference Day Off</td>
</tr>
<tr>
<td>August 12</td>
<td>Freshmen/New Student Orientation 6 pm Aud.</td>
<td>December 20</td>
<td>Last Day for 2019</td>
</tr>
<tr>
<td>August 21</td>
<td>First Day of School &amp; Chromebook Deployment</td>
<td>January 2</td>
<td>First Day of School for 2020</td>
</tr>
<tr>
<td>August 26</td>
<td>LHS Parent Night, 6 pm Gym</td>
<td>January 10</td>
<td>End of Semester 1</td>
</tr>
<tr>
<td>September 2</td>
<td>No School (Labor Day)</td>
<td>January 20</td>
<td>No School, Martin Luther King Day</td>
</tr>
<tr>
<td>September 5</td>
<td>Student Picture Day</td>
<td>February 8</td>
<td>Snowball Dance</td>
</tr>
<tr>
<td>September 16-20</td>
<td>Homecoming Week vs Jamestown</td>
<td>February 17-18</td>
<td>No School, President’s Day &amp; Staff Development</td>
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<tr>
<td>September 15</td>
<td>Mr. LHS</td>
<td>February 24</td>
<td>Late Night in Saber City 7 pm</td>
</tr>
<tr>
<td>September 16</td>
<td>Powderpuff Football</td>
<td>March 3</td>
<td>ACT Test for Juniors</td>
</tr>
<tr>
<td>September 20</td>
<td>Homecoming Dance 9-12</td>
<td>March 13</td>
<td>No School, Storm Makeup Day</td>
</tr>
<tr>
<td>October 3</td>
<td>Makeup Picture Day</td>
<td>March 16</td>
<td>No School, Staff Development</td>
</tr>
<tr>
<td>October 9</td>
<td>Free ND College Application Day</td>
<td>March 16</td>
<td>Parent/Teacher Conferences 4-7:45 pm</td>
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<tr>
<td>October 16</td>
<td>PSAT Test for Sophomores &amp; Juniors 7:45-12</td>
<td>March 19</td>
<td>Parent/Teacher Conferences 4-7:45 pm</td>
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<tr>
<td>October 17-18</td>
<td>No School, Convention Day</td>
<td>March 20</td>
<td>End of Quarter 3</td>
</tr>
<tr>
<td>October 24</td>
<td>Parent/Teacher Conferences 4-7:45 pm</td>
<td>March 22</td>
<td>Dodgeball 6-8 pm</td>
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<tr>
<td>October 25</td>
<td>End of Quarter 1</td>
<td>April 4</td>
<td>Prom</td>
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<tr>
<td>October 27</td>
<td>Saber Sweets &amp; Treats</td>
<td>April 6</td>
<td>National Honor Society Ceremony</td>
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<tr>
<td>October 28</td>
<td>Parent/Teacher Conferences 4-7:45 pm</td>
<td>April 10-13</td>
<td>No School, Good Friday &amp; Conference Day</td>
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<tr>
<td>October 28</td>
<td>Financial Aid Seminar at the Career Academy 5:30 pm</td>
<td>April 27</td>
<td>No School, Storm Makeup</td>
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<tr>
<td>November 1</td>
<td>No School, Staff Development</td>
<td>May 4</td>
<td>Senior Banquet 7 pm</td>
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<tr>
<td>November 5</td>
<td>Financial Aid Seminar at the Career Academy 5:30 pm</td>
<td>May 22</td>
<td>Last Day of School</td>
</tr>
<tr>
<td>November 11</td>
<td>No School, Veteran’s Day</td>
<td>May 24</td>
<td>LHS Graduation, Event Center 7 pm</td>
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<tr>
<td>November 14-17</td>
<td>BPS Fall Musical at LHS</td>
<td>June 1-June 19</td>
<td>June 22-July 10</td>
</tr>
</tbody>
</table>

### Chromebook Information

Chromebooks will be distributed to students on the first few days of school.

New this year, students will go over the Responsible Use Policy (Digital Literacy) at school during class. PowerSchool will be used to sign off on agreements & policies. More information will be sent home the first few days of school.

For additional Chromebook information please visit the website [https://www.bismarckschools.org/Page/3482](https://www.bismarckschools.org/Page/3482)

Students: Check out these Videos to Learn How to Access Your Email & PowerSchool!

Email: [https://youtu.be/LLBdQikpy9g](https://youtu.be/LLBdQikpy9g)

PowerSchool: [https://youtu.be/nyexd1pxx-M](https://youtu.be/nyexd1pxx-M)
Meal Information - Saber Tooth Grill

Parents should deposit money into their child’s meal account by accessing the online system www.mypaymentsplus.com. There is no fee for using this system. If you are unable to make a payment online, you may bring cash or a check to the office. No charging of lunches is permitted; each student must always have funds in their account to pay for their meal. Free or reduced meal forms can be found online https://www.bismarckschools.org/Page/2193 or picked up in the office.

Students who qualify for free or reduced meals may buy a second meal at full price. If you would like to purchase an a la carte item, you must pay for these items with money in your account.

Parking Regulations

Students who wish to park in designated student parking are required to complete a LHS parking permit application and read/sign a LHS student parking agreement, purchase a LHS parking permit for $5.00 in the office or online www.mypaymentsplus.com and display the permit from the rear view mirror of their vehicle. Purchase of a parking permit does not guarantee a parking spot. Students are expected to park in a responsible manner. Failure to do so will result in a parking ticket. Students are prohibited from parking in areas designated for visitors or school staff for any reason. A student who parks in these areas will be fined $10. A second such violation may result in an administrator assigning detention, which will result in a loss of test exemption. Subsequent parking violations may result in loss of parking privileges and/or the car being towed. In addition, students with unpaid parking tickets will forfeit test exemption until the tickets have been paid. The School District accepts no responsibility for articles lost or stolen from cars or for vandalism to cars parked in student parking lots. Students are prohibited from loitering in the parking lot.

Lockers

Lockers will not be issued, but there will be lockers available at LHS free of charge. Since we are a 1:1 technology school, the need for lockers is far less than in traditional schools because big text books are not required for most classes. Locker sign-ups will be available in the Main Office at anytime throughout the school year starting on the first day of school.

LHS Teachers are Highly Qualified

The federal No Child Left Behind Act (NCLB) of 2001 requires teachers in K-12 schools to meet the definition of Highly Qualified Teacher (HQT) through three criteria: 1) minimum of a bachelor’s degree, 2) full state teacher certification, and 3) demonstrated subject matter knowledge in each core academic subject assigned to teach, including in Bilingual, English Language Learner, and Special Education classrooms. All Legacy High School teachers have met the requirements necessary to retain this status.

LHS PARENT NIGHT is Monday, August 26th, starting at 6 pm in the Gym. Parents of all grades 9-12 are invited to attend. You can tour the school, view classrooms, meet teachers, shop in the school store & more. We hope to see you there!
Activity Fees & Paperwork

Activity fees must be paid before students are allowed to participate in any sport, club, or activity. Please pay these fees online starting August 12, using My Payments Plus. Fees for major sports in high school are $50 for each sport. There is an individual maximum of $125 and a family maximum of $200 yearly. The proper paperwork must be turned in before students can participate in a sport. Students involved in art, choir or band need to contact the teacher for the specific fee or pay online at My Payments Plus.

Activity Season Passes

Athletic Activity passes are valid for admission to all Bismarck Public Schools regular season home games in baseball, basketball, football, gymnastics, hockey, soccer, swimming, track, volleyball, and wrestling. There is a $1 surcharge for any event held at the Community Bowl or Event Center that applies to season ticket holders. Tickets can be purchased at the LHS Office or online at www.mypaymentsplus.com and picked up at LHS. Passes must be signed by the card owner when they are picked up.

LHS Handbook

The LHS Handbook is a guide for all students and parents. It includes the daily schedule, Career Academy bus schedule, grading scale, student’s rights and responsibilities (academics, attendance, behavior expectations and consequences) medical procedures, student activities, student functions out of school, other miscellaneous information, as well as some School Board Policies. All Legacy students will receive a presentation on the topics in the student handbook the first few days of school. This handbook is available on the LHS website for your reference.

Jostens School Photos, September 5

Jostens will be taking school photos at LHS on September 5. Before ordering, parents will have the opportunity to preview the pictures online and personalize the photos with backgrounds & text. Photos will be shipped directly to your home and are also downloadable. Photos will be available to view online 3-5 days after being photographed. The make-up date is October 3rd. Whenever students have a free mod they need to report outside of room B202. Students will not be called to or taken for photos. The photos will be updated in Powerschool, used in the yearbook and available for purchase. Please read the flyer at the end of the newsletter for more information.

View the Bismarck Public Schools District Newsletter at https://www.bismarckschools.org/Page/3570
New Hires to LHS

Jaci Barron  Business/Social Studies
Savannah Elkins  Science
Andrea Frantz  Resource (ID)
Jennifer Grandalen  Counselor
Kasi Kautz  Resource (ID)
Tasha Martin  Math
Luis Moreno  Spanish
Alanna Seeberg  Spanish
Jennifer Sick  CTRE
David St. Peter  English

Activities Registration, Fees, Physicals, Practices

BPS uses an online registration system for all students involved in athletics. This system makes things efficient for parents as you can register your student one time for all sports activities they participate in during the course of the school year.

* A physical examination must be completed prior to your student participating in a practice. Physicals are good for the current school year as long as they took place on or after April 15th of the preceding school year. During online registration, the "Physical Forms" section is Step 4. You must complete all sections of the Physical Clearance Form before uploading your physical.

* Complete the online registration for your student. A link is available from each school’s activities page that will take you to the online registration. Click on the icon for activities registration. In this process you will be asked to fill out some general information, upload the physical, complete the code of conduct form, complete a medical history/information section and complete a section on concussions.

* Pay the appropriate activity fee in one of two ways. Activity fees can be paid in the office at school or choose www.mypaymentsplus.com. This allows you to pay for all activity fees, purchase athletic passes, parking permits, art fees, music fees, and more and does not charge a fee to do so. My Payments Plus also allows you to see a history of your payments so you know when you made a payment and what the amount was. Online payment begins August 12.

* Once you have completed the online registration, uploaded the physical form, and paid the fee for your student, he/she will be registered and ready to go for the school year. You will not have to complete a new registration each season as long as all items (including all activity fees for the year) were completed in the initial registration. You may pay your activity fees each season or pay them all at once.

2019 First Day of Fall Practices for LHS & Coach Info

| Boys Soccer     | Aug. 5     | 220 8437 |
| Tom Marcis     | Aug. 14    | 471 7488 |
| Girls Golf     | Aug. 5     | 226 3907 |
| Perry Andrisen | Aug. 12    | 471 9915 |
| Football       | Aug. 12    | 214 8046 |
| Chris Clements | Aug. 12    | 391 4874 |
| Boys X Country | Aug. 13    | 721 2465 |
| Girls Swimming | Aug. 13    | 391 9582 |
| Thomas Wheeling| Aug. 12    | 220 8437 |
| Boys Tennis    | Aug. 12    | 471 7488 |
| Scott McPherson| Aug. 13    | 721 2465 |

Fall Musical

Auditions for the BPS High School Fall Musical will be September 3-5 at LHS. Students need to attend only one of the audition days & should prepare a 90 second vocal selection. An accompanist will be provided. If you have questions, email mandy_wardner@bismarckschools.org or rachelle_kinn@bismarckschools.org

More information will be available when school resumes.

2019-2020 Sports Physical Information

Sanford Health
Monday, Aug. 5: 5:30-8:30 p.m.

The cost to receive a sports physical is $50. No appointment is necessary to attend one of these blitzes, which will be held at the following clinics in Bismarck and Mandan:

Bismarck:
- Sanford Children’s North Clinic: (701) 323-3700
- Sanford South Clinic: (701) 323-6990

Mandan:
- Sanford North Mandan Clinic: (701) 667-5100

CHI St. Alexius
$50.00 Sports Physicals available at Century Family Clinic – 305 west Century Avenue – Appointments preferred. Payment due at time of appointment.

Mid-Dakota Clinic Sports Only Physical
$75 fee due at the time of service (insurance is not billed). If immunizations, problem treatment, or other care is desired, additional charges will apply and be billed separately to insurance.

UND Center of Family Medicine
$50.00 Sports Physicals by appointment – please call 721-9500 to schedule.

Northland Health Center
$25.00 – appointments can be made by calling 252-4242 – payment due at time of appointment.

More information will be available when school resumes.
Tips to Start the School Year Strong!  By Sylvan Learning

Four things parents can do to help their children achieve better academic results:
1. **Impose the two-week rule.** With later bedtimes over the summer, children need to ease back into their school routine rather than having a sudden change their first day of school. Using the last two weeks of summer to re-introduce a school year bedtime routine will make waking up on that first day a lot easier.
2. **Reintroduce regular meal times.** During summer months, kids tend to grab a snack several times during the day. Parents can start reminding students to get back into a three-meal-a-day schedule in order to regulate their system into the back-to-school mode. Nutrition is an important factor in academic performance, and eating a healthy, balanced breakfast and lunch keeps kids alert throughout the day.
3. **Create a family calendar.** Time management is tricky for everyone, especially kids and teens, but planning is an important way to save everyone’s sanity. Having major deadlines, due dates, events and extracurricular activities in one place helps kids visualize their week, manage their time and stay on track.
4. **Connect with teachers if there are special needs or concerns.**
5. **Don’t ditch good habits.** If you and your child have established a good summer learning routine, when school starts try not to forsake all of the fun reading, writing and art activities that kept your child engaged all summer

Four important things that students can do to improve the academic quality of the school year, starting on day one:
1. **Get organized.** Organization is not overrated. Keeping notes, projects and reading materials in logical order helps students find what they need right away, cutting down on time spent tracking things down, and allowing more time for actual studying.
2. **Take good notes.** Yes, it does matter. Taking good notes helps keep kids’ grades up, especially in middle or high school. To boost note-taking skills, students should practice picking out the “main ideas” in conversations, news reports, or magazine articles.
3. **Concentrate.** Staying focused is easier for some kids than others. Students need to do their best to avoid distractions in class. This means keeping cell phones tucked away and being vocal if a chatty classmate is too distracting.
4. **Speak up.** Students often can get tripped up by homework or test instructions. Students should know it’s OK to speak up if they don’t understand testing or homework directions. Students should also listen carefully and spend plenty of time reading directions.
### Career Academy Bus Schedule

**Subject to Change - Check the Website for Updates**

<table>
<thead>
<tr>
<th>Block</th>
<th>Days</th>
<th>Departure Time</th>
<th>Arrival Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Block A (EB1)</strong></td>
<td>Monday-Friday (CA &amp; Aqa Center)</td>
<td>Depart LHS 7:10</td>
<td>Arrive CA 7:22</td>
</tr>
<tr>
<td>7:25-8:55</td>
<td>Depart CA 9:00</td>
<td></td>
<td>Arrive LHS 9:12</td>
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<tr>
<td><strong>Block B (1)</strong></td>
<td>Monday-Friday</td>
<td>Depart LHS 9:15</td>
<td>Arrive CA 9:27</td>
</tr>
<tr>
<td>9:25-10:55</td>
<td>Depart CA 11:00</td>
<td></td>
<td>Arrive LHS 11:12</td>
</tr>
<tr>
<td><strong>Flex Block B (2, 3, 4)</strong></td>
<td>Monday</td>
<td>Depart LHS 9:14</td>
<td>Arrive CA 9:27</td>
</tr>
<tr>
<td>9:25-11:00</td>
<td>Depart CA 11:00</td>
<td></td>
<td>Arrive LHS 11:12</td>
</tr>
<tr>
<td><strong>Block C (5, 6)</strong></td>
<td>Tuesday</td>
<td>Depart LHS 9:14</td>
<td>Arrive CA 9:26</td>
</tr>
<tr>
<td>9:25-11:00</td>
<td>Depart CA 11:05</td>
<td></td>
<td>Arrive LHS 11:17</td>
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<tr>
<td><strong>Block D (7, 8)</strong></td>
<td>Wednesday</td>
<td>Depart LHS 9:34</td>
<td>Arrive CA 9:48</td>
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<tr>
<td>9:25-11:00</td>
<td>Depart CA 11:45</td>
<td></td>
<td>Arrive LHS 11:57</td>
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### LHS Daily Mod Schedule

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<th>Mod</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mod 1</td>
<td>8:10-8:30</td>
<td>Mod 12</td>
<td>11:50-12:10</td>
</tr>
<tr>
<td>Mod 2</td>
<td>8:30-8:50</td>
<td>Mod 13</td>
<td>12:10-12:30</td>
</tr>
<tr>
<td>Mod 3</td>
<td>8:50-9:10</td>
<td>Mod 14</td>
<td>12:30-12:50</td>
</tr>
<tr>
<td>Mod 4</td>
<td>9:10-9:30</td>
<td>Mod 15</td>
<td>12:50-1:10</td>
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<tr>
<td>Mod 5</td>
<td>9:30-9:50</td>
<td>Mod 16</td>
<td>1:10-1:30</td>
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<td>Mod 6</td>
<td>9:50-10:10</td>
<td>Mod 17</td>
<td>1:30-1:50</td>
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<td>Mod 7</td>
<td>10:10-10:30</td>
<td>Mod 18</td>
<td>1:50-2:10</td>
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<tr>
<td>Mod 8</td>
<td>10:30-10:50</td>
<td>Mod 19</td>
<td>2:10-2:30</td>
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<tr>
<td>Mod 9</td>
<td>10:50-11:10</td>
<td>Mod 20</td>
<td>2:30-2:50</td>
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<tr>
<td>Mod 10</td>
<td>11:10-11:30</td>
<td>Mod 21</td>
<td>2:50-3:10</td>
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<tr>
<td>Mod 11</td>
<td>11:30-11:50</td>
<td>Mod 22</td>
<td>3:10-3:30</td>
</tr>
</tbody>
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### Counseling/Career Center

Mrs. Thornton, Counselor  
(last names that begin with the letters A-E)  
melinda_thorton@bismarckschools.org  
701-323-4864

Mrs. Grandalen, Counselor  
(last names that begin with the letters F-K)  
jennifer_grandalen@bismarckschools.org  
701-323-4866

Mrs. Berry, Counselor  
(last names that begin with the letters L-R)  
jennifer_berry@bismarckschools.org  
701-323-4865

Mrs. Fraction, Counselor  
(last names that begin with the letters S-Z)  
liz_fraction@bismarckschools.org  
701-323-4863

Mrs. Janz, Career Advisor  
kasey_janz@bismarckschools.org  
701-323-4356

Mrs. Osborn, Social Worker  
shelly_osborn@bismarckschools.org  
701-323-4868

### LHS Administration

Phone 701-323-4850

Mr. Schmidt, Principal  
tom_schmidt@bismarckschools.org

Mrs. Butts, Assistant Principal  
nadine_butts@bismarckschools.org

Mr. Riehl, Assistant Principal  
ryan_riehl@bismarckschools.org

Mr. Jundt, Athletic Director  
paul_jundt@bismarckschools.org

Mr. Heinrich, Dean of Students  
john_heinrich@bismarckschools.org

LHS Administrative Assistants

Pam Peske, Secretary to Mr. Schmidt  
701-323-4850 Ext: 6250

Misti Boese, Secretary to Mrs. Butts  
701-323-4850 Ext: 6271

Wendy Brandt, Secretary to Mr. Riehl/Bookkeeper  
701-323-4850 Ext: 6257

Allison Bower, Attendance  
701-323-4856

Katie Wald, Student Services Secretary  
701-323-4862
A Youth Tobacco and Vaping Cessation Program

My Life, My Quit™

Nearly 5 million U.S. teens use tobacco and few widely available and accessible resources designed for teens exist to help them stop. As a tobacco quitline provider helping thousands of people quit tobacco every year, National Jewish Health has launched an enhanced tobacco and vaping cessation program for teens under age 18 who want to stop using tobacco products, especially electronic cigarettes like JUUL. The My Life, My Quit program combines best practices for youth tobacco cessation adapted to include vaping and new ways to reach a coach using live text messaging or online chat. The program includes educational materials designed for teens created with youth input and through discussion with subject matter experts and community stakeholders. The My Life, My Quit specially trained coaches listen and understand teens, provide personalized support, and build relationships that promote quitting tobacco. Coaches emphasize that the decision to stop is personal, and provide information to help cope with stress, navigate social situations, and support developing a tobacco-free identity.

The My Life, My Quit, program provides youth access to tailored resources for quitting, including:

- Youth coaches who receive special training on the best ways to build relationships with youth
- Five coaching sessions by phone, live texting or chat with a coach who will listen and help teens navigate social situations while finding healthy ways to cope with stress
- Text or call a dedicated toll-free number (1-855-891-9989) for real-time coaching
- Additional text messages for support to quit vaping, smoking, or chewing tobacco
- Simplified program registration and enrollment process to get to coaching faster
- Website (mylifemyquit.com) with online enrollment, chat with a live coach, information about vaping and tobacco, and activities to support quitting
- Promotional and educational materials designed for youth with messages from youth about quitting tobacco and vaping, and how to ask for support
- A water-marked certificate of completion of the program

The program is supported and available in Colorado, Massachusetts, Michigan, Montana, Nevada, North Dakota, Ohio, Pennsylvania, and Utah. For media enquiries about the program, please contact William Allstetter at 303.398.1002 or AllstetterW@NJHealth.org.

NDQuits offers a youth cessation program
https://mylifemyquit.com/
Vaping – A Dangerously Addictive Habit Among Kids & Teens

You may have unknowingly seen some of these products laying in the bottom of your kids’ backpack or even pulled one out of their jeans pocket when doing laundry. The tobacco products of this generation do not resemble the products you may have seen when you were their age.

These new tobacco products contain nicotine and/or other substances that are harmful and possibly illegal. Here are some of the latest tobacco products being used by kids:

- **Pod Systems**
- **Cigalikes & Vape Pens**
- **MODS**
- **E-Juice/E-Liquids**

JUULs, Vapes, and other E-Cigarettes contain heavy metals, cancer causing chemicals like formaldehyde, and nicotine. Even if your child claims they are only using the “flavored e-juice” it is still dangerous. The flavors in e-juice are not approved by the Food and Drug Administration (FDA) as safe to be inhaled. These flavors can also cause eye, nose and throat irritation and irreversible lung damage. Flavored products also have been found to contain nicotine even if the packaging says 0mg Nicotine.

When kids are exposed to nicotine before their brain is fully developed, it can lead to serious and long lasting issues. Mood swings, problems with decision making, and increased susceptibility to addiction are just a few of the concerns that arise when youth use any products that contain nicotine.

In North Dakota, teens are also using vapes and JUULs to vape other substances like marijuana, alcohol, and methamphetamine.

**How to tell if your child is vaping:**

- Are there sweet or fruity smells coming from behind closed doors?
- Are there school supplies or tech products you don’t recognize in kids’ backpacks or rooms? What about small vials or eye dropper bottles?
- Have you come across unfamiliar chargers, coils, or batteries?
- Has there been a change in your kids’ behavior like increased mood swings, irritability, anxiety, or impulsivity?
- Have your kids been suffering from more frequent headaches or nausea?

*Source: flavorshookkids.org*

**What if your child is addicted?**

There are several FREE resources in our community to help your child quit their tobacco & vaping use:

**Free Individual Counseling at Bismarck Burleigh Public Health** – Bismarck Burleigh Public Health (BBPH) offers FREE individual counseling. Contact Sue Kahler, Certified Tobacco Treatment Specialist, Certified by the Mayo Clinic, at (701)355.1597 or skahler@bismarcknd.gov

**NDQUITS Program Available for Students** – All NDQUITS services include free counseling, advice, support, and nicotine replacement products for those who qualify. In ND, individuals 14 years and older do not need parental consent to receive counseling. All NDQUITS services (phone, online, and mobile) are available to youth 14 and older. Kids younger than 14 can access services with parental or guardian consent.

**For more information about talking with your kids about vaping please visit:** [www.breathend.com/vapingedu](http://www.breathend.com/vapingedu)

Jordyn Schaebauer, BS CHES
Tobacco Prevention Specialist, Bismarck Burleigh Public Health Tobacco Prevention and Control Department
INTRODUCING

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• Photos available in your JostensPIX account year after year
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It provides a fun way to personalize your photos.
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LEGALITY HIGH SCHOOL

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FOR QUESTIONS, PLEASE CALL 1-877-515-1447