

# West40 Weekly

West40 Remote School

3/17/23

## Parent Connection Meetings

Schedule a time to talk to all of your child's teachers virtually from the comfort of home!



**April 5th: 4 PM - 7:30 PM**

**<https://tinyurl.com/April5Meetings>**

**April 6th: 8:10 AM - Noon**

**<https://tinyurl.com/April6Meetings>**



## Need Community Service Hours?

Contact Mrs. Hoskins for VIRTUAL community service hours to happen during the school day tutoring our elementary students!

## Reminder:

**End of Quarter 3:**  
**3/23/23**

**Spring Break: 3/27 - 3/31**

**Happy**  
**St. Patrick's**  
**Day**



# Attention Parents:

## Parent Group Next Week!

**Please join Mrs. E for our next parent group!**

**Date: Tuesday, March 21st**

**Time: 6:30-7:30pm**

**Location: Mrs. E's Zoom Room (Please refer to Mrs. E's email for zoom link)**

**I hope to see you there! \*\*\*If you need or would like a journal to begin your journey of self awareness, please let me know! If you would like to chat further about our parent groups, please feel free to contact me as well. I am here to support YOU.**

**Mrs. Ebrahimi**



# ***WEST 40 REMOTE SCHOOL PARENTS and CAREGIVERS!***

The West 40 Remote School and friends from the *Holistic Mental Health Project* want to celebrate you with

**TWO EVENTS JUST FOR YOU!**

*Thursday*

**APRIL  
13**

**5:30-  
7:30 PM**

## **FREE TAKE HOME DINNER**

Treat yourself and your family to a free take home dinner and other healthy goodies. If you have time, have a snack and say hello to Remote School Staff and friends.

**Location:**

**West 40 Main Office at 4413 W. Roosevelt Rd., Hillside, IL  
60162**

*Thursday*

**APRIL  
20**

**5:45-  
7:00 PM**

## **EVENING OF FUN AND WELLNESS**

Join Mrs. Ebrahimi and a couple of friends for fun activities and information about self-care, well-being, and stress reduction.

**Location:**

**Zoom – You will be sent a Zoom link**

*Give yourself a well-deserved break! Come join us!*



# ADVOCATE'S CORNER

## VAPING

To conclude our unit on heart health and the risks of smoking and vaping, this week we watched a brief documentary on the underground vaping market. Teen testimony about how vaping has impacted their physical and emotional health as well as their relationships with family and friends were heard by the students.

Also, former employees of numerous vape companies shared their harrowing tales about the hazards of vaping, how they are created, and what the general public doesn't know about them. We have had some very fruitful discussions about this and think it's critical to address every aspect of this risky behavior. If you need any additional support or have any questions or concerns about this matter, please don't hesitate to contact your child's advocate.

### Contact Your Advocate

Vicki Dimitrakakos  
224-442-0378  
vdimitrakakos@west40.org

Entesar Ebrahimi  
872-239-4493  
eebrahimi@west40.org

Denise Alcauter  
708-628-7194  
dalcauter@west40.org

Kasia Mazur  
708-620-6433  
kmazur@west40.org

### Vaping 101: What Every Parent Needs to Know

<https://parentandteen.com/vaping-101/>





# The Scary Truth About Teen Vaping

Teens often believe that vaping or using electronic cigarettes is healthier than smoking tobacco.

Get the truth.



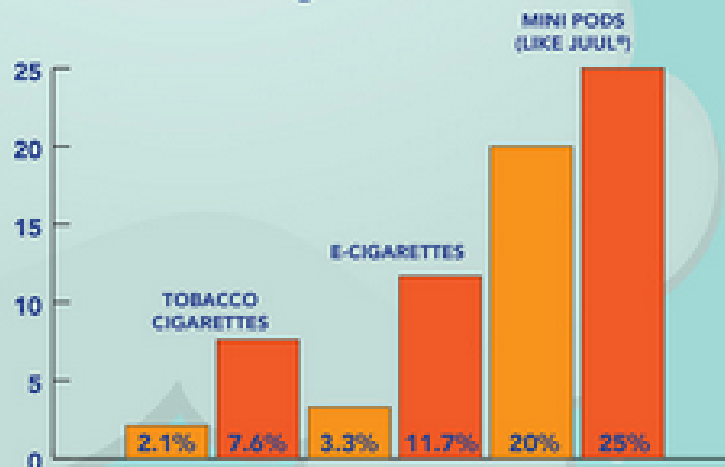
## Who's Using What?

High school students

Middle school students

30% of teens begin smoking tobacco within 6 months of vaping e-cigarettes

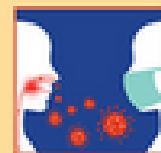
600% sales increase of JUUL® products in 2017



## How E-Liquids Affect the Body



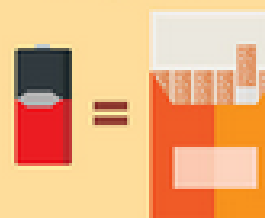
- Lead to nicotine addiction
- Gateway to other addictive substances
- Depress immune system
- Prevent lungs from detoxing
- Increase risk of frequent infections



## Mini Pod & Vape 101 for Parents

- Looks like a USB or flash drive
- Recharges on USB port
- Has high concentration of nicotine
- Easy to hide & consume
- Many flavors appeal to teens
- Not harmless water vapor
- Highly & quickly addictive
- Often called JUULing

1 mini pod =  
20 cigarettes



Nicotine level



National Suicide Prevention  
Lifeline

1-800-273-TALK (8255)

I HOPE YOU KNOW...



THE WORLD IS BETTER  
BECAUSE YOU ARE IN IT.

-JACQUELINE WHITNEY

natural life  
*live love laugh*



WEST40 WEEKLY



3-17-23

Do you need assistance?

**[HTTPS://WWW.WEST40COMMUNITY  
RESOURCES.ORG/](https://www.west40communityresources.org/)**

Reach out to your advocate  
for more information

Stay Updated By Visiting

**[WEST40REMOTESCHOOL.COM](https://www.west40remoteschool.com)**

Additional Resources  
Available on Community  
Resources Tab

The vision of the  
West40 Remote School is to  
create a safe and diverse  
learning environment where  
students feel  
loved, accepted, and  
encouraged to reach their  
full potential by attaining  
the skills to be emotionally  
& academically successful  
individuals.



We will meet you where you are.  
We will be what you need.  
We will walk further with you.  
We will stand strong with you.