



# WOLF E-NEWS

*from Westside High School*

14201 Briar Forest Houston, Texas 77077 \* Phone: 281.920.8000 \* Fax: 281.920.8059

November 27, 2017

## Westside Hosts Visitors from China



On the Friday before Thanksgiving break, Westside hosted a delegation of educators from the Haidian district of Beijing, China. The twenty-five teachers and their guides spent the day at Westside as part of a 28-day United States travel itinerary, including Houston, Austin, and Washington D.C. During their trip they will tour American schools, museums, and other educational attractions and venues.

Several native Mandarin-speaking Westside students acted as ambassadors for the group. The school tour included a visit to our own outdoor environmental science lab, the Wolf Prairie, guided by Ms. Klein's Ecology

Club students. The guests also rotated through several classroom observations and were treated to a mini Fine Arts showcase, including performances by Choir, Inertia, and a Brass Ensemble.



## Calendar

### **Tues. 11/28**

Westside Showcase, 5:30 PM

### **Wed. 11/29**

HOSA Blood Drive , 7:00 AM-3:15 PM

College Financial Aid Night, 6:30 PM, Library

### **Thur. 11/30**

Comedy Sportz at Spring Woods, 7:00 PM

### **Sat. 12/2**

Dance with Inertians, 8:00 AM

Saturday Tutorials, 9:00 AM-12 Noon

Random Acts of Dance, 6:30 PM, Auditorium

*Westside High School*

# *Community Showcase*

For Prospective Students and Families  
and

Interested Community Members

**ALL ARE WELCOME!!**

**Tomorrow!**

**Tuesday, November 28 at 5:30 PM**

## **5:30 Interest-Based School Tours**

- Business Management & Finance
- Computing Sciences
- Culinary Arts
- Digital Media & Design
- Engineering
- Fine Arts (Performing)
- Fine Arts (Visual)
- Futures Academy
- Health Science Technology

**6:00-7:00 PM Clubs & Organizations  
In the Commons**

**6:30-7:00 PM Q & A with Principal  
In the Library**

**7:00 PM Show-stopping Showcase Show  
In the Auditorium**

*Show up...  
so we can show off!*

## **Fall Schedule Saturday Tutorials 9:00am –12 Noon**

**Please note:**

**Students must arrive by 9:15 AM**

December 2

December 16

**—bring IDs, laptops, and assignments—**

**Save the dates!**

# Paris Trip



Parent Meeting

December 7

6:30 PM in S-100

## Class of 2018 Info & Events

### Have you paid your Senior Dues?

Dues cover:

Cap & Gown      Diploma Cover

Senior Panoramic Picture

Senior Picnic      Senior T-Shirt

#### Amount Due:

\$160 (\$140 Free/Reduced Lunch)

Through December 22nd

On January 8, 2018, dues will go to \$200

Pay cash/money order in A205

Pay with credit card: <https://www.schoolpay.com/>

[Instructions](#) if needed.



## Yearbooks Make Perfect Holiday Gifts

### Lasting High School Memento for Students of All Grade Levels

Looking for a nice holiday gift for your Westside student? Maybe a 2018 Westside Yearbook would be a unique surprise?

To purchase a 2018 Canidae Westside yearbook, you can visit [www.Smart-Pay.com](http://www.Smart-Pay.com) to pre-order your book online. The cost of the book is \$85. You can also personalize your book with name stamping and icons to represent your activities and organizations. You may also purchase your yearbook in cash in Room E244.

There are still a couple of Senior Ad pages available. If you would like to commemorate your child's Senior year with a personal spot in the book, contact Ms. Roberts at [srobert2@houstonisd.org](mailto:srobert2@houstonisd.org) or call 281.920.8000 extension 036244 to get pricing and details. Senior ads can cover a full, half or quarter page (groups in full or half page only).

For all your yearbook questions, please contact Sharon Roberts.

## Choices Topic: E-Cigarettes

Hello Parents!

Greetings from the Choices Program. As scientific research continues, and data keeps coming in, the picture regarding the impact of e-cigarettes on health and adolescent brain development is becoming clearer. The adolescent brain is much more sensitive to the effects of nicotine than an adult brain. E-cigarettes are not safe and have been found to contain carcinogens<sup>1</sup>. Research has shown that even brief adolescent exposure to nicotine has been proven to enhance the reinforcing value of other abused drugs.

Ms. Ebony Lumpkin  
Choices Counselor  
[elumpkin@councilonrecovery.org](mailto:elumpkin@councilonrecovery.org)

### Did you know?

- E-cig/vaporizer liquid produces cancer-causing chemicals that have been linked to lung disease<sup>1</sup>
- ***It is illegal to sell E-cigarettes or related tobacco products to minors in Texas***
- Over 75% of young adults believe that e-cigarettes are harmful to the body<sup>3</sup>
- Teens that use e-cigs/vaporizers are **27x more likely** to smoke marijuana<sup>3</sup>
- 1 in 3 teens are unaware of the nicotine concentration of their e-cigarette<sup>2</sup>
- E-cigarette use is strongly linked to the use of other tobacco products such as regular cigarettes, cigars, hookah, and smokeless tobacco<sup>4</sup>
- In 2014, e-cigarettes surpassed regular cigarettes as the most popular form of nicotine ingestion among middle and high school students
- Nicotine is the most addictive drug known to man
- Epidemiologic studies have shown that nicotine use is a gateway to the use of marijuana and cocaine in human populations<sup>5</sup>
- ***JUUL electronic cigarettes deliver roughly 1.5 times the amount of nicotine than a traditional tobacco cigarette***

Effective August 8, 2016, the US [Food and Drug Administration](#) (FDA) mandates [electronic cigarettes](#) products to be regulated as tobacco products. The FDA rule also bans sales to minors. The FDA classified e-cigarettes as drug delivery devices and subject to regulation under the [Food, Drug, and Cosmetic Act](#) (FDCA) before importation and sale in the US.

Nicotine is more harmful to teens than adults because it slows development of the adult brain in adolescents. This can lead to slowed or arrested development of executive functioning skills, especially impulse control. In a study in the Journal of Physiology, researchers found that e-cigarettes have been linked to cognitive deficits in emotional learning and memory in adolescents. The adolescent brain has a distinct neurobiology and unique sensitivity to nicotine. [Click here for full study.](#)

Nicotine exposure during adolescence has been proven to enhance the reinforcing value of other abused drugs. In a sense, the brain is "primed" or sensitized to the pleasurable effects of drugs of abuse. A study in the New England Journal of Medicine shows how nicotine acts as a gateway drug in mice. According to the researchers, "Nicotine acts as a gateway drug on the brain, and this effect is likely to occur whether the exposure is from smoking tobacco, passive tobacco, or e-cigarettes." [Click here to read complete study.](#)

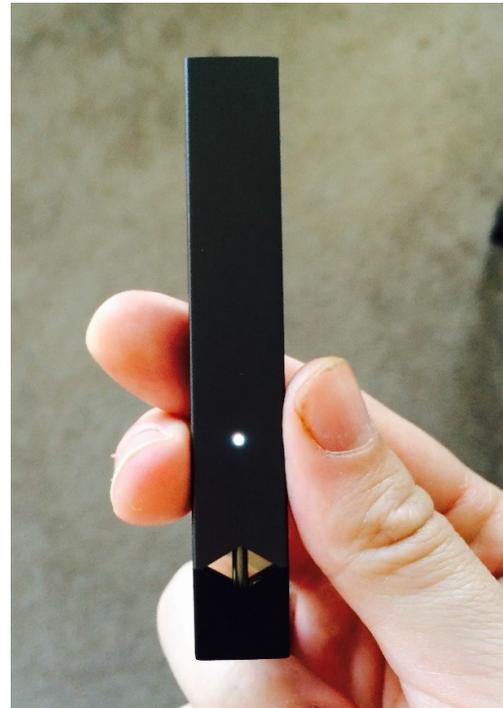
In a 2017 study by chemists at the University of Connecticut, researchers found that electronic cigarettes are potentially as harmful as tobacco cigarettes. The researchers found that vapor from *non-nicotine* e-cigarettes caused as much DNA damage as filtered cigarettes, possibly due to the many

chemical additives present in the vapor. **Cellular mutations caused by DNA damage can lead to cancer.** [Click here to read more about this study.](#)

A 2016 study published in the Journal of Environmental Science & Technology found that the flavoring compounds in e-cigarette liquid produce more carcinogenic toxic aldehydes than the base ingredients of the liquid itself. This is the first study I have seen that shows the flavorings, themselves, are toxic. [Click here for full research study.](#)

Please do not hesitate to reach out with questions or concerns. Information is confidential.

**Resources:** 1. *Environ. Sci. Technol.*, **2016**, 50 (23), pp 13080–13085. 2. Morean, Meghan E (2016). "Nicotine concentration of e-cigarettes used by adolescents". *Drug and alcohol dependence* (0376-8716), 167, p. 224. 3. <https://e-cigarettes.surgeongeneral.gov/about.html>; <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html> 4. <https://quitsmokingcommunity.org/dangers-of-e-cigs/> 5New England Journal of Medicine, 2014; 371: 932-43



# WHAT IS AN E-CIG?



## Westside Digital Media & Design Students Discover Career Options at HISD Graphic & Print Design Department



# Westside Soccer Festival



## SATURDAY, DEC. 9<sup>TH</sup> 2017 SOCCER FEST



### JOIN THE FUN

It's that time of the year again! So wear your favorite team jersey, invite family and friends to join us for a fun filled soccer day. **THE WESTSIDE HIGH SCHOOL LADY WOLVES AND THE BOYS SOCCER PROGRAMS** would like to invite you to our 3<sup>rd</sup> annual soccer festival. Join us on Saturday December 9<sup>th</sup> for food, fun & soccer activities. All ages are welcomed. We are looking forward to another fantastic turnout, enjoying soccer in a fun filled and social atmosphere! If you have any questions, please contact [mgsart@houstonisd.org](mailto:mgsart@houstonisd.org) or [pospina@houstonisd.org](mailto:pospina@houstonisd.org).

DART SOCCER - BUBBLE SOCCER - TENNIS SOCCER - FOOTBOWL- SCRIMMAGES



FESTIVAL HOURS:

9am – 2pm

ADMISSION: \$5

FOOD TRUCKS

RAFFLE TICKETS

DJ

ZUMBA

GAMES

ARCADE

LOCATION



**WESTSIDE HIGH SCHOOL**

14201 Briar Forest Dr.  
Houston, TX 77077

## Canada Trip

Bonjour, Quebec & Montreal!  
July 2018

Westside's French teacher, Mr. Robert Alexander, is hosting a trip to Canada this summer, July 10-15, 2018. All Westside students and families are invited to enroll.

No language requirement.

Click [here](#) for additional information and detailed itinerary.

Contact Mr. Alexander if you are interested in participating: [ralexan6@houstonisd.org](mailto:ralexan6@houstonisd.org)

## Quick Links

School Web Address:

<https://www.houstonisd.org/westsidehs>

HISD Web Address:

<https://www.houstonisd.org>

Subscribe to receive eNews by eMail:

[click here](#)

Yearbook Orders:

<https://www.smart-pay.com/>

School Pay:

Pay your senior dues, Power Up, band/orchestra/choir fees, and some athletics fees here. [Instructions](#) if needed.

<https://www.schoolpay.com/>

Choices Presents  
**Parent Nights**

**October 2, 2017**  
How Technology & Social Media Effect My Teen's Brain

**November 6, 2017**  
Body Image Eating Disorders  
What Parents Need to Know

**December 4, 2017**  
Are You Worried About Your Teen Being Stressed?  
Stress Management Strategies for Parents and Teens

**January 8, 2017**  
OPEN TOPIC!

**February 5, 2017**  
Sex: Protect & Prepare Your Teen From Hook-Up Culture

**March 5, 2017**  
Prevent Teen Alcohol Use, Binge-Drinking & Driving Under the Influence

**April 2, 2017**  
Current Drugs of Abuse: What Parents Need to Know

**Once a Month ON MONDAY'S**  
6:00PM - 7:00PM  
N-144  
Ms. Lumpkin  
CHOICES Counselor

Make Your Calendar!

WESTSIDE DANCE PRESENTS  
**RANDOM ACTS OF DANCE**

**DECEMBER 2, 2017**  
SATURDAY | 6:30 PM  
WESTSIDE AUDITORIUM  
TICKETS: \$10.00

CHILDREN 3+ WILL REQUIRE A TICKET  
QUESTIONS: [BPAULE@HOUSTONISD.ORG](mailto:BPAULE@HOUSTONISD.ORG)

[Inertidanceco](#) [InerToco](#) [Inertia.danceco](#) [www.inertidanceco.com](http://www.inertidanceco.com)