WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

NEWSLETTER

November | 2026

VAPE CULTURE: LOOK PAST THE HYPE

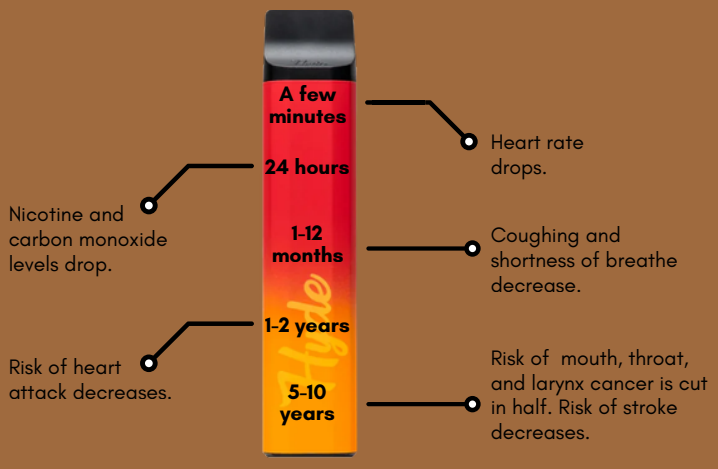
Vaping is everywhere - on social media, in music, conversations with friends, even memes! When we see something over and over, it can start to feel normal, harmless, or like "everyone" is doing it. This month we encourage you to look past the hype!

- ***What Am I Seeing?*** Is vaping being portrayed as funny, cool, relaxing? And, is that the truth? (NO!)
- ***Who is Sending the Message?*** A friend? Celebrity? Influencer? Or, is it a reliable source like the CDC, and Tobacco Free for a Healthy NJ?
- ***What Do They Want Me to Think?*** Every message has a purpose, does there's have your best interest in mind, or their profit?
- ***Am I Seeing the Whole Picture?*** Social media often shows the "fun" or trendy side of life *(rarely the less appealing part!)*

THE GREAT AMERICAN SMOKEOUT

Thursday, November 19, 2026

GASO is an annual event hosted to encourage people to quit smoking for 24 hours. So, what happens when you quit smoking or vaping?



There are so many health benefits of quitting smoking over time, some occuring within minutes!

GRATITUDE: PASS IT ON!

November is a wonderful time to pause and reflect on the people, places, and little things that make life brighter. As we take stock of what we're grateful for, let's look for ways to turn that gratitude into kindness.

Turning Gratitude into Kindness:

- Send a **thank you text** to someone who has helped you.
- **Compliment** a stranger.
- Leave a **positive note** for someone.
- **Smile** and say hello to someone in the community.





Did you know?

An act of kindness can release feel-good chemicals into the brain and have positive, long-term benefits for your mental health. It's true! Kindness is known to:



- self- esteem
- happiness
- energy
- life span



- anxiety
- depression



Why does this matter?

Small acts of kindness can help strengthen our connections with the people around us, including students, peers and youth in the community.

Looking for some ideas? Check out November's Random Acts of Kindness Calendar.



YOUTH ADVISORY BOARD

OCTOBER MEETING RECAP

- **Action Planning!** What is it and how can it help you?
- **Life After High School** – what are my options?

Next Meeting:

Thursday, November 5, 2026

6:00 PM – 7:00 PM



HOW CAN I GET STUDENTS IN MY SCHOOL INVOLVED?

- **Share our YAB Flyer** to your school's website, social media platforms, bulletin board, digital backback, or newsletters!
- Promote **upcoming events** we host.
- Invite us to host an interactive **table at lunch** or talk to a group of students.
- **Highlight** what students can gain from joining such as leadership skills, volunteer hours, friendships, and new experiences.

Have a student who is interested?

Email: zwaschek@centerforprevention.org

Follow us on Instagram!





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The Center for Prevention & Counseling

School Health NJ

Comments or Questions? Email Tamara@centerforprevention.org