



Torrey Pines High School

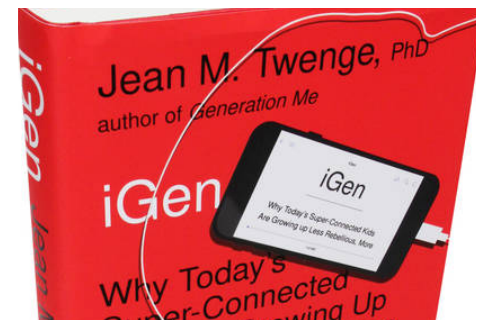
NEWSLETTER



Vaping & Juuling Updates



Students Need More Face-To-Face Time



Insights From Dr. Twenge

Falcon Feature

In our screen-saturated society, our students are missing out on true face-to-face interactions. As part of our focus on self awareness, we are encouraging students to engage in more face-to-face interactions to help improve their mental health, and prepare them for life after high school. We want to empower our students to connect with the people around them without the use of a device. Making in-person connections creates a deeper sense of community, and improves overall confidence and resilience. We hope you take a moment to talk with your student about the importance of face-to-face communication. To help the conversation, check out this [article on mental health and face-to-face social contact](#).

iGen Presentation - Resources

On 10/15 TPHS was pleased to welcome Dr. Jean Twenge to present to our families about teens and screens. Dr. Twenge provided insightful data and helpful tips for families about the impact of screentime on our students. One important tip Dr. Twenge shared was to have teens **shut down phones for at least one hour before bedtime**. If you missed this important presentation, you can visit [Dr. Twenge's website](#) for more information.

Vaping & Juuling - New Data

Vaping and Juuling continues to be a growing trend among teenagers in the US. According to the National Institute of Health 2018 Monitoring the Future Survey, teenagers who vape in the 10th and 12th grade show the largest ever recorded increase of any substance use in 44 years of tracking youth drug use. The CDC reports that teen vaping has surged to more than 1 in 4 high school students nationwide. Please talk with your student about the [latest health information from the CDC](#) regarding cases of lung injury associated with this growing epidemic.

Did You Know?

Staff and peer tutors offer after school tutoring to support the daily learning that is happening in your classes. TPHS is committed to helping our students succeed! Please [check out our website](#) for the details of how to access this student support.

Counseling Updates

UPCOMING EVENTS

Academics

10/23- Late Start
10/25 Homecoming Dance
10/31 Halloween

Arts

10/22 & 23 - Fall Concert (PAC)

Athletics - Schedule

10/23 - Field Hockey v. San Marcos
10/24 - Water Polo v. San Marcos
10/25 - Football v. Oceanside
10/29 - Girls Golf CIF
11/1 - Football v. LCC
11/2 - Volleyball CIF