[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=dyXkjpQhp5ShHM&tbnid=jBVsIT9YeoKk7M:&ved=0CAUQjRw&url=http://www.dcs.k12.oh.us/site/Default.aspx?PageID=371&ei=6hcvUrSSFIna8wSY-ICwBg&bvm=bv.51773540,d.eWU&psig=AFQjCNG-BO4QJ-py6cplfZ-oBAeKnmDwqA&ust=1378904351425923)

**Nurse’s Nook**

**Pearl Lower Elementary – August**

**Aly Weems, School Nurse**

Dear parents,

I would like to take this time to inform you that Pearl Lower Elementary currently receives a tobacco grant. In turn, this means I, as the school nurse, must spend so much of my time educating about tobacco use. I will do this by decorating my door and bulletin boards, posting a daily tobacco fact in the hall, and also sending home a monthly “Nurse’s Nook” to educate families on the harmful effects of tobacco use. I hope that this will benefit you and your families. Thank you for allowing me to take care of your little pirates!

Nurse Aly ☺



**General Tobacco Facts**

* Cigarettes contain more than 7,000 harmful chemicals, including those found in bug spray and moth balls.
* 5,400 Mississippi deaths result each year from smoking.
* Annual healthcare costs in Mississippi directly caused by smoking are $1.23 billion.
* Secondhand smoke causes coughing, colds, earaches, and worsens asthma.
* Smoking can cause cancer and heart disease.
* **If you or a loved one needs help quitting, you can call 1-800-QUITNOW or 1-800-784-8699! It’s never too late to quit!**