

Morning Announcements

November 16

Great American Smokeout Day®



Good morning Eagles (insert school name or mascot here)! This upcoming Thursday is The Great American Smokeout! Nicotine is the MOST addictive substance on the face of the earth (that we know of). Did you know that out of 100 people who start using nicotine, over 60 of them will become addicted! It takes about 10 years for your average smoker to quit. Quitting smoking is not easy. It takes time. And a plan.

That is why we observe the Great American Smokeout event. If you or someone you know has become addicted to nicotine, let this be your day to start your journey toward a smoke-free life. You will have the opportunity to learn more _____(insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____