



ST HILDA'S
CE HIGH SCHOOL

WISDOM
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EQUALITY

06/12/21

Dear Parent/carer,

Unfortunately, we are aware that a small number of students have been using E-cigarettes (vapes) whilst in school uniform. When spoken to, students are of the opinion that vaping is safe and when looking at research, it very often gives this impression as they are seen to be far less harmful than cigarettes and can help smokers to quit for good. In recent years, they have become a very popular stop smoking aid in the UK.

Research reminds us that:

- E-cigarettes are not completely risk free
- The liquid and vapour contain some potentially harmful chemicals also found in cigarette smoke, but at lower levels
- E-cigarettes contain nicotine which is addictive
- At low doses, nicotine is a stimulant which in the short term increases heart rate
- More research is needed about the long-term effects of vaping
- It is illegal to sell vaping products to people under 18 in the UK

Can you please discuss the above with your child and highlight the risks to them.

May I also remind you that any student caught smoking/vaping on the school site or with smoking/vaping paraphernalia will be issued with the appropriate sanction and parents will be informed. This includes smoking/vaping outside the school grounds, or on the way to and from school. Subsequent offences will result in more serious sanctions being issued.

Yours faithfully,

Roy Bellmon

Deputy Headteacher/Designated Safeguarding Lead

Headteacher
Mrs J Code
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committed to
excellence in
PSHE education

