



30th June 2023

Dear Parents and Guardians,

Subject: Important Information Regarding the Dangers of Vaping

We hope this letter finds you well.

I write to you about a growing trend that has been reported to me which has affected young people in school and college settings across the Country. There have been a number of reports in the media and through educational networks of young people experimenting with the chemical THC which is apparently available in some vapes which give the 'high' effect of cannabis.

This has made some unwell and sadly there have been cases of young people collapsing and having to receive medical attention or hospitalisation.

Although we have no evidence that this is taking place at our school, we wanted to take the opportunity to highlight the issue with you and ask for your support in ensuring we keep our young people safe and healthy.

Sadly, vaping, the use of electronic cigarettes or e-cigarettes, has become increasingly prevalent among young individuals, including teenagers. It is crucial that we, as the Cantell 'family', understand the potential dangers associated with this practice and work together to protect our young people from the harmful effects it can have on their health and lives.

Vaping, the use of electronic cigarettes or e-cigarettes, has become increasingly prevalent among young individuals, including teenagers. It is crucial that we, as a school community, understand the potential dangers associated with this practice and work together to protect our children from the harmful effects it can have on their health and lives.

Extensive research has been conducted on the effects of vaping, and the findings are deeply concerning, without even taking into consideration the use of THC. Studies have revealed that the use of e-cigarettes can lead to a multitude of health problems, especially when it comes to young people. The following are some of the key points that research has highlighted:

1. **Nicotine Addiction:** E-cigarettes often contain nicotine, a highly addictive substance. Research suggests that nicotine exposure during adolescence can have long-term effects on brain development, leading to addiction and a higher likelihood of using other tobacco products.
2. **Respiratory Issues:** Vaping can cause significant damage to the respiratory system. It has been linked to lung inflammation, coughing, wheezing, and an increased risk of respiratory infections. Recent reports have also associated vaping with severe lung injuries, referred to as vaping-associated lung injury (VALI).

3. Impaired Cognitive Function: Nicotine affects the developing brain, impacting memory, concentration, learning, and impulse control. This can have serious consequences on academic performance and overall cognitive development.

At Cantell, we have implemented a comprehensive approach to addressing this issue within our school. We are actively educating students about the risks associated with vaping through age-appropriate discussions, assemblies, and where needed individual workshops. Our aim is to empower them to make informed decisions about their health and equip them with the necessary knowledge and skills to resist peer pressure.

However, our efforts to combat this issue would be incomplete without your support. We kindly request that you join us in safeguarding the health of our young people by discussing the dangers of vaping with them at home. Encourage open and honest conversations about the risks and help them understand the consequences it can have on their future.

We also encourage you to familiarise yourself with the signs and symptoms of vaping, such as:

- the presence of unfamiliar devices, sweet or fruity odours,
- increased thirst
- coughing,
- and changes in behaviour or academic performance.

Early intervention is key in addressing this issue effectively.

We are committed to maintaining a safe and healthy environment for our young people, and we appreciate your partnership in this endeavour.

Vaping is not allowed at our school and students identified doing so will be dealt with in line with our school behaviour policy.

Should you require any further information or resources, please do not hesitate to contact the relevant Year Leader.

Together, we can make a significant impact in protecting our children from the dangers of vaping.

Thank you for your attention and continued support.

Warmest Regards,



Harry Kutty
Headteacher

