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Raising health concerns regarding vaping and its impact on young people

Dear Parents/Carers

As the Headteacher of Compass school, it is my responsibility to ensure the health and well-being of our students.

Today, I write to you about a growing concern that affects not only our school but also the wider community; the issue of vaping and its impact on young people. Vaping, the use of electronic cigarettes or similar devices to inhale and exhale aerosolised substances, has become increasingly common amongst teenagers. While it may be tempting to dismiss vaping as a harmless activity, it is crucial for us to recognise the potential dangers it poses to the physical and mental health of our students.

Research has shown that the use of e-cigarettes can have severe consequences on adolescent development. The chemicals present in vaping products, such as nicotine and various flavourings, can negatively affect brain development, impair cognitive function and contribute to addiction. Additionally, the long term effects of vaping are still being studied, and early evidence suggests potential respiratory and cardiovascular risks.

To address this pressing issue, we are strengthening our health education curriculum to provide accurate information about the risks and consequences of vaping. Our Learning mentor team are available to provide support and guidance to students who may be struggling with addiction or facing peer pressure and we will be updating our school website over the coming days to support with further advice and guidance.

We firmly believe that addressing this concern requires a collaborative effort between the school and parents/carers. I kindly request your support in engaging in open honest conversations with your children about the dangers of vaping to encourage them to make informed choices regarding their health and well-being.

Additionally, I encourage you to be vigilant and attentive to signs of vaping or related paraphernalia. Familiarise yourself with the appearance of vaping devices, as they often resemble common everyday items, making detection more challenging. By working together, we can create a safe and healthy environment for our students.

Thank you for your cooperation and ongoing support in our shared mission.

Yours sincerely

A handwritten signature in blue ink, appearing to read "Debbie McKenzie", is written over a light blue horizontal line.

Debbie McKenzie
Headteacher

