

25.4.24

Raising health concerns regarding vaping and its impact on young people

Dear Parents/Carers

I hope this letter finds you well. As the Headteacher of Compass school, it is my responsibility to ensure the health and well-being of our students. Today, I write to address 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 prevalent among 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.

It is disheartening to witness the impact of vaping on the academic and personal lives of our students. Students who vape often experience decreased concentration, reduced motivation, and a decline in academic performance. Furthermore, the social and emotional consequences, including peer pressure, isolation and potential conflict, can have a lasting impact on their overall well-being.

To address this pressing issue, we have implemented several preventative measures within our school community. We have strengthened our health education curriculum to provide accurate information about the risks and consequences of vaping. Our pastoral team are available to provide support and guidance to students who may be struggling with addiction or facing peer pressure. Resources for supporting discussions with your child can be found here: <https://www.compass-school.co.uk/page/?title=Health+and+Wellbeing&pid=16>

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. 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.

We are committed to maintaining a zero-tolerance policy on vaping within the school premises, and any student found in possession of vaping devices or engaging in vaping-related activities could face action in accordance with our school policies.

Let us join hands to protect the health and future of our young people. Together, we can empower our students to make positive choices and lead healthy lives.

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

Yours sincerely

Debbie McKenzie
Headteacher