



Parent Bulletin Friday 5th January 2024

Dear Parents and Carers

I hope this week's bulletin finds you well after a great Christmas break and I'd like to wish all families a happy new year. It has been a pleasure to welcome students back to school this week and they have conducted themselves well. Today we shared the current grade position with our Year 11 students and look forward to discussing this further with Year 11 parents at next week's parents' evening. Please make sure you have booked your appointments online.

I'd like to remind all parents that the school gates are closed at the beginning and end of the day to ensure students can arrive and leave as safely as possible. If parents do have to drive on school grounds they must follow the 5 mph speed limit and be watchful for students at all times.

The rest of this bulletin is dedicated to sharing with parents what you need to know about vaping so I urge you all to take the time you need to in order to read it carefully.

Best wishes

Peter Collins

Headteacher

News and Information

Vaping: what you need to know

What is vaping? Vaping is using an electronic or e-cigarette (a 'vape'). E-cigarettes are filled with a liquid known as e-liquid, e-juice or vape juice. They can be bought pre-filled and disposable, or refillable. The liquid often come in a variety of 'flavours' that can appeal to children, such as berry, watermelon, cola and mint. The e-cigarette heats this liquid until it becomes a vapour, which is then breathed in. **It's illegal to sell e-cigarettes containing nicotine to under-18s.**

Vapes have evolved and they are hard to spot.

Highlighter pen
or vape?



Just take off the lid and vape through the end.

Inhaler or vape?



Remove the cap & vape.

Smart watch or vape?



A press of a button allows the user to remove a pod from the watchband which can be used as a vape.

This still works as a watch too.

Phone case or vape?



Vaping phone cases fit over a smartphone just like a normal case, but with a big difference: You can attach an atomizer to it and vape e-liquids.

USB drive or vape?



Devices like the Juul brand of e-cigarette, which closely resembles a USB drive, have become a very popular option for teens to hide their vaping.

Sweets or vape?



Some vapes are deliberately marketed with children in mind.

What are the risks? Studies show that vaping is less harmful than smoking because e-cigarettes don't contain tobacco. However, **e-cigarettes do contain the addictive chemical nicotine**. The more children vape, the more difficult it becomes to quit. **Nicotine use by children can damage parts of the brain that control attention, learning, mood, and impulse control.** According to the U.S. Surgeon General, there can be several potentially dangerous ingredients found in e-liquids, including:

- very small particles that can make their way deep into the lungs
- flavourings like diacetyl, which have been linked to lung disease
- volatile organic compounds
- heavy metals, such as nickel, tin, and lead

The majority of the cases of death and injury are associated with black market THC vape cartridges.

Signs that a person might be vaping:



A sweet scent in the air. ...

Unfamiliar pens and USB drives. ...

Drinking more water. ...

Nosebleeds. ...

Sleep changes...

Smoker's cough or mouth sores. ...

Dizziness, headaches, nausea, vomiting...

What is the school doing about vaping? In brief, our stance is that:

- Vaping is banned on the school site. This applies to all members of the school and visitors.
- Students found in possession of a vape will be sanctioned, see the [Behaviour for Learning Policy](#) for further details.

We're informing pupils about vaping through:

- PHSE lessons.
- Regular signposting regarding health and where to get help to quit.
- Inviting medical professionals to speak to year groups.
- School Nursing Team (break time drop in on Mondays, or an arranged appointment via safeguarding@slougheton.com)

Parents & carers can help us to eradicate vaping by:

- Discussing the health related concerns of vaping with your child.
- Being alert for signs that your child is vaping or supplying vaping products to others
- Informing the school safeguarding@slougheton.com ; or police call 101, or [report online](#) if you know an adult who supplies to children.

safeguarding@slougheton.com



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Collective Worship Reflection

Dear God,

We thank you for all the chances you have given us to have a new beginning in life and to rectify any mistakes made. We all ask for a new beginning in life and, when we get it, we all become a stranger to it and refuse to change. So, we ask you to help us realise that when we get a new beginning new should approach it and not turn away from it so that we have a good life, achieve our dreams and be the very best person we can be.