



Cardinal Langley RC High School

'An Outstanding Catholic School' S48, March 2017

Rochdale Road, Middleton, Manchester, M24 2GL
T: 0161 643 4009 | E: admin@clrchs.co.uk | W: www.clrchs.co.uk
Headteacher: Mr A Bridson B.Sc. (Hons), MA (Education), NPQEL

Monday 9th September 2024

Dear Parent / Carer

The usage of disposable vapes among young people is on the increase and you may have seen a number of items in the news over the last few weeks. The purpose of this letter is to raise awareness of the issue and outline some of the measures school is taking to educate and protect our young people and how we can support you to keep your children safe.

In recent study by the University of Bath, they found that 1 in 6 vapes confiscated in schools contained substances other than nicotine. In the majority of cases, young people are unaware of the contents and exposing themselves to significant risk, even by inhaling a small amount. One of the common ingredients added is synthetic cannabinoids (Spice) which is a lab made drug designed to mimic the effects of cannabis. Many people experience unpleasant and unpredictable effects after taking synthetic cannabinoids which include dizziness, breathing difficulties, chest pain, heart palpitations, seizures and extreme anxiety.

You can read the BBC article here:

<https://www.bbc.co.uk/news/articles/c897qw8ddp9o#:~:text=Out%20of%20596%20confiscated%20vapes,long%20stays%20in%20intensive%20care.%E2%80%9D>

In addition to vaping, the use of nicotine pouches has become more popular in recent years. Whilst these might be less harmful than cigarettes for adults, they are detrimental to teenagers' health and development. Nicotine is very addictive and products available on the market today contain extremely high levels of nicotine, much more than in cigarettes. These very high levels of nicotine can cause nausea, dizziness and other worrying side effects. Due to nicotine pouches being placed inside the mouth, they can go unnoticed and so we need to rely mainly on discussion and education to ensure our children make wise choices.

What is school doing about this?

We recognise that this is not an issue specific to our school, but rather a risk that exists within the community. We have held assemblies to educate our young people regarding the dangers of vaping and the legality surrounding this. We have also explained that vaping is not permitted on school property and that we have installed vape sensors in the toilets to deter people from using them as a vaping area. If anyone is caught vaping, the item confiscated and a sanction applied.

What can parents / carers do?

School is relying on the support of parents / carers to help address this and we ask that you talk to your child openly about the risks involved. We recognise that some young people may develop an addiction to nicotine and may see the use of a vape as being a safer alternative to smoking cigarettes. They may also have succumbed to peer pressure or simply be curious and want to try vaping. If this is the case, we would like to guide you to the following websites which provide helpful information to support you to raise this important issue with your child:





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ASH (Action on Smoking and Health): <https://ash.org.uk/fact-sheets/>

Kids Health: <https://kidshealth.org/en/parents/e-cigarettes.html>

Should you have any concerns, please contact the school and we will be more than willing to provide you with additional support and guidance.

I cannot stress enough how concerned I am about the use of high strength nicotine vapes, or those containing substances other than nicotine, and I fear that it is only a matter of time until there is a serious medical incident if we do not address this issue with our young people.

Thank you for your continued support

Mr A Bridson
Headteacher

