

Dear Parents/Carers,

Monday February 20th, 2023

Recently we have witnessed an increase in incidents involving students vaping, or being suspected of vaping, at school. We take this issue seriously due to the negative health effects vaping can have on young people, who are often unaware of the risks associated with vaping.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporizer. The vapour can contain nicotine and a range of other substances. The devices are small and can be easily hidden in a pocket or bag. Students can easily conceal them in clothing. The most popular disposable vapes resemble large USB sticks or highlighter pens.



Vapes (as pictured above – about the size and look of a highlighter pen, sometimes smaller) contain 3– 12% nicotine. Each vape contains on average 300 puffs with 14 puffs equal to 1 cigarette. Nicotine is addictive and can harm brain development, it can impact learning, memory and attention. There is a huge volume of medical information regarding the significant health risks associated with nicotine use. E-cigarettes are not risk free. They may expose users and bystanders to chemicals and toxins such as propylene glycol, glycerol or ethylene glycol that are known to cause adverse health effects, and may increase the risk of developing over time cardiovascular problems, cancer and respiratory diseases.

The vape devices and accessories are a prohibited item at Cootamundra High School, during the school day and when in school uniform. Vaping, selling vapes or being in the possession of vapes could result in a suspension. Students who are in the company of others who vape will be regarded as equally guilty in aiding and abetting those vaping.

Selling of vapes and e-cigarettes to people under 18 years of age is illegal. Students are not to purchase items, share, swap or sell items to other students on the school grounds. Schools are mandatory reporters of matters regarding student wellbeing, and police will be informed in the case of selling vapes to other students.

We are asking parents to be informed and speak to their children about this ongoing concern, for them to make positive decisions for themselves. Additional information to support parents and students can be found at <https://www.health.nsw.gov.au/tobacco/Pages/electronic-cigarettes.aspx>

Kind regards,
Christopher Payne
Rel. Principal