

Our ref: ljm/AAL/Correspondence

8 December 2022

Dear Parents/Carers,

**Re: Information on the Risks of Vaping**

In recent months there has been a national increase in the number of young people vaping and this behaviour is becoming an increasing concern in schools across the country. Schools in Leicester city are of no exception, and so at The City of Leicester College, we feel it is important to share the information we have with you and your child on the dangers around vaping and the protective measures we are putting in place for students who are found to be vaping in school. We recognise that this can be worrying for parents and those with young people in their care, and so we want you to feel well-informed and also confident in supporting your child with this.

Within the last month we have received information from the police and our neighbouring schools, of illegal vapes being used and sold in Leicester that are contaminated with dangerous drugs. The table below outlines the three types of vapes that police are currently concerned are being circulated in Leicester among young people. You can read here some of the illegal substances that vapes are being laced with, and the detrimental effects these can have on the health of young people.

Type	Description	Effects
<b>Ordinary Vapes</b>	These contain a high concentration of Nicotine Nicotine is a stimulant and can produce some harmful effects in children	These include increased blood pressure, heart rate and possibly panic attacks as a result.
<b>Vapes Which Contain Cannabis (herbal/oil/vaping concentration)</b>	Vaping Cannabis will commonly result in a greater concentration of THC being consumed in a shorter space of time	This increases the likelihood of harmful reactions, particularly in children. Common reactions here are sickness, nausea, anxiety, panic attacks.
<b>Contaminated Vapes</b>	It is not uncommon for vapes which are purchased as 'Cannabis' products to, in fact, contain other substances, most commonly synthetic Cannabinoids, more commonly referred to as spice or mamba	These products will commonly produce harmful reactions in users, which can be very severe, including those listed for Cannabis, but also cardiac events.

The health, well-being and safety of the young people in our care is of the utmost importance to us and we recognise vaping to be highly unsafe behaviour. While the risks of vaping form part of our personal development curriculum, your role in reinforcing these messages to your child is also key.

We will be sharing this same information with our students this week and be making it clear that should any student be found vaping, in possession of a vape, or suspected of vaping – such as found to be locked in a toilet cubicle with another student – then they may be searched, have any prohibited items confiscated, their parents/carers will be contacted and they will be given a Red Line. A Red Line is an internal exclusion and our most serious level of sanction before suspension. You can find out more about our approach to misbehaviour in our new behaviour policy, which can be found on the following link: <https://www.cityleicester.co.uk/assets/Policies/Behaviour-Policy.pdf>

Finally, I have included a link to a short video I have made to share more detailed information on the risks of vaping and what you can do as a parent to support your child <https://youtu.be/Wllr4IVrKNE> as well as some websites you can refer to for further support and guidance around young people vaping: <https://vapingfacts.health.nz/vapefree-schools/> and <https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping>. Also, our students have access to a resource called The Hive on our school website that contains a wide range of resources designed for students on aspects of health and personal development. Should you have any further questions, please do not hesitate to get in touch.

Yours sincerely,

**Amy Lidbury**  
**Assistant Headteacher for Pastoral**