

## Principal's Bulletin

Friday, 11 August 2023

Dear Parent or Carers,

There has been a growing concern about the harmful effects that e-cigarettes and vaping have on young people. The take-up of vaping by young people is increasing. A survey of 13 to 19 year olds by South Australia's Commissioner for Children and Young People found that 2 in 3 young people had tried vaping, with almost 1 in 4 describing themselves as a regular vaper. Young people say it's easy to get an e-cigarette illegally at a shop or online and hard to stop once they start.

There are many different styles of e-cigarettes and they can be difficult to spot. The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes. This is not true. E-cigarettes are not safe.

### Vaping facts

- Many e-cigarettes contain nicotine despite being labelled as not, making them very addictive.
- E-cigarettes contain many toxic chemicals, they just don't put it on the pack.
- E-cigarettes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- E-cigarettes can leave young people at increased risk of depression and anxiety.
- The nicotine in 1 vape can equal 50 cigarettes. Depending on the size of e-cigarette and nicotine strength, it can be much higher.
- Young people who vape are 3 times as likely to take up smoking cigarettes.
- E-cigarette aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- E-cigarettes cause long-lasting negative effects on brain development.
- E-cigarettes are harmful to the environment as they contain single-use plastics and lithium batteries, cause pollution and can start fires.

### What is our school doing?

The Health and Physical Education Learning Area of the Australian Curriculum addresses alcohol and other drugs education for students at appropriate intervals from foundation to year 10.

Alcohol and other drugs education focuses on a range of drugs including tobacco products and e-cigarettes. The content supports students to explore the impact drugs can have on individuals, families and communities.

Smoking and vaping is prohibited at all school premises and activities in South Australia. SA public schools treat vaping the same as smoking cigarettes, as outlined in the Smoke-free Policy.

The Smoke-free Policy applies to all people entering or using department premises or involved in a department activity. This includes all employees, students, volunteers, visitors and contractors.

Our school follows department procedures in providing individualised intervention support and in managing incidents when they occur where the health, safety and wellbeing of students are paramount. Supporting positive behaviour requires a partnership between schools, parents and families, and children and young people.

Our teachers have a range of resources to make sure that students know the facts about vaping, but we also need your help. As parents and carers, we ask that you talk to your child about the dangers of vaping so together we can protect the health of our students.

## ***Is your child vaping?***

Signs that your child might have started vaping are the usual symptoms of nicotine addiction, such as feeling irritable or anxious. If they are vaping, encourage them to stop and let them know that you are there for support. Stopping can sometimes be hard and they may need advice from a General Practitioner (GP) or other healthcare professional.

## ***What can you do as a parent?***

Take the time to talk to your child about vaping and help them understand all of the risks associated with vaping. As e-cigarette use is increasing, they may see it as a normal thing to do, which is not the case. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from this letter, and, importantly, have your facts ready.

SA Health has a range of [e-cigarettes and vaping information and resources](#) available, including fact sheets for parents and carers, and children and young people.

Parenting SA provides a [Parent Easy Guide on Young People, Alcohol and Drugs](#) with advice on talking with children and young people.

## ***For more information***

Get the evidence and facts about vaping at SA Health [e-cigarettes and vaping information and resources](#).

Find out more about how the Department for Education manages [alcohol, tobacco and other drugs in schools](#) on our website.

## **Parent Engagement Survey**

The Department for Education coordinates an annual survey to better understand the things we're doing well, where we can improve, and what's important to you as a parent.

The information we collect from this survey is driving change for the department.

During the week beginning Monday 31 July you should have received an email or SMS from the Parent Survey Team with a unique link to participate in the survey.

I highly encourage you to complete the survey, which takes less than 10 minutes.

Your feedback will be used locally in our school improvement planning and more broadly to inform other key initiatives to improve education in South Australia.

Your answers will not identify you or your child. Only collated feedback will be provided to our school.

If you did not receive an email or SMS with your unique survey link, you will be able to use the link provided (<https://survey.education.sa.gov.au/sc/2dlZI5jYGD6H8qCLc6Mbw2>) or contact [education.ParentSurvey@sa.gov.au](mailto:education.ParentSurvey@sa.gov.au) and include our school's name in your email.

The survey is now open and will close midnight Sunday 27 August (end of week 5 term 3).

## Student's learning goals

Every student at Bowden Brompton Community School engages in goal development for their Literacy, Numeracy and Personal Social Capabilities (social skills). These three goals are assessed with grades assigned at the end of each term.

We will set narrow goals for each student to facilitate achievable academic and social growth. Each goal will focus on an area of need with the aim of making specific improvements.


To reinforce the learning of these goals we are seeking your support. Care group teachers will or have sent home your child's three goals – the Literacy, Numeracy and Personal and Social goal and they will inform you how you can support your child by suggesting key strategies for each of these goals.

We are also seeking feedback from you about growth you see in your child. Each term we hold a mid-term and end of term review meeting where gaining your feedback about how your child is developing in relation to each of these goals is vital.

BBCS looks forward to working closely with parents and carers to support the academic and social development of every child.

IMPORTANT DATES FOR TERM 3	
Monday 14 <sup>th</sup> August	Governing Council Meeting – Torrens Road, 2:00pm
Wednesday 23 <sup>rd</sup> August	<b>Mid-term meetings</b>
<b>Monday 28<sup>th</sup> August</b>	<b>PUPIL FREE DAY (Staff off site – Professional Learning Day)</b>
<b>Friday 8<sup>th</sup> September</b>	<b>SCHOOL CLOSURE (Royal Adelaide Show Day)</b>
Monday 11 <sup>th</sup> September	Governing Council Meeting – Torrens Road, 2:00pm
Monday 18 <sup>th</sup> September	Ice Factor Tournament
Tuesday 26 <sup>th</sup> of September	Torrens Road – End of Term Assembly
Wednesday 27 <sup>th</sup> September	Little Para – End of Term Assembly
Thursday 28 <sup>th</sup> September	Beach – End of Term Assembly
Friday 29 <sup>th</sup> September	End of Term 3 – Student Review Meetings & School Pride

Yours Sincerely,



**John Leondaris**  
Principal