

# Haileybury Turnford

Issue No. 2

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Dear Parents/Carers

## RE: Safeguarding your child

We are writing to update you about safeguarding issues and trends regarding the safety of all students. It is essential that we work together and share information that helps us to safeguard our students. As a matter of routine, other local schools have written to their parents and carers recently and we would like to keep you informed of these trends to raise your awareness and vigilance.

### Nitrous Oxide

Nitrous oxide is commonly known as whippits, laughing gas, balloons, hippie crack or chargers. It is often sold and readily available as small silver canisters from many online retailers such as Amazon and Ebay. The government are moving towards a ban of nitrous oxide due to the dangers and its psychoactive substances it may contain. Nitrous oxide can cause dizziness or affect people's judgement, which heightens risk taking behaviour and safety. Unconsciousness or death can occur from lack of oxygen.



This occurs when the available oxygen for breathing is effectively pushed out by the nitrous oxide. The risk is greater if the gas is consumed in an enclosed space or if a plastic bag is used that covers both nose and mouth. Heavy regular use of nitrous oxide can lead to deficiency of vitamin B12 and to a form of anaemia. The severe B12 deficiency can lead to serious nerve damage in some cases, which causes tingling and numbness in the fingers and toes and other extremities, and even difficulties with walking and pains in affected areas. Severe vitamin B deficiency can develop with heavy, regular use of nitrous oxide.

### Vaping

'Vaping' and the rise of E-cigarettes is fast becoming a significant public health issue. In particular, the use of vape pens, liquids and oils, some of which are currently legal and some of which are illegal, and the difficulty of being able to observe and know the difference between the two. New Synthetic illegal substances can often be odourless and very difficult to detect due to the nature of chemicals used. They can also appear to be quite innocently named. It seems to have become something of a fad for young people to experiment with vaping, particularly at parties. One of the problems with vaping is pupils sharing a 'vape' often have no idea actually what they are inhaling, which is potentially very dangerous in itself. To vape from someone's pen is extremely dangerous – as you do not know the safety of what is being vaped, and it is therefore extremely risky. It may be helpful for parents to know that we are told vape pens, liquids, oils and other such paraphernalia can be legally purchased online and can also be purchased via Amazon, Ebay and other accounts. We encourage you to monitor your child's online purchases closely as these accounts are often set as 'private' and can be hidden.



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## **Dinitrophenol**

Dinitrophenol is commonly known as DNP and can cause multiple organ failure, hypothermia, nausea muscle rigidity, cardiac arrest and death. Once ingested there is no anecdote, it is highly toxic. Products containing the deadly substance DNP are often advertised on **INSTAGRAM** accounts promoting fashion and body image to young teens with weight loss supplements and body building supplements advertised to the teenage market. DNP has becoming increasing popular use to social media trends among teenagers for its "quick-fix" ability to lead to rapid weight loss.

We all recognise the importance of educating our students when dealing with their safeguarding and drugs related issues and constantly adapt and review our curriculum and work with external agencies to keep up-to-date with changes and issues.

In addition to our Personal Social Development (PSD) education programme for our students we are asking Tutors to raise the issues and risks associated with illegal drug and substance abuse during tutor time next week.

If you require any further details, please do not hesitate to contact me at [goodesm@haileyburyturnford.com](mailto:goodesm@haileyburyturnford.com)

