



2<sup>nd</sup> April 2025

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Dear Parents/Guardians,

### **Awareness of Snus – A Growing Concern**

I am writing to you as part of our commitment to safeguarding and the well-being of our students. We have recently been made aware of the increasing use of a tobacco product called 'Snus' among young people and I wanted to provide you with some important information regarding its risks and impact.

Snus is a smokeless tobacco product that comes in the form of small pouches placed under the lip. Although it is more commonly used in Scandinavian countries, it is becoming increasingly popular among young people in the UK. Many premier league footballers have admitted to using Snus which may be the appeal to young people. Many believe that Snus is a safer alternative to smoking, but in reality, it carries significant health risks.



### **Health Risks of Snus:**

- Nicotine addiction – Snus contains high levels of nicotine, making it highly addictive and potentially leading to dependency at a young age.
- Increased heart rate and blood pressure – regular use can contribute to heart disease and other cardiovascular issues.
- Gum disease and oral health problems – the direct contact of Snus with the gums can cause gum recession, ulcers, and damage to teeth.



- Increased cancer risk – while it does not produce smoke like traditional cigarettes, Snus still contains harmful substances that are linked to cancers, particularly of the mouth, throat, and pancreas.
- Gateway to other substances – nicotine addiction at an early age can lead to increased experimentation with other harmful substances.

### **How You Can Help:**

As parents and carers, you play a vital role in safeguarding your child's well-being. We encourage you to:

- Have open conversations with your child about the dangers of Snus and other nicotine products.
- Be vigilant for signs of use, such as small pouches or unexplained spending.
- Promote healthy lifestyle choices and encourage positive peer influences.
- Seek support if you are concerned – our pastoral team is available to provide advice and assistance.

If you have any questions or concerns, please do not hesitate to contact us. Working together, we can help ensure our students make informed choices and stay safe.

Thank you for your continued support.

Yours sincerely,



**Mr N Burke**

Deputy Headteacher