

Please note

Vaping?

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

• Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.

• Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.

• Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling vapes

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to <u>NSW Health</u> or by calling the Tobacco Information Line on 1800 357 412.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.health.nsw.gov.au/vaping

The facts about vaping - Tobacco and smoking - Ministry of Health

Electronic cigarettes or e-cigarettes are battery operated devices that heat a liquid (or e-liquid) to produce a vapour to inhale. Using an e-cigarette is sometimes called 'vaping'.<u>www.health.nsw.gov.au</u>

Calendar

WHAT'S COMING UP...

Nov 29 - SGHS Year 6 to 7 - Transition Day

Dec 1 – Badge ceremonies both campuses

Dec 5 - Rehearsal Day - Saraton Theatre

Dec 7 - Christmas Gala Concert at the Saraton

Dec 14 - Reports handed out to students

Dec 12 - Green Level Rewards - Movies and other activities

- Dec 15 Year 6 Farewell
- Dec 16 Year 6 Big Banana Waterpark
- Dec 16 Last day of Term for students

Dec 8 - Presentation Day

Community Notices

ST CECILIA'S DAY AT THE CON

SUNDAY 27 NOV 3 PM



Tickets Adult: \$20 Conc: \$15 U18: \$10 Available at Clarence Valley Conservatorium 8 Villiers Street, Gratton Ph. 6643 355 or online www.cvcon.nsw.edu.au





CVCon ensembles present



MONDAY, 12 DECEMBER 2022 Moran Auditorium, Clarence Valley Conservatorium Adults: \$10, Children: Free

Tickets are available at www.cvcon.nsw.edu.au