



# NELSON HIGH SCHOOL

4181 New Street, Burlington, Ontario L7L 1T3 – 637-3825

February 20, 2019

## Re: Promoting Smoke and Vape-Free Environment @ Nelson

Dear Parent/Guardian

Here at Nelson, we are making every effort to maintain a healthy and smoke/vape free environment. We believe in a shared responsibility where staff, students and parents work together to keep our students healthy and well by promoting healthy positive behaviours and choices.

As we head into the third week of semester two, we would like to reach out to you with key messages in regards to vapourizers, electronic cigarettes and nicotine delivery systems so that you can also share with your students at home. These key messages are:

- Vapourizers, electronic cigarettes and nicotine delivery systems are also known as vapes, e-cigarettes, mods, and vape pens, and are increasing in popularity with youth;
- Vaping is associated with health and safety risks;
- It is illegal to sell or supply vapes to youth under 19; provincial legislation prohibits vaping in the same places where smoking of tobacco is prohibited;

At Nelson we are providing multiple opportunities for our students to demonstrate an understanding of the risks associated with tobacco, vaping, alcohol and drug use. We believe information sessions, announcements, physical activities, and school wide events can be helpful in promoting healthy, substance-free alternatives for coping with stressful situations and the problems of everyday life. Next week Health Canada will be here at Nelson providing our HPE classes with an education maze revolving around the consequences of vaping.

Nelson families can find resources and our smoking/vaping school policy on our website <http://nel.hdsb.ca>. At our next scheduled School Council meeting on **Monday, February 25th** we have invited our public health nurse to share a presentation regarding the risks associated with vaping. All parents/guardians are welcome to join the meeting in the school library at beginning at **7:15pm**. We sincerely thank all students and parents/guardians for your continued support in keeping Nelson High School healthy and well.

Paul Daignault  
Principal

Luisa Botelho  
Vice-Principal

Brad Yhard  
Vice-Principal