

**Headteacher**

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(term time only) 8am-5pm

Dear Parents / Carers,

**Heston Parents' and Carers' Forum: Information Evening on Drugs and Alcohol**

As requested at the last, very successful, Parents' and Carers' Forum, the school is providing an interactive evening on the topics of drugs and alcohol. From our interactions with parents, we know that these are issues about which most parents have some concerns and feel helpless when problems arise.

There is increasing evidence in the press of young people making thoughtless decisions about alcohol and drugs, sometimes with fatal consequences.

**Issues we plan to cover include:**

- NekNomination (alcohol) – Increased numbers of young people are now dying each year because of accidental alcohol poisoning and experts have warned that the lethal internet drinking craze NekNominate will make it worse.
- Party drugs- Potentially deadly “laughing gas” has become one of the most popular recreational drugs among teenagers and young adults, official government figures have revealed. Home Office statistics showed more than 350,000 people aged 16 to 24 admitted using the gas in the last year, making it the second most popular drug among the age group after cannabis.
- Recreational drugs - Many teenagers are tempted to try drugs at some stage in their life, with research showing that as many as 45% will be tempted to dabble in drug-taking of some sort during their young lives.
- Shisha & cigarettes - Studies indicate that 45 minutes of shisha smoking is as good as smoking 50 cigarettes and the levels of carbon monoxide and nicotine in your body will be exceptionally high. In fact, it is twice the levels of carbon monoxide and three times the levels of nicotine when compared to the levels of these chemicals from 50 cigarettes.

To gain a better understanding of possible issues, we would like to invite you along to a Parent Forum meeting at school where we will share with you information, hints and tips on how to ensure your children's safety, increase your understanding of current issues relating to drugs and alcohol amongst young people and to give you an opportunity to discuss concerns you may have with members of the school staff and other Parents / Carers.

The evening will be held on **19<sup>th</sup> March 2014** from **6:30pm until 7.30pm in the School Hall**. Refreshments will be provided.

We look forward to seeing you.

Yours sincerely,

Margot Currie  
Assistant Headteacher