

ABBEY
COLLEGE
CAMBRIDGE

Smoking Policy

2021/2022

SLT Responsible for this Policy

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This policy is reviewed on an annual basis		
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This policy has been approved by SLT and adopted on behalf of the Governors, and is addressed to all members of staff and volunteers and is available on the school's portal. It is available to parents on request. It applies wherever staff or volunteers are working, including when this involves being away from the school.

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1. Introduction

The purpose of this Smoking Policy is to provide a healthy and safe working environment for all employees, students, parents, contractors and other visitors.

The intention is not to confront smokers but to encourage and help those that wish to give up through education, support and incentives.

Smoking constitutes a fire risk and is a proven hazard to the health of both smokers and non-smokers. It is a significant cause of disease and premature death. In addition, there is now evidence that “passive smoking”, the inhaling of other people’s smoke, can cause lung cancer in non-smokers, as well as causing a deterioration of respiratory conditions. As such this does not create a healthy environment for the students or staff of the school to work in.

2. Aims

Abbey College Cambridge regards itself as a health-promoting organisation. It recognises that staff are role models for students in all aspects of school life, including health promotion. In light of the evidence that second hand smoke cause’s damage to health this Smoking Policy has been implemented to;

- Protect the staff, children and young people, visitors and contractors from the effects of tobacco smoke.
- Acknowledge the educational role of the organisation in discouraging children and young people from starting to smoke.
- To be a health promoting organisation.
- Raise awareness of the dangers of smoking through the College’s Personal Social and Health Education Programme which includes assemblies lead by guest speakers from local health agencies.

3. School rules

Smoking and vaping are not allowed within the school buildings at any time, by anyone – employees, parents or visitors, under any circumstance.

- Staff and students are not allowed to smoke or vape on the school premises or in any boarding accommodation.
- Purbeck Road is a non-smoking road. Students caught smoking or vaping on Purbeck Road will face weekend sanctions and contact home.
- There is a small and discreet student smoking area next to Block B. CCTV covers this area which must be kept tidy and litter free. Staff are not to use this smoking area.

- There is a small and discreet staff smoking area in the rear car park. This is solely for use by staff and contractors. Staff using it are expected to remain within that area whilst smoking, and keep the area clean and tidy.
- Vaping is only permitted in the smoking areas and not anywhere in or around the school campus.
- Students under 16 are not permitted to smoke at any time as this is against the law.
- Students over the age of 16 are permitted to smoke on school trips and visits in accordance with the rules and regulations of the venue/country they are visiting. This is at the discretion of the trip leader, who has full authority to ban smoking on the trip if they see fit. This would particularly apply to day-trips, although sensitivity is required for longer trips as smokers may find withdrawal emotionally and physically difficult.
- Any smoker in the school community is encouraged to go smoke-free, and the approach should be helpful and empathetic to all smokers.
- Students should not purchase cigarettes for any other student.
- Students under the age of 18 are not permitted by law to purchase cigarettes.
- Any cigarettes delivered to a student at the school reception will be confiscated
- Staff are not permitted to smoke in sight of, or with students.
- Staff on duty will report any students who are not following the rules on smoking to tutors and log the information on SIMS.

4. Discipline Procedures

Students who do not abide by the smoking rules may face a disciplinary procedure in the form of the steps below:

- Detention set by Tutor.
- Intervention by Housemaster.
- Awareness session on the dangers of smoking.
- Parental involvement.
- Requirement to join the Smoking Cessation Programme.
- Referral a healthcare professional.
- Repetition or refusal to comply may result in fixed term exclusion.

5. Support for smokers

Any member of the college community can seek help from their GP or Pharmacist. As with alcohol, there can be a lot of social pressure for students to smoke and students should not pressure others to smoke. Abbey College Cambridge provides smoking interventions in the form of:

- Stop Smoking Initiatives e.g. a no smoking week/Stoptober.

- A Smoking Cessation Programme.
- Information providing PSHEE and assemblies.

6. Useful information

Smoking increases your risk of lung cancer and heart disease. It prematurely ages the skin and triples your chance of getting wrinkles around your eyes and mouth.

It also causes impotence and reduced sperm count in men, and reduces fertility in women. It can lead to gum disease, makes the body store fat around the waist and increases the risk of cellulite.

Don't assume that smoking will help you through the stress of exams. Medical evidence shows that smoking doesn't actually calm you down.

It's simply the case that nicotine cravings between cigarettes make you feel stressed and anxious, so when you have one you feel temporarily calm. You'll feel less stressed once you quit and no longer have cravings.

Please ask the Nurse, your GP or Pharmacist about smoking cessation.

7. Linked documents

- Education Visits policy
- Behaviour Policy (including Boarding)
- Student Boarding handbook
- Staff Handbook

<http://www.camquit.nhs.uk/>

<http://www.nhs.uk/smokefree>

<http://www.nhs.uk/Livewell/smoking/Pages/Teensmokersquit.aspx>

<http://www.quit.org.uk/>