

# Non-smoking Policy

## 1. Introduction

1.1 At Peniel School we believe that smoking is harmful to health, and so we strongly discourage our children from smoking! Consequently, the school is a non-smoking establishment.

## 2. Rationale

2.1 Research shows that almost a quarter of all young people are regular smokers by the age of 15. Almost all adult smokers took up the habit when they were children. About 450 children a day take up the habit. Smoking is regarded by the medical profession as the major cause of many illnesses. It is estimated that approximately 120,000 smokers a year die in the UK because of their smoking habit. Children can be harmed by passive smoking i.e. by inhaling smoke from other people's cigarettes. It is known that smoking is harmful to the unborn babies of mothers who smoke. For all these reasons, our school does all it can to discourage children from smoking, and to educate them, so that they grow up to lead a healthy lifestyle.

## 3. Aims and objectives

3.1 We aim to

- help children know and understand the dangers of smoking, and the harmful effects that smoking can have on their bodies.
- provide children with the knowledge and information necessary for them to make responsible choices in relation to smoking.
- equip children with the social skills that enable them to resist the pressure to smoke, either from their peer group, or from society in general.

## 4. Organisation

4.1 We teach children about the dangers of smoking as part of their personal, social and health education (PSE) programme in Year 5 and 6, with advice and support from the Health Authority. As well as teaching the children about the effects that smoking has on the body, we engage them in discussions about the reasons why people start to smoke, and what they themselves might do if other people encourage them to try cigarettes. The children's class teacher leads all such discussions in a sensitive manner. S/he encourages the children to explore the views of other people, and to reflect on their own personal convictions with regard to smoking. While we explain that it is illegal to sell cigarettes to people under sixteen years of age, our aim is to help the children make their own decision not to smoke simply because they believe it is the wrong lifestyle to choose.

4.2 Parents may view any of the smoking-related teaching materials that we use in our school.

## 5. Staff

5.1 We do not allow smoking on the school premises, as we do not want to present smoking as acceptable. Nor do we wish to present adult smokers as role models. Because of this, we do not allow smoking even in the staffroom, and if any member of staff wishes to smoke, she / he must leave the school site. We find any member of staff smoking at school, we would consider this a serious breach of the terms of employment.

## 6. Monitoring and review

6.1 It is the role of the headteacher to ensure that the policy is fully implemented. The governors review this policy as part of their curriculum committee's monitoring of the effectiveness of the school's RSE programme.