



SUTHERLAND SECONDARY SCHOOL

1860 Sutherland Avenue, North Vancouver, BC V7L 4C2 Telephone 604-903-3500

March 10, 2023

Dear Parents and Guardians,

As we head off into Spring Break, we would like to make you aware of an evening event that will come up quickly upon our return to classes in late March. As part of our ongoing effort to support our students with making healthy and safe choices, we will be partnering with Vancouver Coastal Health to provide an education session on Vaping Cessation for parents and guardians. Parents who are interested or feel such a session would benefit them or their children are invited to attend Sutherland Secondary School's Theatre on **March 29, 2023, from 6:30-7:30pm.**

This event will be free of charge, and will include special guests Lindsay MacDonald, Tobacco and Vapour Reduction Coordinator with Vancouver Coastal Health, and Jeremy Church, NVSD District Principal of Safe and Caring Schools. They will share information and lead a community conversation about vaping and teens. If you plan on attending, **please sign up via this link:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=RtUantX4ek-GDic4Z6NToEJzhB2kulFlok2Wz-eRkHRUNDEyOTlySIFTR0xENTBDTTNUMDRZMkpEMy4u>

We know that educating and supporting adolescents around substance use and reduction requires adult expertise, but also buy-in and engagement from students. With this in mind, we are pleased to introduce a new club opportunity for students at Sutherland. In partnership with VCH Tobacco & Vapour Reduction members, our Youth Engagement Worker, Sandy Loughran, and one of our PHE teacher, Chris Madill, will be piloting a seven-week club during lunchtime on Tuesdays for students who would like support to quit vaping or would simply like to know more about the quitting process.

Vaping Cessation Club Information for Students and Families:

1. Staff Sponsors will share information about the club on March 28th, 2023, during lunchtime in the Cafeteria.
2. The club will meet weekly on Tuesdays, starting on April 4th, and will continue for seven weeks until the last meeting on May 16th, 2023.
3. We have 12 spaces available for students to join.
4. The meetings will take place in B100 and pizza will be provided for students who commit to attending all seven sessions.
5. Students who would like to join can sign up directly with Sandy by sending her a Teams message.
6. Parents/guardians will be important partners in our club to help support student attendance to be successful in achieving their goals

More about the program: The Lung Health Foundation smoking and vaping cessation program targets youth ages 14-19 who are interested in quitting. The program offers a self-directed, stage-by-stage quit plan based on whether users want to quit smoking, vaping or both. It includes customizations to support the user on their individual quit journey based on their unique quit goals. This adult-facilitated program portions are integrated with both the Quash website and mobile app tools.

The information about signing up for the student club will also be posted on Teams. Thank you for your time and support, and please reach out if you have any questions.

Kindly,

A handwritten signature in black ink, appearing to read 'Shannon Smart', with a stylized, cursive script.

Shannon Smart

Vice Principal

Sutherland Secondary School

604-903-3500