



ACT
Government
Education

Belconnen High School

Caring for Students and Striving for Excellence



SMOKE FREE CONTRACT

Name of Student:

Year:

Belconnen High School and the Department of Education and Training are concerned with the health and well-being of all students in ACT public schools. Departmental policies have been developed to ensure schools are able to meet the needs and well-being of the students. Students found smoking on school grounds will be counselled and parents or carers will be informed. The school will implement appropriate disciplinary action.

Therefore smoking and possession of cigarettes are not permitted at BHS. The purpose of this contract is to address the reasons why the student smokes and educate them to make a more informed decision.

EXAMPLES OF SHORT AND LONG TERM EFFECTS OF SMOKING

If you smoke, these are some of the consequences to your health

Just one cigarette

- Speeds up then slows down the activity of your brain and central nervous system
- Dulls your appetite, sense of taste and smell
- Reduces skin temperature
- Makes you more susceptible to colds and coughs
- Increases your heart and pulse rate
- Raises your blood pressure
- Paralyzes and reduces the function of the little hairs which sweep dust particles out of the tubes which take air into your lungs
- Reduces blood supply to your hands and feet

Over a period of time smoking can lead to

- cancer of the lungs
- cancer of the bladder, kidney, pancreas and stomach
- chronic respiratory diseases, eg chronic bronchitis and emphysema
- reduced fitness eg from reduced lung capacity and oxygen deficiency
- narrowing of the arteries supplying blood to
 - the heart muscle – increasing the risk of heart attacks
 - the brain – increasing the risk of a stroke
 - the lower limbs – increasing the risk of gangrene
- mouth, jaw, throat cancer
- high blood pressure
- staining of teeth and fingers
- premature aging
- less effective immune systems

I UNDERSTAND THAT SMOKING IS VERY HARMFUL TO YOUR HEALTH?

YES

NO

SIGNED



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ANTI-SMOKING CONSEQUENCES

Inside the Buildings

It is illegal to smoke in government buildings (refer to this [link](#) for further information). If a student is found smoking or with an unlit cigarette in hand inside a school building, the student will receive an **immediate suspension**.

Outside School Buildings

Smoking is not permitted on the premises or adjacent grounds of any Department of Education and Training building.

If a student is found smoking or with an unlit cigarette in hand on the school premises, the following consequences will apply.

First Offence:

- If students are found smoking the rover or duty teacher will escort them directly to Student Services Team
- Student will be placed on Smoke free contract
- Parent/carer notified
- Cigarettes and smoking paraphernalia will be confiscated and destroyed
- Resources will be available for Quit program.

Second Offence:

- If students are found smoking the rover or duty teacher will escort them directly to Student Services Team
- Student will be placed on the second offence of the Smoke free contract
- Parent/carer notified
- Student will attend a detention in the student services during both breaks where they will be required to complete health related activities
- Student will attend a session with the year coordinator focusing on Quit Program
- Cigarettes and smoking paraphernalia will be confiscated and destroyed

Third Offence (and any subsequent offences):

- If students are found smoking the rover or duty teacher will escort them directly to Student Services Team.
- Parent/carer notified
- Suspension for non-compliant and ongoing disregard for school policies and procedures

You will be provided the opportunity to complete the consequences as a result of your actions. If you decline to adhere to these, subsequent or greater consequences may be given.

SMOKE FREE CONTRACT

I acknowledge that I was found smoking or in possession of cigarettes at school. I am aware that smoking and possession of cigarettes is not permitted at BHS. I understand the effects smoking has on my health and the consequences imposed by the school

REASONS FOR SMOKING

These are the reasons why I choose to smoke:

First Offence

Student Date.....

SS SLC..... Date.....

Date of Parent/Carer Phone Call

Second Offence

Student Date.....

SS SLC..... Date.....

Date of Parent/Carer Phone Call

Third Offence

Student Date.....

SS SLC..... Date.....

Date of parent/carers phone call

Re-entry Date:..... Time.....
