



Portlethen Academy  
Bruntland Road  
Portlethen  
Aberdeen AB12 4QL  
Tel: 01224 087880  
Email: [portlethen.aca@aberdeenshire.gov.uk](mailto:portlethen.aca@aberdeenshire.gov.uk)  
[www.portlethenacademy.aberdeenshire.sch.uk](http://www.portlethenacademy.aberdeenshire.sch.uk)  
Twitter: @PortyAcad @aberdeenshire

7<sup>th</sup> May 2024

Dear Parent/Carer,

### **MOBILE PHONE UPDATE**

Firstly, I wanted to write to you to congratulate the majority of our young people on the successful introduction of our new mobile phone rules from last week. Almost all pupils have managed this effectively, have been respectful throughout, and there has been a noticeable difference in the reduction of pupils leaving classes. Well done, and let's keep up the good work! It really will make a positive impact on your learning and progress.

### **NICOTINE POUCHES – RAISING AWARENESS**

I am writing to make parents and carers aware of what appears to be rapidly growing trend in the use of nicotine pouches by pupils across the local authority, both in and out of school.

Nicotine pouches — generally known by young people as 'Snus, Zyns, Velo, or little lip pillows' — have become fashionable on social media with prominent sports stars showing themselves using these, which no doubt has a knock-on effect in influencing our young people to experiment with them.

As the concern regarding vaping amongst young people continues, it appears this nicotine product is becoming increasingly popular amongst young people, but it is extremely difficult to be able to tell when they are using it because they are basically invisible.

The pouches look like tiny tea bags which, although tobacco free, are filled with a nicotine infused substance that can be purchased in various strengths. They also are available, like vapes are, in a range of flavours including mint, bubble gum, cherry and mango which makes them very attractive to young people.

Placed discretely between the lip and gum, the nicotine is quickly absorbed directly into the bloodstream. The concern is that young people experimenting with these products are unaware of the strength of the products used and the affect that it then has upon themselves.

Intelligence that we have become aware of would suggest that users of these products, who are unaware of the strength of the nicotine within the pouches, can very quickly feel unwell, becoming extremely nauseas or are physically sick. There also is an indication that some pupils are using up to 4 at a time. Excessive thirst can also be an indication of use.



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These pouches are usually sold in tins of 20 for approximately £5. These products are legal but as with other nicotine products are for over 18's only. They are available within stores that sell nicotine products and can be purchased online where free samples are also readily available.

The images below give an indication of what these products look like.



We would appreciate the support of parents and carers to work with the school to raise awareness of the risks involved with our young people, as we have done with vaping. Our Guidance and Pupil Support Team are aware of this new trend, and will be discussing in forthcoming PSE lessons and so on.

Any pupil found with these in school will have them confiscated by school staff and parents/carers notified, with potential further consequences to follow.

Thanks, as always, for your continued support.

Yours sincerely,

*B. Drennan*

**Barry Drennan**  
Head Teacher