



Midhurst Rother College

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12 January 2026

Dear Parents / Carers

We are writing to raise awareness about a growing national concern: the use of snus and nicotine pouches among young people. These products may appear harmless but they carry significant health risks, especially for teenagers. We know the use of these items is still rare and it is not our intention to scaremonger. However, we do feel it is necessary to keep parents / carers updated about potential risks to your child so that they can be avoided.

What are snus and nicotine pouches?

Snus: A tobacco product containing nicotine, sold in small sachets placed under the lip. It is illegal to sell in the UK due to its carcinogenic properties.

Nicotine pouches: These are tobacco-free but still contain nicotine. They are currently unregulated, meaning they can contain dangerously high nicotine levels. Crucially, there are no age restrictions for purchasing these in UK shops. This means that your child can purchase these products in shops or online.

Why is this a concern?

Recent media coverage and social media trends have increased the popularity of these products among young people. Both snus and nicotine pouches can deliver very high levels of nicotine directly into the bloodstream, which can lead to addiction and serious health issues.

Health risks

Using snus or nicotine pouches can cause:

- Nausea or vomiting
- Stomach pain and loss of appetite
- Increased heart rate and blood pressure
- Headaches, dizziness, or tremors
- Confusion, anxiety, and in severe cases, nicotine poisoning

Our approach

To protect students' health we will treat nicotine pouches as we currently do for all nicotine products. This means that they are not allowed on school site, or on the way to or from school, or while the students are in uniform. We will talk with students about these products in our start of term assemblies and signpost them to where they can receive support, should they feel they need it.

Support and resources

If you are concerned about your child, please use these resources:

- <https://www.talktofrank.com/drug/nicotine>
- <https://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/>
- <https://www.gov.uk/government/publications/the-tobacco-and-vapes-bill-creating-a-smoke-free-uk-and-tackling-youth-vaping/tobacco-and-vapes-bill-creating-a-smoke-free-uk-and-tackling-youth-vaping>

We encourage you to talk openly with your child about these dangers and monitor their online activity, where these products are often purchased.

Thank you for working with us to keep our students safe and healthy.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Stuart Edwards'.

Stuart Edwards
Principal