M.M. PUBLIC SCHOOL

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"Celebrating 58 Years of Excellence in Education"

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Anti-Tobacco Awareness – Protecting Children from Second-Hand Smoke

Dear Parents,

Children's health can be affected not only by direct tobacco use but also by exposure to tobacco smoke in their surroundings. Second-hand smoke can be harmful, particularly for growing children.

As part of our ongoing Anti-Tobacco Awareness Initiative, we encourage parents to take proactive steps towards maintaining a smoke-free environment for their children.

Practical Steps for Parents:

- **Maintain a smoke-free home:** Ensure that nobody smokes inside the house, including balconies, kitchens or enclosed spaces.
- **Keep vehicles smoke-free:** Never allow smoking inside the family car, even when windows are open.
- **Choose smoke-free social spaces:** During family outings and gatherings, prioritise areas where children are not exposed to tobacco smoke.
- **Communicate family expectations:** Politely request relatives and visitors not to smoke around children.
- **Avoid relying on ventilation:** Opening windows or using fans does not eliminate the harmful effects of second-hand smoke.

November Family Challenge:

Make your home and family vehicle completely smoke-free zones and encourage relatives to follow the same practice.

Protecting children from tobacco exposure is an important step towards safeguarding their present health and future well-being.

With Warm Regards
M.M. Public School