



M.M. PUBLIC SCHOOL

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"Celebrating 58 Years of Excellence in Education"

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Anti-Tobacco Awareness – Promoting Tobacco-Free Celebrations

Dear Parents

Greetings.

October often marks the beginning of the festive season, when children attend family gatherings, celebrations, and social events. These occasions serve as a valuable opportunity to promote healthy choices and foster environments where children can thrive free from the influence of tobacco.

Parents can play an important role in helping children understand that celebrations, socialising, and stress relief do not require tobacco or nicotine products.

Practical Steps for Parents:

- **Set clear expectations before gatherings:** Remind children that tobacco products are harmful and that they should never handle or carry them for anyone.
- **Choose tobacco-free celebration spaces:** Encourage family members to keep children's celebration areas free from smoking and tobacco use.
- **Avoid normalising tobacco through humour:** Do not present tobacco use as a symbol of enjoyment, maturity, relaxation, or celebration.
- **Plan healthy activities:** Include games, music, creative activities, and family conversations that make celebrations enjoyable without harmful substances.
- **Use everyday opportunities to discuss choices:** If children encounter tobacco use at a gathering or in a film, discuss it calmly and explain why it is not a healthy choice.

October Family Challenge: Make one family celebration or gathering a conscious tobacco-free occasion, including a commitment to keep children away from second-hand smoke.

Together, we can help children associate celebrations with health, happiness, and meaningful connections rather than harmful habits.

Thank you for your continued partnership.

Warm regards,

Mrs. Rooma Pathak
Principal
M.M. Public School