



# CARDINAL NEWMAN CATHOLIC SCHOOL

Sandpits Lane, Keresley, Coventry, CV6 2FR  
[admin@cncs.school](mailto:admin@cncs.school)  
[www.cncs.school](http://www.cncs.school)  
T:02476 332382

27 April 2023

## Re: Police safety warning-Nitrous Oxide

Dear Parents/carers,

We hope that you and your families are well at this time.

The school have received a safeguarding update from the police regarding an increase in the number of children in the city using Nitrous Oxide and the health risks this involves. Nitrous Oxide is a colourless gas that is most commonly found in pressurised metal canisters. You may have seen these metal canisters lying around in streets, please see examples below:



It is becoming increasingly popular with young people in the UK and is readily available to buy online. Laughing gas is generally 'decanted' into a balloon, then inhaled and is categorised as a 'legal high'. However, the health risk is if someone takes too much nitrous oxide, they risk falling unconscious and/or suffocating from the lack of oxygen.

In the last three years, in the UK, 17 people aged between 11-16 have died from using laughing gas. Although it is not illegal to possess Nitrous Oxide, it is illegal to sell nitrous oxide to anyone under the age of 18. If you find a cracker opener, balloons or the silver cannisters in your child's possession this would suggest they are using Nitrous Oxide.

Please speak to your child about the dangers of using nitrous oxide, further advice and guidance can be found on the FRANK website: [Nitrous Oxide | Laughing Gas | FRANK \(talktofrank.com\)](https://www.talktofrank.com) or by calling them on 0300 1236600.

If you have any questions or safeguarding concerns, please do not hesitate to contact us either by phone at 02476 332382 or via email at [safeguarding@cncs.school](mailto:safeguarding@cncs.school).

Yours faithfully

**Mr A Williams**  
**Senior Assistant Headteacher and Designated Safeguarding Lead**

