



“Believing is Achieving”

Monday 9<sup>th</sup> December 2019

Dear Parents/Carers

### Energy drinks

As parents know, several years ago all schools were prevented by regulation from providing inappropriate foods during lunch and break time, and from supplying sugar-rich drinks. There were sound health reasons for this, and as a school we decided to take matters a step further and follow the example of other schools in banning sugar-rich, caffeine-rich and high-energy drinks.

As you are aware energy drinks are not suitable for children because of their high levels of caffeine and are clearly labelled to this effect. However, their packaging and marketing seems to make them attractive to young people, despite the detrimental impact they are having on their health. In some cases, just one can could see a child exceeding the daily recommended amount of both caffeine and sugar. Daily consumption of these gives children an increased risk of four health symptoms: headaches, sleeping problems, irritation and tiredness/fatigue and can lead to more serious heart conditions.

Many also contain seriously high levels of sugar, which causes weight gain and the erosion of tooth enamel.

We feel we are seeing the negative consequence of these drinks on young people and their behaviour in the classroom, which will ultimately have a bearing on their learning. We would therefore ask all parents/carers to work with us to enforce this ban in school.

If a pupil is found to have any energy drinks in their possession, they will be confiscated and thrown away.

I am sure I can count on your support with this.

Kind regards

*Stephen Pritchard-Jones*

Mr S. Pritchard-Jones  
Head Teacher