

19th March 2018



Dear Parent/Carer,

Consumption of Energy Drinks

At St Michael's Church of England High School, we have stipulated for some time that caffeinated energy drinks are not allowed in school. This is reflected in the Behaviour Management Policy in school and is in line with the national food standards for schools.

Energy drinks contain an excess amount of caffeine and sugar which research has proven is having a detrimental effect on children. For example; a 500ml can of Red Bull contains the same caffeine as 2 cups of coffee and 13 teaspoons of sugar.

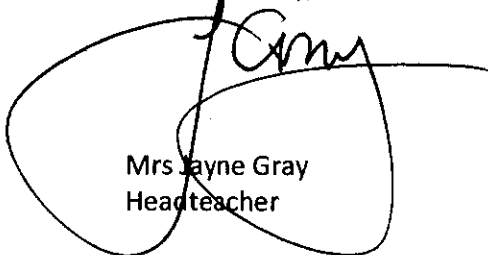
Consumption of these drinks can lead to poor concentration, lack of energy (when the inevitable 'crash' occurs), poor behaviour, insomnia, increased anxiety, nausea and headaches.

This letter is to remind parents and students that the consumption and possession of energy drinks (Lucozade, Red Bull, Powerade, Monster, etc.) on school premises is banned, a measure which is in line with the majority of schools nationally. Any student found with these drinks will have them confiscated. We will dispose of any open cans, however, any unopened cans can be returned to parents on collection from the school office.

To combat this issue, we ask that students only consume the following healthy drink options in school: water, flavoured water, cordial, fruit juice or milk. Please note that water is freely available to all students at break and lunchtimes and that students can re-fill bottles at these times.

Thank you in anticipation of your support on this matter.

Yours faithfully,



Mrs Jayne Gray
Headteacher

Headteacher: Mrs J Gray, MSc, NPQH

St Michael's Church of England High School · Rowley Learning Campus · Carral Road · Rowley Regis · West Midlands · B65 9AN
Telephone: 0121 561 6881 · Fax: 0121 561 6882 · Email: contact.staff@st-michaels.sandwell.sch.uk