

Energy Drinks

This letter documents our longstanding policy that energy drinks are strictly prohibited on school grounds. This rule has been communicated verbally to students, parents, and staff over many years and is now being formalised in writing to ensure clear understanding and consistent enforcement.

Why we have this rule?

Energy drinks can cause health problems for young people, including increased heart rate, restlessness, nausea, and difficulty concentrating. We've seen these issues firsthand with students who have consumed energy drinks at school, leading to both health concerns and disruptive behaviour that interferes with an environment conducive to learning for all students.

Our policy is supported by NSW Department of Education guidelines:

- **Student Behaviour Policy** - allows schools to make local rules that promote student health and wellbeing
- **NSW Healthy School Canteen Strategy** - promotes water as the drink of choice and bans energy drinks from school canteens
- **Work Health and Safety Policy** - requires us to provide a safe environment for students and staff

NSW Health also advises that children and young people should avoid or limit caffeinated drinks like energy drinks.

What this means?

Energy drinks are banned during school hours, at school events, and on excursions. If students bring energy drinks to school, they will be confiscated, only returned at the end of the same school day from the Front Office. We encourage students to drink water instead, which helps with concentration and learning.

This policy applies to all students and will be enforced to maintain a safe learning environment.

Any questions? Please contact the school office.