



Stanchester

Academy

Energy Drinks and Carbonated Drinks Policy 2023 - 24

Signature:

A handwritten signature in black ink, appearing to be 'L. Mason', written over a faint horizontal line.

Headteacher

Approval Date: July 2023

Review Date: July 2024

Energy Drinks and Carbonated Drinks Policy

Stanchester Academy values the health and wellbeing of our students and has the following procedures regarding energy and carbonated drinks to support students engaging in quality educational experiences. As a school community we believe that the consumption of energy and carbonated drinks (including Coca Cola, Pepsi and other similar brands) has a detrimental effect on learning and is not conducive to good physical and mental health.

The caffeine found in these drinks influences the body biologically, stimulating the sympathetic nervous system response also referred to as the 'fight or flight' response (Temple et al., 2017).

Excessive amounts of caffeine have been shown to impact student engagement in the classroom, impacting their concentration and responsiveness as well as heightening their state of arousal increasing the likelihood of disruptive behaviour and/or states of anxiety (Temple et al., 2017).

As a school we aim to promote healthy lifestyles and a positive learning environment by reinforcing positive behaviour. The school community believes that the consumption of these drinks prevents this from happening. For these reasons, students will not be permitted to bring energy drinks onto school grounds.

Should parents/caregivers wish to provide students with drinks to be consumed during the school day then water is encouraged.

For students not upholding this Drinks Policy, the following actions may be taken:

- If students bring these drinks to school, the drink will be confiscated and stored by a staff member until the end of the day.
- If students are found with an open drink, staff will request that the drink is disposed of.

Failure to comply with staff requests to store or dispose of these drinks such as behaviours listed below will lead to further behavioural consequences and contact being made with parents/caregivers.

- refusing to provide staff with the drink for storage
- consuming the drink rather than providing the drink to staff
- refusal to dispose of the open drink into a rubbish bin.

All students have access to a water fountain in the refectory throughout the day and there is a range of drinks for sale in the school refectory that students can purchase whilst on site.

Students are encouraged to bring in a refillable water bottle that can be refilled at break or lunchtimes times. Energy drinks (including those with zero sugar content) will not be allowed on school grounds.





Temple, J. L., Bernard, C., Lipshultz, S. E., Czachor, J. D., Westphal, J. A., & Mestre, M. A. (2017). The safety of ingested caffeine: A comprehensive review. *Frontiers in psychiatry*, 8, 80.







What parents / caregivers can do:

- Encourage your child to consume water throughout the day and bring a refillable drink bottle to school.
- Know that if your child purchases and brings to school an energy drink it will be confiscated and/or disposed of by staff.
- Talk to your child about the negative health effects of consuming energy drinks

Examples of Energy Drinks

Below are many popular energy drinks that are addressed by, but not limited to, the schools' Energy Drinks Policy.

	
<p>Mother Energy Drink 500ml Contains 160mg of caffeine per can</p>	<p>Red Bull Energy Drinks 355ml Contains 114mg of caffeine per can</p>
	
<p>Rockstar Energy Drink 500ml Contains 160mg of caffeine per can</p>	<p>V Energy Drink 250ml Contains 78mg of caffeine per can</p>

	
<p>Monster 'Green' Energy Drink 500ml Contains 160mg of caffeine per can</p>	<p>Monster 'Zero Ultra' Energy Drink 500ml Contains 160mg of caffeine per can</p>
<p style="text-align: center;">Other carbonated branded drinks not allowed</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="268 775 608 1111">  </div> <div data-bbox="667 808 1262 1111">  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div data-bbox="268 1144 695 1429">  </div> <div data-bbox="746 1167 1257 1458">  </div> </div>	