



11<sup>th</sup> October 2022

Dear Parents, Carers and Guardians,

Several years ago, all schools were prevented by regulation from providing inappropriate foods during lunch and break, and from supplying sugar-rich drinks. There were, and continue to be, sound health reasons for this and as a school we decided to take matters a step further and ban sugar and/or 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.

Whilst it is not illegal to sell such drinks to children under 16, many stores and supermarket chains undertook a self-imposed ban on the sale of such products. However, the packaging and marketing of the energy drinks 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
- Tiredness/Fatigue

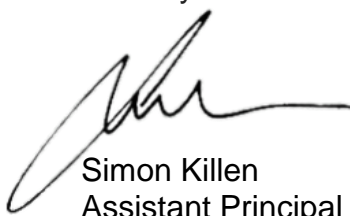
They can also lead to serious heart conditions and as many also contain seriously high levels of sugar, can cause weight gain and the erosion of tooth enamel.

There have been some occasions where energy drinks have been brought onto the Lord Grey site, despite being banned.

When this has happened, we have seen the negative consequences of these drinks on young people and their behaviour around the school and in the classroom. This will ultimately have a detrimental effect on their learning.

We therefore ask all our community to work with us to highlight the health risks associated with energy drinks and help us enforce this ban in school. If a student is found to have any energy drinks in their possession, they will be confiscated and thrown away.

Thank you in advance for your support with this.



Simon Killen  
Assistant Principal



Melissa Girt  
Assistant Principal