

8 November 2019

NL/JB

Dear Parent/Carer

### **Energy drinks**

Following the Government's recent confirmation that it will ban the sale of energy drinks such as Monster, Red Bull, Relentless, Rockstar and supermarket own brands to children under sixteen, we have taken the step to ban all such energy drinks from school.

These 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.

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

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

I am confident that I can count on your support on this issue. Thank you.

Yours faithfully

A handwritten signature in black ink, appearing to read 'N Law', with a small flourish at the end.

**Mr N Law**  
Headteacher