



ENERGY DRINKS AT KAPUNDA HIGH SCHOOL POLICY

In 2011 our Governing Council voted unanimously to ban 'Energy' drinks at our school.

This means that students are not be permitted to bring or consume energy drinks on school grounds, excursions or school buses.

This decision has been made within the context of the Rite Bite Strategy for schools and also the Department for Education Drugs in Schools policy which enables schools to adopt a local school policy around caffeinated drinks.

'Energy' drinks contain very high levels of caffeine which can have harmful effects on the health of children and adolescents. They also have other ingredients such as taurine and guarana that are believed to compound the impact of the caffeine.

Additionally, energy drinks also contain very high levels of sugar (similar to soft drinks), are low in nutritional value and high in kilojoules.

In the school setting these drinks can lead to problems with concentration and a negative impact on wellbeing and learning ability.

Students who have energy drinks at school will have them confiscated. If unopened, they can be collected at the end of the school day from the Reception office. If opened, they will be disposed of.