

# WILLUNGA HIGH SCHOOL

## Energy Drinks Policy



Willunga High School values the health and wellbeing of our students and has the following procedures regarding energy drinks to support students engaging in quality educational experiences. As a school community we believe that the consumption of energy drinks has a detrimental effect on learning and is not conducive to good physical and mental health.

The caffeine found in energy 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 has 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 energy 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 the Energy Drinks Policy, the following actions may be taken:

- **If students bring energy 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 energy drink, staff will request for the drink to be disposed of.** Failure to comply with staff requests to store or dispose of energy 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 energy drink for storage
  - consuming the energy drink rather than providing the drink to staff
  - refusal to dispose of the open energy drink into a rubbish bin.

All students have access to water fountains throughout the day and there is a range of drinks for sale in the school canteen that students can purchase whilst on site. Students are encouraged to bring in a refillable water bottle that can be refilled at break times using the taps and water fountains provided.

Energy drinks (including those with zero sugar content) are not allowed on school grounds.

### 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.

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.

## Examples of Energy Drinks

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



Mother Energy Drink 500ml  
Contains **160mg** of caffeine per can



Red Bull Energy Drinks 355ml  
Contains **114mg** of caffeine per can



Rockstar Energy Drink 500ml  
Contains **160mg** of caffeine per can



V Energy Drink 250ml  
Contains **78mg** of caffeine per can



Monster 'Green' Energy Drink 500ml  
Contains **160mg** of caffeine per can



Monster 'Zero Ultra' Energy Drink 500ml  
Contains **160mg** of caffeine per can