



## Energy Drink Policy

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### Purpose

This policy provides direction to students, staff and families regarding the consumption of energy drinks at school

### Policy Outline

Wirreanda Secondary 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 (and other ingredients including Tourine and Guarana) 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. For these reasons, students will not be permitted to bring energy drinks onto school grounds.

### Non-Compliance

- 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 (including behaviours listed below) will lead to further behavioural consequences and contact being made with parents or 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.

## Roles and responsibilities

### **Principal**

Ensure this policy is clearly communicated and accessible to all students, staff and families and that there is a process for regular review of this policy.

### **School staff**

Ensure the uptake and compliance with all students within the school and follow expectations for non compliance.

### **Students**

Comply with the requirements of the school's policy and follow all reasonable directions from the Principal and school staff.

### **Parents**

Support the implementation of the school's policy by doing the following:

- 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
- support the consequences for non-compliance with the policy.

## Communication and review

The WSS Energy Drink policy has been developed in consultation with leadership of the school. The policy is available on the school website. The policy will be reviewed annually by the Governing Council and Senior Leadership. The next review date is December 2024.

## Supporting Documentation

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.

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Person Responsible: *Assistant Principal - Student Culture*