ENERGY DRINK POLICY

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Modbury High School Energy Drink Policy

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

The caffeine found in energy drinks biologically influences the body by stimulating the sympathetic nervous system response, commonly referred to as the 'fight or flight' response (Temple et al., 2017). Excessive amounts of caffeine have been shown to impact student engagement in the classroom, affecting their concentration and responsiveness, as well as heightening their state of arousal. This can increase the likelihood of disruptive behaviour and/or states of anxiety (Temple et al., 2017).

As a school, we aim to promote healthy lifestyles and foster a positive learning environment by reinforcing constructive behaviour. Students' consumption of energy drinks hinders this goal. For these reasons, students will not be permitted to bring energy drinks onto school grounds. Parents and caregivers are encouraged to provide students with water for consumption during the school day

Consequences for not upholding the Energy Drinks Policy

For students who do not uphold the Energy Drinks Policy, the following actions may be taken:

Confiscation: If students bring energy drinks to school, they will be confiscated and stored by a staff member until the end of the day.

Disposal: If students are found with an open energy drink, staff will request the drink to be disposed of.

Failure to comply with staff requests to store or dispose of energy drinks will lead to further behavioural consequences, with contact being made with parents/caregivers. Examples of refusal behaviours include:

- Refusing to provide staff with the energy drink for storage.
- Consuming the energy drink instead of handing it to staff.
- Refusing to dispose of an open energy drink in a rubbish bin.

Encouragements for healthy hydration

To support students, Modbury High School provides access to water fountains throughout the day. Students are encouraged to bring a refillable water bottle for hydration, which can be refilled at break times using school-provided taps and fountains. A variety of drinks are also available for purchase at the school canteen.

It is important to note that energy drinks (including those with zero sugar content) are not allowed on school grounds.

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Role of parents/caregivers

Parents and caregivers can support their child's learning and health by taking the following steps:

- Encourage your child to consume water throughout the day and bring a refillable drink bottle to school.
- Be aware that any energy drink brought to school will be confiscated and/or disposed of by staff.
- Discuss the negative health implications of consuming energy drinks with your child.

Examples of Energy Drinks

Below are popular energy drinks covered by, but not limited to, the school's Energy Drinks Policy:

Energy Drink	Caffeine Content
Mother Energy Drink (500ml)	160mg per can
Red Bull Energy Drink (355ml)	114mg per can
Rockstar Energy Drink (500ml)	160mg per can
V Energy Drink (250ml)	78mg per can
Monster 'Green' Energy Drink (500ml)	160mg per can
Monster 'Zero Ultra' Energy Drink (500ml)	160mg per can

Policy review

The school council and staff will regularly monitor and review the effectiveness of the Energy Drink Policy (at least every three years) and revise the policy when required.