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## **Energy Drinks Policy**

**Feb 2025**

<p><b>Related Policies for Malone Integrated College</b></p> <ol style="list-style-type: none"> <li>1. <b>Health and Safety Policy:</b> Ensures a safe and healthy school environment, including guidelines on nutrition and beverage consumption.</li> <li>2. <b>Promoting Positive Behaviour and Behaviour for Learning Policy:</b> Details the expected behaviour of students and the consequences for violations, including the prohibition of energy drinks.</li> <li>3. <b>Addressing-Bullying Policy:</b> Addresses issues of bullying, including the potential for energy drinks to be used inappropriately.</li> <li>4. <b>Safeguarding and Child Protection Policy:</b> Ensures the safety and well-being of students, including guidelines for reporting and handling concerns related to health.</li> <li>5. <b>Special Educational Needs (SEN) Policy:</b> Provides support for students with special educational needs, including considerations for the impact of energy drinks on medication.</li> <li>6. <b>Attendance and Punctuality Policy:</b> Sets expectations for student attendance and punctuality, which can be affected by the consumption of energy drinks.</li> <li>7. <b>Examination Policy:</b> Outlines the rules and regulations for conduct during examinations, including the prohibition of energy drinks.</li> </ol>	<p><b>Additional Notes:</b></p> <p>The Legislative Context:</p> <p><b>Department of Education Northern Ireland:</b></p> <p><a href="#">Nutritional Standards</a></p> <p><a href="#">Food in Schools Policy</a></p> <p><b>Education Authority:</b></p> <p><a href="#">The Buzz on Energy Drinks   School Nutrition   CDC</a></p> <p><a href="#">Energy Drinks   Healthy Schools   CDC</a></p>
<p><b>Summary:</b></p> <p>Malone Integrated College prohibits energy drinks to ensure a healthy learning environment. Energy drinks can negatively impact concentration, health, and interact adversely with medications. Acceptable drinks include water, milk, and 100% fruit or vegetable juices. Sanctions for bringing energy drinks include verbal warnings, meetings with school heads, and parental involvement. This policy supports the school's core values of respect, ambition, inclusion, success, and excellence. Parents and students must acknowledge and comply with this policy</p>	<p><b>History:</b></p> <p><b>Drafted</b> Feb 2025</p> <p><b>By</b> Vice Principal</p> <p><b>Key Dates:</b></p> <p>Emailed to Board of Governors:</p> <p>Discussed at Board of Governors</p> <p>Circulated to staff:</p> <p>To be reviewed:</p>

# Energy Drink Policy for Malone Integrated College

## *Introduction*

This policy outlines the guidelines for the consumption of energy drinks within our school. It is designed to support our core values of Respect, Ambition, Inclusion, Success, and Excellence. Malone Integrated College recognizes the potential harm energy drinks can cause to students' health and learning, particularly for those on medication to support their special educational needs.

## *Negative Impact of Energy Drinks*

Energy drinks contain high levels of caffeine and other stimulants, which can lead to increased heart rate, high blood pressure, anxiety, and insomnia.

1. These effects can negatively impact students' ability to concentrate and learn effectively.
2. For students on medication for special educational needs, the interaction with energy drinks can exacerbate side effects and reduce the effectiveness of their medication.

## *Policy Guidelines*

### **1. Respect**

- Students must respect their own health and the learning environment by not consuming energy drinks at school.
- Energy drinks are not to be brought to school under any circumstances.

### **2. Ambition**

- To support ambitious learning goals, students are encouraged to consume healthy beverages that promote sustained energy and focus.
- Acceptable drinks include water, skimmed or semi-skimmed milk, and 100% fruit or vegetable juices.

### **3. Inclusion**

- This policy applies equally to all students, ensuring an inclusive environment where everyone is treated fairly.
- Students with special educational needs are particularly encouraged to avoid energy drinks to prevent adverse interactions with their medication.

### **4. Success**

- By prohibiting energy drinks, we aim to create an environment conducive to academic success and overall well-being.
- Students are encouraged to make healthy beverage choices that support their educational achievements.

### **5. Excellence**

- Students are expected to demonstrate excellence in their behaviour by adhering to this policy.
- Choosing healthy beverages reflects the school's commitment to excellence in all aspects of student life.

### *Acceptable Drinks in School*

- **Water** (still or carbonated)
- **Skimmed or Semi-Skimmed Milk**
- **100% Fruit or Vegetable Juices**
- **Milk Drinks and Drinking Yoghurts**
- **Soya, Rice, or Oat Drinks Enriched with Calcium**

### *Sanctions for Bringing Energy Drinks to School*

- The energy drink will be confiscated, and the student will receive a verbal warning.
- **Persistent infringements:** The energy drink will be confiscated, and the student will be required to attend a meeting with the Head of Junior/Senior School and parent will be contacted.

### *Acknowledgement and Understanding*

We ask that both parents and students read and understand this policy. Through reading this policy you acknowledge that you understand each section of the policy. It is the responsibility of the parent to ensure their child complies with this policy while attending school.

Thank you for your cooperation in helping us maintain a respectful, ambitious, inclusive, successful, and excellent learning environment.