



THE BUSHEY  
ACADEMY

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## **S35 FIZZY AND SPORT/ENERGY DRINK POLICY**

<b>Last Reviewed:</b>	<b>N/A</b>
<b>Next Review:</b>	<b>March 2018</b>
<b>Responsible:</b>	<b>The Principal</b>
<b>Reviewed by Access Committee</b>	<b>March 2016</b>
<b>Reviewed by Full Governing Body:</b>	<b>March 2016</b>

### *Background*

#### **For all students in Years 7-11**

Fizzy and energy drinks have become commonplace in the lives of young people as they have become cheaper and more accessible.

It has become clear that consumption of such drinks has increased with many of our students either purchasing these drinks in the morning on the way to school or bringing them onto the premises and drinking them later during the school day.

This consumption of high sugar and, at times, high caffeine drinks, is having a detrimental effect on learning. It is clear that excessive amounts of sugar and/or caffeine means some students are losing concentration in the short term and, by the end of the day, are feeling flat and less responsive.

As an academy that holds teaching and learning and behaviour and safety at its heart, and as an academy that promotes healthy eating, we have found that the consumption of fizzy and energy drinks is not beneficial to good learning. Some of the specific issues that have been identified include:

- Students who consume fizzy and sport/energy drinks may be more unfocused in lessons
- Lessons are often disrupted by these students as a result of the effects of these drinks
- Students are consuming these drinks between lessons and as a result, are struggling to fully engage in their lessons
- Students are consuming these drinks during lessons, causing unnecessary barriers to learning and conflict with staff
- Student conduct between lessons and at break times is more unsettled.
- More students are using the toilet during lessons, possibly due to the increase in caffeine consumption, causing disruption to learning

- There is recent medical evidence that high sugar and high caffeine drinks are damaging to the health of young people causing hyperactivity, sleep problems, irritability, headaches and chest pains.
- There is recent media coverage outlining the effects of these drinks on young peoples' behaviour and health.
- Many students are drinking energy drinks that are unsuitable for their age as all high caffeine energy drinks are not suitable for children under the age of 16.

As an academy we aim to promote healthy lifestyles and positive learning atmospheres by encouraging positive behaviour and the consumption of fizzy and sport/energy drinks, at times, prevents this from happening.

For these reasons it is not permitted for students to bring in any fizzy or sport/energy drinks purchased outside the academy. Should parents/carers wish to provide students with drinks to consume during the school day, water in clear bottles or clearly marked individual portions of fruit juice are acceptable. Only water in clear bottles may be consumed in lessons and examinations. No other drinks will be permitted.

All banned drinks that students are found with will be confiscated and disposed of by staff.

All students have access to water fountains throughout the day and there is a range of drinks for sale in Cucina that students can purchase whilst on site. All students are encouraged to bring in clear, re-usable water bottles that they can refill at break and lunch. Re-fillable bottles are also available for purchase in the academy.

In the case of sports drinks being required during a sporting activity, students should bring in a bottle of water and a sports mix will be provided by the academy Physical Education Department where required.