



Mitcham Girls High School

Energy Drink Policy

Summary

This procedure provides direction to students, staff and families and carers regarding the consumption of energy drinks while onsite, and at Mitcham Girls High School events.

Publication date	May 2025
Related Legislation and Regulations	NIL
Status	APPROVED
Related policies, procedures, guidelines, standards, and/or frameworks as per EDi	https://www.education.sa.gov.au/schools-and-educators/grounds-buildings-and-facilities/food-drink-supply-standards-school-canteens
Version	v1.0
Replaces	NIL
Policy Guidelines Officer (position)	Principal
Applies to	Students
Approved by	Executive Team and Governing Council
Approval date	12 May 2025
Review date	12 May 2028

Revision table

Date	Version	Revision description

Contacts and roles

Title	Current person appointed	Contact details
Principal	Rosie Heinicke	0401 121 541
Deputy Principal	Rose Forster	0413 692 370
Business Manager	Heidi Forgan	0407 978 239
Facilities Manager	Heidi Forgan	0407 978 239
Senior First Aid Officer	Belinda Denny	via Student Services
Executive Officer	Kerri Wilmshurst	8279 2925
Health and Safety Rep	Stephen Zanker	
Education Director	Linda Richardson	via Principal, Executive Officer or EDs PA
SWISS	Duty Social Workers	8314 4100
Employee Psychology Support line	Organisational Development team	8226 0744

Purpose

Aligned with the Department for Education's Right Bite standards, this policy provides direction to students, staff and families and caregivers regarding the consumption of energy drinks while onsite, and at Mitcham Girls High School events.

Policy Summary

- Energy Drink: a beverage that contains a high level of sugar, caffeine, and other stimulants
- Energy drinks are prohibited from being consumed onsite and during any school events
- Students with opened energy drinks must dispose of them immediately without further consumption
- Students with unopened energy drinks will have the held at Students Services until dismissal

Policy Outline

Mitcham Girls High School values the health and wellbeing of our students and has procedures regarding energy drinks to support students engaging in quality educational experiences. As a school community, we understand the consumption of energy drinks has a detrimental effect on learning and is not conducive to good physical and mental health. Creating a safe and healthy school food environment will normalise healthy food and drink consumption and protect students from the marketing and sales tactics of food and drink industries.

The caffeine (and other ingredients including taurine 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).

To support healthy lifestyles and foster positive learning environments, students are not permitted to bring energy drinks onto school grounds.

Health Concerns

- Research indicates that daily caffeine consumption exceeding 100 mg is associated with reduced self-control and an increase in problem behaviours among adolescents.
- Energy drinks often contain high levels of caffeine and additional stimulants such as guarana and taurine, which can negatively affect the nervous system by increasing blood pressure and heart rate.
- Excessive caffeine intake has also been linked to poor sleep quality, which can subsequently impact academic performance.

Note

All students have access to water fountains throughout the day. Additionally, a variety of drinks are available for purchase at the school canteen. Students are encouraged to bring a refillable water bottle.

Energy Drink examples	Caffeine (mg) per serving
Redbull	80 mg
Monster Energy	160 mg
Rockstar Energy	160 mg
5-hour Energy	200 mg
Bang Energy	300 mg
Celsius	200 mg
PepsiCo Amp	142 mg
For Comparison:	
Espresso Coffee	63 mg

Non-Compliance Procedures

- If students bring unopened energy drinks to school, they will be directed by staff to hand them in at Student Services, where they will be stored until the end of the day.
- If a student is found with an open energy drink, staff will request that it be disposed of immediately in the appropriate bin without further consumption.
- Failure to comply with these requests will result in further actions, including contacting parents or caregivers. Non-compliance includes:
 - refusing to provide the energy drink for storage
 - consuming any part of the energy drink instead of disposing of or storing it at Student Services
 - refusing to dispose of the open energy drink in a rubbish bin.

Roles and Responsibilities

Principal

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

School Staff

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

Students

Comply with the requirements of the school's policy and follow all fair and reasonable directions from 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 Mitcham Girls High School Energy Drink Policy has been developed in consultation with staff and leadership of the school, and by the Governing Council. The policy is available on the school website. The policy will be reviewed regularly by school leadership and the Governing Council.

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.

Temple, J. L. (2019). Caffeine use in children: What we know, what we have left to learn, and why we should worry. *Journal of Adolescence*, 71, 27–32. <https://onlinelibrary.wiley.com>

Centers for Disease Control and Prevention. (2022). Energy drinks and health concerns. <https://www.cdc.gov>

Family and Child Health. (2022). Caffeine consumption, sleep quality, and academic performance in college students. <https://familyandchildhealth.com>