

FORT HILL INTEGRATED COLLEGE



Drinks in School Policy

Principal

Issued June 2019

To be reviewed December 2019

DRINKS IN SCHOOL POLICY

INTRODUCTION

Fort Hill Integrated College's Drinks in School Policy, supports our curriculum, encouraging healthy lifestyles and seeking to build a positive learning community and environment.

There is an increasing amount of research documenting the effects of "high sugar" or "energy" drinks on young people's health, and the detrimental impact on ability to focus and respond in a positive manner in a learning environment.

Research in Australia¹ has highlighted the risks with over-consumption of energy drinks. This data was gathered from 7 years of calls to the Australian Poisons Centre.

Symptoms reported, listed in order of most common to least common were:

1. Palpitations/tachycardia
2. Tremor/shaking
3. Agitation/restlessness
4. Gastrointestinal upset
5. Chest pain/ischaemia
6. Dizziness/syncope
7. Paraesthesia (tingling or numbing of the skin)
8. Insomnia
9. Respiratory distress
10. Headache

We are aware from conversations with Student Voice and observations of Fort Hill students, that a significant number of our school community are consuming high-sugar or energy drinks before school begins and/or at break and/or lunch.

This raises concerns regarding both the health of students and the capacity of students consuming such drinks to focus on their learning and to engage positively with learning experiences. There is also anecdotal evidence that behaviour problems in afternoon lessons may be related to consumption of these drinks at break or lunch.

It is the intention of Fort Hill Integrated College to take a stand to encourage drinks that support healthier lifestyles and which provide sufficient liquids to support a positive focus on learning.

¹ <https://www.mja.com.au/journal/2012/196/1/energy-drinks-health-risks-and-toxicity>

POLICY AND PRACTICE

In line with the “*Food in Schools Policy*”² published by Department of Education and Department of Health, Social Services and Public Safety, **we only permit** the following drinks on campus:

- plain water
- milk
- unsweetened fruit or vegetable juices
- yoghurt or milk drinks

Drinks **not permitted** would therefore include **all** fizzy and energy drinks³.

While Fort Hill Integrated College supports the concept of recycling plastic drinks bottles, to prevent confusion all drinks in bottles must retain their labels except plain water.

We acknowledge the place of tea, coffee and hot chocolate in the “*Food in Schools Policy*”, but also recognise that high levels of and consistent use of caffeine can adversely impact both health and capacity to focus and learn. Sixth Form students and staff will therefore be allowed tea, coffee and hot chocolate, but any hot drinks in corridors must be in a container with a lid, and the individual with the drink will be responsible for consequences arising from accidents.

PROCEDURES FOR ENFORCING THE POLICY

1. If a member of staff sees a pupil with a drink on campus that is not permitted they will be asked by that member of staff to **hand it over**. The drink will be stored by that member of staff until the end of the day when the pupil may collect the drink (this must be after the 3.15pm bell).
2. If a pupil **refuses to hand the drink over** they will be sent to their Pastoral Leader. At this point they would be issued with a lunchtime detention for defiance of the initial member of staff. If the pupil continues to refuse to hand the drink over with their Pastoral Leader, they will be sent to a Senior Leader.
3. The Senior Leader will issue the pupil with an after school detention for defying the Pastoral Leader. If the drink is not handed over at this stage, then the pupil’s **parents/guardians will be informed** and this may result in the pupil being sent home.

The decision of the Principal and Board of Governors will be final in all matters.

² Food in Schools Policy, DENI, 2013

³ Consideration will be given to those with notified medical or health conditions, e.g. diabetes