

Dear Parent/ Guardian,

In July, 2010, the Canadian Medical Association released a report on energy drinks, *Caffeinating Children and Youth*. In this report, they mentioned some of the effects of high concentrations of caffeine in energy drinks such as Red Bull, Monster, and Full Throttle: poor sleep quality, mood disorders, asthma problems, and poor school performance. “Many countries have either imposed or tried to impose strict regulations because of potential health risks of caffeine... It is time for health authorities around the world to be awakened and alerted to concerns about energy drinks sold to children. Strict regulations are required...”

In light of many other similar reports and after consultation with school principals and Western Health last year, the Western School District adopted a policy on Energy Drinks:

***Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their affect on student’s behaviour and health, these drinks are not permitted on school property.***

This change in policy is in place as of September 1, 2010.

It is hoped that principals will communicate this energy drink policy to teachers, students, and parents, and that parents will discuss this issue with their sons and daughters. The policy is meant to help provide a safe environment for the education of our students. The District is presently working with Western Health staff to make available to students education sessions on the dangers of these drinks. We hope to have this ready for this fall.

We have made available on our District Student Health web site a brochure entitled *Energy Drinks: What You Need to Know*. This brochure explains what these drinks are and the negative effects associated with them. Additional information from the Canadian Medical Association is also available at this same web site at [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/) Should you have any questions or concerns, feel free to contact us at the school.

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School Principal

