

26th September 2018

Dear Parents and Carers,

Energy Drinks Policy

Following consultation with the School Council, the School's Governing Body as well as the Penybont 6th Form College Joint Committee, I am writing to inform you that the consumption of "High Caffeine Energy Drinks" will not be permitted in school from the 1st of October 2018 onwards. This also applies to students attending Penybont 6th Form. This brings us into line with the approach taken by many other schools and colleges across Wales.

Can I also remind pupils and parents that only water may be consumed in lesson and during examinations, no other drinks will be permitted. All student have access to cooled water fountains in the schools and pupils are encouraged to bring in clear, re-useable water bottles.

All high caffeine drinks, including zero sugar varieties, that are labelled "not recommended for children or those aged 16 or under" will be confiscated and disposed of by staff and the incident recorded. Failure to comply with staff requests may lead to further sanctions and contact being made with the home.

When meeting pupils at the school gate in the mornings, I am surprised by how many of our pupils consume high caffeine energy drinks on the way to school. I would encourage parents and carers to discuss the impact of consuming energy drinks and more generally, high sugar drinks, on health and wellbeing with their children, ensuring that they are aware of our Energy Drinks policy. The policy is available to view on the school Website.

I am sure that I can count on your support in us taking this important step in promoting a healthy lifestyle and to ensure that the consumption of high caffeine Energy Drinks does not impact on learning at Pencoed. House Assemblies and Health and Wellbeing Lessons in the school will reinforce the message and inform learners of this policy.

Yours faithfully



Mr E H Jones
Headteacher

Mr E H Jones
Headteacher

Mrs N Charles
Deputy Headteacher

Mrs C Edwards
Assistant Headteacher

Mr R Green
Assistant Headteacher