



Energy Drinks

Our decision to prohibit these beverages on school grounds aligns with several policies and guidelines set forth by the NSW Department of Education to ensure the health, safety, and wellbeing of our students:

- **Student Behaviour Policy:** This policy empowers schools to implement and enforce local rules that promote student health, safety, and wellbeing, thereby fostering a positive learning environment.
- **NSW Healthy School Canteen Strategy:** As part of this strategy, the Department promotes water as the drink of choice in public schools and bans sugar-sweetened and energy drinks from school canteens and vending machines.
- **Work Health and Safety (WHS) Policy:** This policy underscores our obligation to provide a safe and healthy environment for all students and staff. The consumption of energy drinks, known to cause side effects such as increased heart rate, restlessness, nausea, and difficulty concentrating, poses potential health risks and can lead to disruptive behaviour, thereby compromising the safety and wellbeing of our school community.

Furthermore, the [NSW Health factsheet on energy drinks and caffeine](#) advises that children and young people should limit or avoid caffeinated drinks, including energy drinks, due to their potential adverse effects.

Our school, along with many others, has observed incidents where the consumption of energy drinks has led to health concerns and disruptive behaviour among students. In light of these considerations, and in alignment with the aforementioned policies, we have chosen to ban energy drinks at Temora High School to ensure a safe and conducive learning environment.