Edward Peake C of E (VC) Middle School

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Dear Parent/Carers

Whilst we understand that pupils are able to make their own choices regarding healthy eating, as a school we are responsible for promoting a healthy lifestyle. Recently we've had a few cases of children bringing bottles of 'Prime Hydration' to school.

Although there are no known health risks to children associated with drinking 'Prime Hydration' the drink does contain a high level of electrolytes. Electrolytes are not recommended for children unless they are unwell or at risk of dehydration. In addition, the drinks contain a high level of sweeteners which are known to cause possible side effects.

Another form of the drink, 'Prime Energy', contains around 200mg of caffeine for every 330ml and as a result is not recommended for children under the age of 18.

The school has taken the decision (in line with many other schools) to ban all forms of the Prime drink. Pupils should therefore not bring it to school at all. Empty Prime bottles should not be used in replacement of a reusable water bottle.

The following procedure will be in place for energy drinks:

- If a pupil brings an energy drink onto the school premises, it will be immediately confiscated. (With this in mind, we suggest that pupils do not have energy drinks that they intend to consume outside of school time also.)
- If a pupil refuses to hand the drink over, this would be defiance and dealt with in line with our behaviour policy.
- If a pupil continues to bring energy drinks into school, parents/carers will be contacted and asked to attend a meeting with their child's form tutor.

Other drinks that are not allowed in school include all fizzy drinks and all other energy drinks. Water bottles must contain water only; squash is not acceptable. As always, this decision has been made with only the best interests, health and safety of our pupils in mind and so we ask that parents/carers support us.

Yours sincerely

Miss Z J Linington
Headteacher

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