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**THE BULWELL
ACADEMY**
*Creative
Education
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12 March 2024

Dear Parents and Carers

Energy drinks

Over recent days, we have been writing to you about our expectations at the Academy, in particular regarding the use of mobile phones and school uniform expectations.

I hope these letters have found you well and our expectations are clear.

Today, I would like to address energy drinks.

Like many schools, **energy drinks are banned at The Bulwell Academy**. The reason they are banned relates directly to the health issues caused by such drinks and the excessive amounts of caffeine which affects young people, making them more restless and anxious and raises heart rates. All these issues negatively affect learning, and concentration rates are reduced.

I would therefore request your help in making sure children are not provided with energy drinks from home. They should not bring them to school, and we would ask you to encourage them not to buy them on the way to school also.

If energy drinks are found, they will be confiscated.

We know this is not easy to stop, but we must keep reiterating the reasons why they are banned and the health issues they cause. We must keep educating our young people so that they make better choices.

We will be meeting all pupils in the Academy and sharing these messages during Forum.

We can't do this on our own and your help and support would be much appreciated.

Thank you for your continued support.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Chris Keen', with a stylized flourish at the end.

Mr C Keen
Executive Principal