respect responsibility resilience

Bowden Brompton Community School

Government of South Australia
Department for Education

19 November 2026

Energy drinks: a message about student health and wellbeing

Dear Parents and Caregivers,

We are seeking your support with concerns about our students consuming energy drinks, particularly before school or bringing them onto school grounds. Our priority is to protect student health, wellbeing and readiness to learn.



NOT PERMITTED AT SCHOOL



HIGH CAFFEINE MAY AFFECT SLEEP, MOOD AND FOCUS

Why are we concerned? Energy drinks often contain high levels of caffeine, and some contain large amounts of sugar. Australian food labelling requires energy drinks to state that they are not recommended for children and young people.

POSSIBLE HARMFUL EFFECTS FOR CHILDREN AND YOUNG PEOPLE

- **Sleep and fatigue:** Disrupted sleep can leave students tired and less ready to learn.
- **Anxiety and restlessness:** Caffeine may increase nervousness, irritability, jitteriness or agitation.
- **Physical symptoms:** Too much caffeine can cause headaches, nausea, a rapid heartbeat or palpitations.
- **Learning and regulation:** Poor sleep and overstimulation may make it harder to settle, focus and manage emotions.

OUR SCHOOL EXPECTATION

Students must not bring energy drinks to school or consume them on school grounds. We also strongly advise that students do not consume energy drinks before attending school.

How families can help: Please discuss these risks with your child. Check what they may be purchasing on the way to school, and encourage water, a nourishing breakfast and healthy sleep routines. If you are concerned about your child's caffeine intake or physical symptoms, please seek medical advice.

We appreciate your partnership in keeping our school a safe, supportive and healthy learning environment for every young person.

Kind regards,

John Leondaris
Principal | Bowden Brompton Community School

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