



## The Acorns School

### Fizzy Sugary and Caffeine laced Drinks Policy

The Acorns School is a healthy school. We are strong believers in "a healthy mind in a healthy body". To achieve this, we meet the regulations set by the DFE Schools' Food Standards and we endeavour to educate our pupils on how to lead a healthy lifestyle.

There is overwhelming evidence to show that fizzy drinks are just not good for young people as they are absolutely laden with sugar.

Even worse are the so-called 'energy drinks' which typically contain huge amounts of caffeine. Our policy therefore is that, for the good of our students' health, consumption of fizzy/ caffeine drinks is **ENTIRELY BANNED** in school.

Any fizzy drink found will be **CONFISCATED AND DISPOSED OF**.

We have become increasingly aware that some pupils are bringing in fizzy and sugary drinks. This is either for themselves or to pass on to other pupils. This is not condoned in school and in order to meet the Governments standards on healthy food and drink we are only allowed **to serve or let you consume** the following drinks during school time:

#### **What drinks we serve:**

- Water - access available to fresh water is available to pupils at any point in the school day.
- Fruit juice is served at lunch times to pupils who want it.

#### **What drinks pupils are allowed to bring into school:**

- Spring/ sparkling water - not flavoured or added sugar varieties can be brought in for consumption at lunch time.
- Milk - not milkshakes or high sugar milk alternatives can be brought in for consumption at lunch time.
- Pure Fruit Juice can be brought in for consumption at lunch time.

The reasons for only consuming / serving these drinks are:

1. To reduce tooth decay
2. To reduce sugar intake
3. To specifically encourage young people to drink water or drinks that provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements, and fruit or vegetable juices that provides vitamin C and other important nutrients such as carotenoids.

We hope that you will support this policy and join us in helping to educate our pupils on how to lead a healthy lifestyle.

September 2023 HC

November 2024 JH

November 2026 JTH