



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. Simple as that!**

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:

Water - access available to fresh water is available to pupils
Spring/ sparkling water - not flavoured or added sugar varieties
Milk - not milkshakes or high sugar milk alternatives
Pure Fruit Juice
Pure Vegetable Juice
Plain soya, rice or oat drinks.

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 2021

