

Dear Parents,

As I am sure all of you know, our teenagers are easily influenced by what they perceive to be what they think is “in”, whether it be in friends, fashion, places to go, and things that they eat or drink. While this is normal behavior, it is our responsibility as adults to monitor their behavior and place limits on what is not in their best interest, especially when the new fad is something that can be harmful to their health.

The trend that we are seeing today is in the ingestion of energy drinks in our youth. These drinks contain ingredients including high levels of caffeine, that can be not only harmful to our children’s health, but can cause dangerous side effects including anxiety, high blood pressure, irregular heart beat, and cardiac arrest in some.

There are some energy drinks that not only contain high levels of caffeine, but also contain alcohol. These drinks are labeled in such a way that the alcohol is not clearly marked on the containers, and are easily mistaken for a regular energy drink.

It is because of these risk factors, and the increase in students coming to school presenting with symptoms after having had ingested energy drinks, it has been decided that no energy drinks are to be permitted on school grounds. Should the drinks be found in the student’s possession, it will be confiscated and discarded whether it is open, or closed for later consumption.

Please support us in this matter by educating your child as to the dangers of these drinks, and informing them of the school’s stance on this subject. As always, I am always available during school hours at 648-5407, to discuss your concerns in regard to this or any other matter pertaining to your child’s health and well being.

Sincerely,

Karen Ware RN  
School Nurse

Bruce Biehl  
Principal

