

24 April 2024

Dear Parents and Carers,

Energy Drink Consumption Concerns

I hope this letter finds you well. I am writing to you today to address a concerning trend that has come to our attention regarding the consumption of energy drinks among young people.

In recent years, there has been a noticeable increase in the number of children and teenagers consuming energy drinks. While the immediate boost in energy may seem appealing, it is important to recognise the potential risks associated with frequent consumption of these beverages.

Research has shown that regular consumption of energy drinks can have adverse effects on heart health and blood pressure, and may even lead to dependency on these products to maintain energy levels. Despite voluntary bans by many retailers on selling energy drinks to those under 16, we have observed a rise in their usage among children and teenagers.

This increase in consumption among young people is particularly concerning as it can lead to serious health issues, especially considering the stage of development they are in. The attached guide provides more information on the potential hazards of energy drinks and offers strategies for minimising these risks, particularly for those who occasionally indulge in them.

Please be aware that our school does not permit students to have energy drinks on the premises. We believe it is essential to prioritise the health and well-being of our students, and prohibiting the consumption of these beverages is one step we can take to promote a healthy environment.

Thank you for your attention to this matter. If you have any questions or concerns, please do not hesitate to contact me.

Yours sincerely,



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Student Welfare Officer
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