

Student Energy Drink Policy



Help for non-English speakers: If you need help to understand the information in this policy please contact the school on 98398800 / 97363650.

PURPOSE

Yarra Hills Secondary College is committed to promoting a safe, healthy and supportive learning environment that enhances student wellbeing and learning outcomes.

The purpose of this policy is to:

- Prohibit the possession, consumption, sale, and distribution of energy drinks by students on school grounds and at school activities
- Reduce health and behavioural risks associated with energy drink consumption
- Support students in making healthy dietary and lifestyle choices

OBJECTIVE

Energy drinks are not appropriate for school-aged children and adolescents due to potential impacts on:

- Concentration and learning
- Sleep patterns and fatigue
- Behaviour, including agitation or disruption
- Physical health (e.g. increased heart rate, nausea, anxiety)

DET-aligned healthy eating frameworks encourage schools to promote water and nutritious food choices to support student learning and wellbeing.

SCOPE

This policy applies to:

- All students of Yarra Hills Secondary College
- School grounds during school hours
- All school events including excursions, camps, and representative activities
- School-sponsored activities occurring off-site

POLICY

Yarra Hills Secondary College prohibits energy drinks on school grounds and at all school-related activities.

For the purposes of this policy, energy drinks include all beverages marketed as energy drinks or stimulant drinks containing high levels of caffeine, guarana, taurine, or similar stimulants.

Students are not permitted to:

- Bring energy drinks to school or during school event/ excursion
- Consume energy drinks at school or during school event/ excursion
- Store energy drinks in lockers or bags on school premises
- Sell, supply, or distribute energy drinks to other students

Implementation

Staff will:

- Confiscate any energy drinks brought to school or school event/ excursion
- Store confiscated items securely at the Administration Office (during school event/ excursion item may be disposed of)
- Inform students of the policy and expectations
- Notify parents/carers where repeated breaches occur

Confiscated items will generally be:

- Returned at the end of the school day to a parent/carer, or
- Disposed of at the discretion of the school after repeated incidents

Students must not:

- Sell energy drinks on school grounds
- Trade or distribute energy drinks to other students
- Use school events or excursions to provide energy drinks to peers

Any breach involving distribution or repeated selling may be treated as a serious behaviour incident.

Consequences for Breach of Policy

Breaches of this policy will be managed in line with the school's Student Engagement and Wellbeing Policy.

Possible consequences include:

- Verbal warning and education regarding the policy
- Confiscation of the energy drink
- Parent/carer notification
- Lunchtime detention or reflective task
- Repeated breaches may result in:
 - After school detention
 - Suspension in cases of repeated defiance or distribution/selling

COMMUNICATION

The school will:

- Communicate this policy to students, families, and staff
- Reinforce expectations through Year Level assemblies and classroom discussions
- Promote healthy alternatives such as water and milk
- Integrate messaging into wellbeing and health education programs

FURTHER INFORMATION AND RESOURCES

This policy aligns with the Victorian Government's **Canteens, Healthy Eating and Other School Food Services Policy**, which states that schools must not supply high sugar content drinks, including energy drinks, in school environments.

POLICY REVIEW AND APPROVAL

Policy last reviewed	2026
Approved by	Principal
Next scheduled review date	2030