

Regular consumption of certain foods and drinks have been linked to increased behavioural issues and long term negative physical and psychological impacts. We will therefore store the following items until the end of the day if they are brought into school. If the items are continually brought in parents/carers will be contacted so that we can dispose of them or the parents/carers can collect them.

Energy drinks – These have been proven to have a negative impact on both physical and mental health of young people and there are multiple studies that have linked to a range of negative health outcomes when continually consumed long term (Opposite is a list provided by the American Academy of Pediatrics)

High E number or Sugary drinks / foods – Similarly to energy drinks high sugar items or items containing multiple E numbers can have long term negative health impacts and an impact on behaviour.

Dietary needs or allergies – If we are aware of any specific dietary needs of allergies relating to foods we will work together to ensure they are taken into account, similarly if medical condition may require an item that is restricted (e.g. diabetic) we will ensure that items are available to safeguard the young people.

HEALTH EFFECTS OF ENERGY DRINKS
on Children, Adolescents and Young Adults

Overconsumption of energy drinks may lead to the following outcomes:

- Increased sweat excretion
- Affected blood pressure
- Psychotic conditions
- Liver damage
- Respiratory disorders
- Seizures
- Rhabdomyolysis
- Heart palpitations
- Myocardial infarction
- Tachycardia
- Hypertension
- Nausea
- Vomiting
- Abdominal pain
- Increase urine flow
- Kidney failure
- Agitation
- Coronary vasoconstriction
- Cerebral vasoconstriction
- Altered electrolyte levels
- Interferes with calcium absorption

source: American Academy of Pediatrics

Annual Holidays, Celebrations, and Birthdays

As part of social time, staff and young people will also take part in national celebrations such as Christmas. Staff and young people will take part in traditional celebratory activities, prepare meals and activities to celebrate together. If young people wish to let us know in advance Birthdays can also be celebrated together. On these occasions young people may be given access to items they would not normally have access to, such as party foods, cake, etc... Food labels will be made available for these items if required. If a young person's parent/carer or the young person themselves would prefer not to take part in these alternative arrangements can be made to support this.