



# Coláiste Pobail Acla

## Policy on the Consumption of Energy Drinks

**Coláiste Pobail Acla,  
Polranny,  
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## 1. Background

At Coláiste Pobail Acla, we are committed to promoting the health, wellbeing, and academic success of our students. As part of this commitment, we have established the following policy regarding energy drinks to ensure that all students can fully engage in a safe and supportive learning environment.

As a school community, we recognise that the consumption of energy drinks has a detrimental impact on both physical and mental health. These drinks contain high levels of caffeine and other stimulants, which can disrupt concentration, reduce responsiveness in class, and increase anxiety or hyperactivity. Research shows that caffeine stimulates the sympathetic nervous system, triggering the 'fight or flight' response, which may lead to increased agitation and behavioural issues (Temple et al., 2017).

In line with our commitment to fostering a positive and healthy school culture, energy drinks regardless of sugar content will not be permitted on school grounds, or on school activities, from the beginning of the 2025-2026 academic year onwards.

## 2. School Expectations and Procedures

To support this policy, the following measures will apply:

- **Confiscation:** If an energy drink is seen/found on school property or on a school activity, it will be confiscated by a member of staff and disposed of. This will apply to both open and sealed energy drinks.
- **Non-Compliance:** Failure to follow staff instructions, will result in disciplinary sanctions in accordance with the school's Code of Behaviour.

To support healthy hydration, all students have access to drinking water taps throughout the school. Students are strongly encouraged to bring a refillable water bottle to school, which can be filled during lunch breaks.

## 3. Guidance for Parents and Guardians

Parents and guardians play an important role in reinforcing this policy. You can support your child and the school community by:

- Encouraging your child to bring water to school in a refillable bottle.
- Understanding that any energy drinks brought to school will be confiscated and/or disposed of.
- Speaking with your child about the health risks associated with energy drink consumption.

Together, we can help ensure our students remain focused, healthy, and ready to learn.

#### 4. Examples of Popular Energy Drinks



Monster Energy Drink 500ml  
Contains 160mg of caffeine per can



Monster 'Zero Ultra' Energy Drink 500ml  
Contains 150mg of caffeine per can



Red Bull Energy Drink 355ml can  
Contains 114mg of caffeine per can



C4 Cosmic Rainbow Energy Drink 500ml  
Contains 160 mg of caffeine per can



BPM Energy 500 ml bottle  
Contains 125 mg of caffeine per bottle



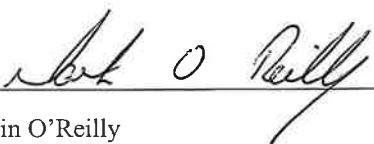
Boost Energy 250 ml can  
Contains 70 mg of caffeine per can

## 5. Links to other Policies/Documents

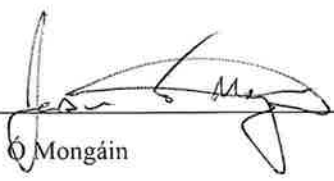
- Code of Behaviour
- Wellbeing Policy
- Out of School Activities Policy

## 6. Declaration

This Coláiste Pobail Acla Policy was formed following consultation with all staff, members of the Board of Management, Parents/Guardians, and the Student Council. It is recommended that this policy be reviewed every three years or whenever it is deemed necessary by School Management. It was adopted by the Board of Management of Coláiste Pobail Acla on:

Signed:   
Mr. Martin O'Reilly  
Chairperson of the Board of Management

Date: 9/9/25

Signed:   
Mr. Jason O'Mongáin  
Board Secretary & School Principal

Date: 09/09/25