



# The Manor

A FOUNDATION SCHOOL WITH A  
PERFORMING ARTS SPECIALISM

19<sup>th</sup> May 2011

All Parents/Carers

Dear Parent/Carer

On behalf of the Leaders of Learning I am writing to inform you that with immediate effect all high energy drinks and fizzy drinks will not be permitted in school.

Over the last week staff at the school have witnessed a high number of Manor students drinking 'Monster', 'Rockstar', 'Relentless', 'Red Bull' or shop brand Energy Drinks before or during school time.

As you can imagine, the intake of these drinks has a poor effect on the behaviour of the pupils as they contain large amounts of sugar, caffeine and taurine. Further information on studies of the drinks on children and teens can be found at:

<http://www.nhs.uk/news/2011/02February/Pages/study-examines-energy-drink-risk.aspx>

Many of these drinks carry a recommendation that they are not suitable for children.

In addition to the 'hyper' behaviour that staff reported, there is the obvious issue of litter at lunch times - despite the duty staff patrolling the school grounds - there always appears to be a large number of these Energy Drink cans left on the sports field. This presents a Health and Safety issue for other pupils using the sports field for PE activities and lessons.

The school has an existing policy that no open containers should be taken into a classroom - if this container is a can of Energy Drink, it will be confiscated until the end of that school day.

Can I encourage you as a parent to discuss this issue with your child as both the health and behaviour problems that can be caused by these types of drinks can be very damaging both in the short and long term.

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Chair of Governors: Andy Pellew • Chair of Trustees: Roger Salmon

Founder Member of The North Cambridge Community Trust

[www.themanorcambridge.org](http://www.themanorcambridge.org)



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Please do not hesitate to contact any of the Leaders of Learning if you wish to discuss this matter further.

Yours sincerely

**Ben Slade**  
*Principal*

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