



MAIDEN ERLEGH

SCHOOL IN READING

Headteacher: Will Graham

BA Ed (Hons), NPQH

- 81 Crescent Road, Reading, RG1 5SL
- 0118 966 8065
- meroffice@maidenerleghtrust.org
- www.maidenerleghschoolreading.co.uk
- @MESReading

25 June 2025

Increase in Energy Drinks Brought to School

I hope this letter finds you well.

I am writing to inform you that we have seen a recent increase in the number of Year 9 students bringing energy drinks to school. As you may be aware, these drinks are typically high in caffeine and sugar and can have a negative effect on students' ability to focus and engage in learning.

To support a calm and focused learning environment, we are implementing the following measures with immediate effect:

- Any energy drinks found on school premises will be confiscated.
- Students found with energy drinks will also receive a 20-minute detention.

I have been to the local shops on Wokingham Road and asked for their support in not selling energy drinks to our students but also would like to ask for your support in ensuring your child does not bring energy drinks to school. Encouraging healthy routines, including proper sleep, hydration, and nutrition, can make a real difference to their well-being and progress.

Thank you for your continued support, and if you have any questions, please do not hesitate to contact me via the school office.

Yours sincerely,

Miss L Ryan
Head of Year 9



Aim High



Be Inclusive



Work Together