



St. Anthony's Girls' Catholic Academy

A Mercy Academy committed to excellence

St. Anthony's Girls' Catholic Academy, Thornhill Terrace, Sunderland SR2 7JN.
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Head Teacher
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Mrs M. Lanaghan
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Mrs F. Collins
Senior Assistant Head Teacher
B.Sc (Hons), NPQSL

March 2018

Dear Parent/Carer,

Energy Drinks

Sales of energy drinks to children under 16 are to be banned by most major supermarkets following concerns about their high levels of sugar and caffeine as well as their impact on health and behaviour.

Consumption of high energy drinks is banned on the academy site, during after school activities off-site, educational visits off-site etc.

Any girls/parents requiring advice for their daughter regarding nutrition and associated concerns regarding weight and health, can contact our School Nurse who has a drop in session every Tuesday from 12.20pm - 1.20p.m.

Mrs Hearn, in the Technology Department is also a trained nutritionist who can offer girls advice.

Yours sincerely,

M. Shepherd.

Mrs M Shepherd
Head Teacher

