Dear Parents and Guardians,

We are writing to inform you of a new student health policy regarding energy drinks, which will take effect on 1 July 2026.

Based on guidance from leading medical organizations, including the American Academy of Pediatrics and the Centers for Disease Control and Prevention, Calvary Christian Academy will prohibit the possession and consumption of energy drinks during the school day and during Calvary-sponsored activities and events.

This policy is intended to support student health, safety, and learning and is not meant to regulate normal dietary choices or restrict common foods and beverages. For purposes of this policy, “student” refers to any individual enrolled at Calvary, regardless of age.

Energy drinks are defined as beverages or concentrated/powdered products marketed or labeled to increase energy, alertness, or performance and that contain high levels of caffeine and/or added stimulant ingredients such as guarana, taurine, or similar compounds. These products may contribute to symptoms including heart palpitations, anxiety, headaches, sleep disruption, nausea, and difficulty concentrating.

Examples of commonly known energy drinks include, but are not limited to:

- Red Bull
- Monster Energy
- Bang
- Rockstar
- Celsius
- Prime Energy

Because products are frequently reformulated and new beverages regularly enter the market, final determination regarding whether a beverage qualifies as an energy drink under this policy will be made by Calvary administration and the Nursing Department.

This policy applies:
- During the school day on campus
- During Calvary-sponsored activities, both on and off campus, including athletics and field trips

Students will be reminded of this policy during the initial implementation period. Energy drinks brought to school or to Calvary-sponsored activities may be held by staff until dismissal or otherwise handled in accordance with school procedures. Repeated violations may result in consequences consistent with the Calvary Student Handbook.

This policy reflects Calvary’s commitment to responsible stewardship of student health and to maintaining a safe, focused learning environment. We appreciate your partnership and support as we work together to care for our students.

Sincerely,

CCA School Board, Administration, and Nursing