

Dayton Avenue School

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JOSEPH A. STEIMEL
Superintendent of Schools



SHELITA WATKIS, PH.D
Principal

February 25, 2025

Dear Parents and Guardians,

We hope this letter finds you well. As part of our ongoing commitment to the health and well-being of our students, we would like to address an important topic: the consumption of energy drinks by children.

Energy drinks are beverages that contain high levels of caffeine, sugar, and other stimulants. While these drinks are marketed to boost energy and alertness, they can pose significant health risks, especially for young children. Some examples of these drinks are Celsius, Alani, Starbucks refresher drinks, etc.

Some potential risks of consuming these type of energy drinks include:

- Increased heart rate and blood pressure
- Sleep disturbances and insomnia
- Anxiety and nervousness
- Stomach aches and digestive issues
- Potential for caffeine addiction
- Attention deficit to school activities and assignments

Given these risks, we strongly advise against allowing children to consume energy drinks in our school. Instead, we encourage promoting healthier alternatives such as water, milk, and natural fruit juices. Ensuring that children have a balanced diet and get adequate rest will naturally support their energy levels and overall well-being.

Please know that if a student has one of these energy drinks in their possession, they will be asked to hand it over to our staff and it will be brought to the main office for you to pick up at your convenience.

We kindly ask for your cooperation in reinforcing this message at home. By working together, we can help our students develop healthy habits that will benefit them throughout their lives. Thank you for your attention to this important matter.

If you have any questions or concerns, please do not hesitate to contact us.

Sincerely,

A handwritten signature in blue ink, appearing to read "Shelita", written in a cursive style.

Shelita Watkis, Ph.D.
Principal

Eastport-South Manor Central School District

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