

From WJH Administration,

It has been reported that a large number of our students have been bringing in and drinking various types of energy drinks while at school.

Energy drinks such as Monster, RedBull, Rockstar, Alani Nu, Ghost, Prime, Bang and most especially Celsius, contain very high amounts of caffeine and are not recommended to be consumed by young people. Celsius contains the most caffeine compared to the other energy drinks (200-300 mg per can).

We have made it a point to prohibit these types of drinks from being brought into WJHS, so we ask that you please refrain from sending them into school with your child.

Please review link for more information:

<https://www.celsius.com/essential-facts/>

Thank you.

Sincerely,
WJH Administration