

October 2, 2007

Bay High School "Tiger Pride" Band

Absolutely no cell phones, digital cameras or video cameras will be used on a Laidlaw Bus, a School District Bus or a Charter Bus, unless otherwise instructed by certified personnel. If a student breaks this rule the devices will be confiscated and turned in to the administration to be handled as a violation of the use of an electronic device in accordance with district policy.

STUDENT: _____ DATE: _____

PARENT/GUARDIAN: _____ DATE: _____

Instructors:

Catchie Crider, Band Director *C.C.*

Albert Gunsch, Associate Band Director *A.G.*

Elizabeth Cain, Color Guard Sponsor *E.C.*

Energy Drink Contract

Consumption of energy drinks have become popular among teens in the past few years. These drinks contain an extraordinary amount of sugar, caffeine, and other ingredients that supposedly give a "boost of energy." It has been our experience in the "Tiger Pride" band that students do not drink these beverages in moderation. They consume 2-4 at a time. This is not healthy and can sometimes result in a serious medical condition. The following is an excerpt of an article from consumeraffairs.com:

Energy Drinks Can Lead To Caffeine "Overdose"

"There was a time when we would get our caffeine intake from coffee and cola, but now there are a number of caffeine containing beverages and we need to be careful because over a period of 24 hours that caffeine intake is cumulative," said Dee Rollins, R.D., PhD, dietitian with Baylor Regional Medical Center at Grapevine, Texas.

In fact, experts say energy drink consumers should keep careful track of the amount of caffeine they get in a day. "If you know that 400 milligrams a day is the upper limit you can check the back of the labels and make sure that you don't get more than that," Rollins said.

It may sound like a lot, but 400 milligrams is roughly the equivalent of just one energy drink and two cups of coffee. Getting more than that can lead to jitteriness, nausea, heart palpitations — and in extreme cases more severe symptoms. "It can be so bad that if you take too much caffeine you can end up in the hospital thinking you have flu-like symptoms and really it's caffeine overdose."

Due to this phenomenon and the concerns for the safety of our students, consumption and/or the possession of so called "Energy" drinks will be prohibited while with the "Tiger Pride" band. This includes ALL rehearsals and field trips with the band.

Thank you for your cooperation in this matter.

C. Crider, Director

A. Gunsch, Director

A. Parker, Principal

Parent Signature _____

Student Signature _____

Print Student Name _____