

[Immunization Requirements for School Entrance](#)

[Required New York State School Health Examination Form](#)

[Important Information About Vaping](#)

[The Dangers of Energy Drinks](#)

The Health and Wellness Team has noticed an increase in energy drink consumption at SEM despite the energy drinks being removed from our vending machines. Teens are the targeted audience for the marketing of these drinks and they come with many side effects. We are seeing many students presenting with these side effects that are affecting their sleep, mental health, and physical health. Please consider talking to your student about the misconceptions and side effects of energy drink consumption.