

Birthday Treat Guidance



Following a survey sent to parents, we have produced the following guidance based on your responses, which we hope you will find useful.

Birthdays

If upon your child's birthday you and your child would like to celebrate this with the class you can do so in a variety of ways. The suggestions most favoured in the survey responses were:

- You can provide one gift for the whole class to enjoy such as a book or a board game. You can write a message on the gift to the class saying whose birthday it is.
- You may also provide an edible gift for the class. If this is an option that you choose please provide one of the following:
 - Vanilla or chocolate cupcakes.
 - Small bags of chocolate sweets.
 - Fruits or vegetables.

We ask you not to bring in chewy sweets, as many of them contain gelatine and this would prevent pupils of various faiths and vegetarians from joining in the class celebrations. *No food should contain nuts.* We would also discourage you from bringing in large cakes to cut up as this is rather time consuming and would take teaching assistants out of class during valuable teaching time.

If edible treats are provided they will be consumed within class or sent home at the discretion of the teacher.

Religious Holidays

If you are celebrating a religious holiday at home and you and your child would like to share this with the class through the traditional food that you would eat, then this is fine. We ask that you inform your child's class teacher ahead of time and to adhere to the guidance above with regard to nuts and gelatine. Finally, if you bring food in we would ask you to tell the class teachers what ingredients have been used, if homemade, so that we can be mindful of the various allergies and intolerances that children within the class might have.

Thank you.

Mrs Faye Kimber
Healthy Schools Coordinator