



24<sup>th</sup> November 2015

Dear Parent / Carer

## Healthy School Celebrations

Your child's birthday is a special occasion which they love to share with friends in school. Here at Oswald Road, we want to make our school a healthy place for all children.

We would like to offer some suggestions on how you can support us by considering alternatives to sweet treats, for example:

- Party favours – small toys, bouncy balls, pencils, erasers etc. You can purchase these from online websites or pound shops.
- Buy something for your child's classroom – books (with your child's name and date of birth), class game, craft activity or resources.
- Sponsor a child or endangered animal – update children throughout the school year.
- Healthy snacks – popcorn, fresh fruit / vegetables, healthy sandwiches – prepared to share with class.
- Low sugar or sugar-free sweets / cakes.

If your child does bring home a sweet, please remember that dentists encourage sweets to be eaten after meals when they do less harm to teeth.

Please help support us to encourage healthy eating in school.

Kind regards,

Satnam Singh and the Fit for Learning Team



**Inspiration & Success**

