



8<sup>th</sup> September 2016

Dear Parents/Carers,

## Healthy Birthday Treats

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 understand that a small amount of sugar does form part of a balanced diet but in this instance we are encouraging children and parents to consider healthier choices. We would therefore like to offer some suggestions on how you can support us by considering alternatives to bringing in sweet treats on your child's birthday.

Examples include:

- 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.
- Healthy snacks – popcorn, fresh fruit / vegetables, healthy sandwiches – prepared to share with class.
- Low sugar or sugar-free sweets / cakes.

We understand that we are unable to ban sweets completely, but would greatly appreciate your support with this endeavor to keep our school as healthy as possible.

Kind Regards,

Laura Tracanna  
EYFS Phase Leader



**Inspiration & Success**

