



5<sup>th</sup> October 2017

Dear Parents/Carers,

## Healthy School 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 would like to offer some suggestions on how you can support us by considering alternatives to bringing in sweet treats on your child's birthday, 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), a 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. If your child does bring home a sweet, please remember that dentists encourage sweets not to be eaten.

Please note that this is optional and you do not need to bring in treats for the class on your child's birthday if you do not wish to.

Kind regards,

Laura Tracanna  
Early Years Foundation Stage (EYFS) Phase Leader



**Inspiration & Success**

