

Feb 6, 2023

Dear parents and carers,

I hope that this finds you well.

We have recently had a lot of families bringing in cakes to help celebrate their child's birthday in the nursery. Whilst this is a very generous and thoughtful gesture, not only for the birthday child but also their classmates, we have to regretfully ask that you don't bring in such treats.

There are a number of reasons for this which I will outline for you:

- We are a Healthy School which means that we abide by the requirements outlined by the HEYL (Healthy Early Years London) programme, of which healthy eating is a significant part: "Getting a good start in life, building emotional resilience and getting maximum benefit from education are the most important markers for good health and wellbeing throughout life. Early Years settings can lay the foundations for lifelong health and wellbeing as they help children prepare for school."
- We have children in the setting with allergies and food intolerances and may be allergic to some of the ingredients contained in the sweet cakes and treats.
- Some parents don't want their children eating these kinds of foods and it can cause problems for both the staff and the parents picking up to have to say no to a child when they can see all the other children having something sweet.

What we do suggest, if you want to provide something for your child's birthday, is some fruit for the children to share (we will sing happy birthday to the child with all their classmates), or bread or veggie sticks. However, there is absolutely no expectation to bring anything in at all though; we will always sing happy birthday and make a big deal of the child on their special day!

I hope that this helps. It is always good to send out these messages so everyone is clear on what the nursery perspective is on these matters.

If you have any queries in regards to this, please contact the front office.

Kind regards,

Rohan Allen

Headteacher