# 18/ 07/2019

Dear parents and carers

Sweets and chocolates being given out for birthdays.

There is a long-standing custom in many primary schools of children bringing sweets and chocolates to school to give to their classmates on their birthday. We have noticed recently that the amount some children are bringing in has increased. More importantly we have also had a couple of occasions where nut-based products have been included.

As you all know we have a strict nut-free policy in school, as we have several children who have nut allergies, some of them quite severe. We know from our own experience that it is difficult sometimes to know which products may place people with allergies at risk.

We have thought about this carefully and have decided that the best solution is to say that, from the start of the autumn term 2019, we will no longer allow children to bring in sweets or chocolate of any sort to give out on their birthday. Any such items will be returned to parents unopened.

We have decided this for the following reasons:

* To prevent the risks of any child with a nut allergy being inadvertently exposed to something which will harm them.
* Because the amount of sweets some children are giving out is excessive, and in all cases contradicts the important health message we are trying to support that eating too much sugar is bad for us.

We are also aware that there are times for all of us when money is tight, and feel sure that sometimes the pressure to keep up with this custom comes from the children themselves. Many parents have said they would welcome this decision for this reason alone.

Please feel free to bring in alternative treats to give out on your child’s birthday if you wish to. We are already aware of children bringing in a book to contribute to their class library. However, we do not want to just set another precedent which places undue financial pressure on parents to replace this custom with a new one. We will ensure that children’s birthdays are shared and celebrated in their classrooms, without the need for anything to be provided from home if you do not wish to do so.

Thank you for your continued support with our efforts to encourage our children to stay healthy and happy.

Yours sincerely



Jacqui Potts

Head teacher