



Brampton Primary School
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Mr Kevin Reid
Headteacher
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Dear Parents/Carers,

Provision of Birthday Treats for the Class

Teachers are regularly asked by parents to distribute treats and party packs, usually containing chocolates or other foodstuff, to the class as a celebration of their child's birthday. Whilst acknowledging that birthdays are special days for children, distributing treats and gifts, such as cakes, sweets and other foods to the class poses a number of problems for the school staff for the following reasons:

- the increasing number of children and adults who have allergies – **anaphylaxis is a serious allergic reaction which is rapid in its onset and can cause death**
- the need to adhere to the wishes of those parents who have specifically requested that their child is not given any treats for which they have not given their prior consent
- the inconvenience and disruption to classroom routine that can be caused by distributing treats during the course of a busy day particularly if there is no teaching assistant with the class
- the desire to avoid creating a sense of expectation within classes that each child should bring 'birthday treats' to share with their peers, potentially putting pressure on children and parents
- thirty children in a class can add up to a lot of unhealthy treats across a school year

School Guidelines and Advice

If you wish to do something special to mark your child's birthday please adhere to the following guidelines, most of which are non-food based:

- Donate a book to the school library – it can be read and shared with the class first
- A small inexpensive gift such as a pencil, eraser or a small notebook
- Donate a plant to improve the school environment or classroom, such as flowers, bulbs, trees, or bushes
- Donate a board game to be used for wet play or a skipping rope or soft ball for playtime
- Come and read a story to the class at the end of the day and help sing 'Happy Birthday' to your child.
- **If you have to bring in food, only small boxes of treats or healthy foodstuffs (fruit kebabs/rice cakes/etc.) that are easily manageable are acceptable and only if the labelling states that they do not contain nuts or gelatin.**
- **Large cakes, party bags or trays of cupcakes are not acceptable.**

There may be occasions during the year where the school might provide foodstuffs for the children as part of the curricular provision for the class. Examples of these might include baking bread, a fruit party, drinking fruit smoothies, designing and making healthy meals or during occasional fundraising events. You will be informed about these occasions in advance. If you have any queries, please contact the school office to speak with me.

Yours faithfully,

Kevin Reid
Headteacher