

Thursday, July 18, 2024

Dear Parents and Carers,

We have recently been awarded our Healthy Schools Accreditation and we have been working on ensuring our children have healthy bodies and healthy minds. Alongside this, we have been working on being awarded the Healthy Smiles Award and our Nursery children have started a toothbrushing pilot scheme.

We are committed to helping improve the oral health of our children due to the rise in dental decay and poor oral health in children. Good oral care is important for overall health, prevention of pain, communication, appearance and quality of life. In order for us to provide our children with the best start for oral health we want to limit their intake of sugary foods to four times a day, breakfast, lunch, snack and dinner.

Therefore, we are asking that you do not bring in sweets, cakes or treats to school when celebrating your child's birthday. We are implementing this new approach from 3rd September 2024. As a school we will continue to celebrate your child in class by singing to them and giving them a birthday sticker. If you and your child want to bring something in, here are some ideas:

- Stickers to hand out for every child.
- Donate a book to the school for storytime at the end of the day
- Bring your favourite book to share at the end of the day
- Wear a birthday badge, hat or headband

If your child's birthday falls in the school holidays or on a weekend then let your teacher know and we can celebrate on the Friday/Monday close to their birthday date.

Thank you,

Miss Golding.

