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Dear Parents and Carers,

Pinner Wood and other local primary schools will not be distributing any sweets, cakes or food treats that are brought in for children's birthdays.

We understand that children like to celebrate their birthdays and families are often very generous and send pupils in with sweets and treats to share with the class. This is always very kind but has caused some difficulties, as we have many children with allergies or intolerances to food.

In addition, as a Silver rated Healthy School, we want to ensure that that we encourage and support children to eat less sugar. We are aiming for a Gold accreditation and sharing sweets does not fit with this.

Of course, we will still understand the importance of a birthday. We will aim to mark it in school with a song and/or sticker (age appropriate). We also hold a half termly birthday bunch to celebrate pupils birthdays. Children in the 'Birthday bunch' can come in on this day in party clothes or non-uniform and will be celebrated in assembly.

Also if you would like to send something in to celebrate a child's birthday or other celebration we would love you to send in a book for the class. We are always looking to provide new and quality books for the children to read – reading is a wonderful life long skill. This is, of course, not obligatory. The book could have your child's name and birth date written inside so that everyone knows it's a birthday gift. It can be shared with the class and would then be in class for the rest of the year for everyone to share.

We will not be distributing any cakes and sweets that are sent in and these will be sent home. We will share this policy with the children but If you could discuss with your child the reasons why then that would be helpful.

We work in a cluster of local schools and all have decided to adopt this.

Thank you in advance for your support with this matter.

Sarah Marriott

