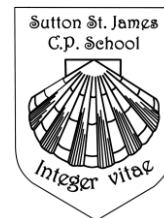




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Thursday 11th September 2025

Dear Parents/Guardians

Updated Nutrition Guidance

We are writing to inform you of recent updates to the Early Years Foundation Stage (EYFS) and accompanying nutrition guidance, which all schools are required to follow. These changes are part of a continued focus on promoting healthy lifestyles and well-being for all children in our EYFS.

As a result of the updated guidance, we have reviewed how we celebrate birthdays in school both in EYFS and across the whole school. Whilst we know that birthday celebrations are a special time for children and have previously welcomed families bringing in cakes to share with the class, we are no longer able to allow cakes or other baked goods to be brought into school in EYFS. To be fair, and to encourage healthier choices for all children, we have decided to implement this rule across the whole school.

However, as a school we recognise that your child may wish to continue one of our popular British traditions to mark their special day with their peers. We will continue to sing 'Happy Birthday' to your child in class and/or in the dining hall and they are very welcome to bring in small individual goodies to share. These could be non-food based (such as bubbles, party favours or stickers) or a small individual bag of sweets. If they choose to do this, these will be handed out at the end of the school day, so they can be taken home to enjoy under the supervision of parents.

Within school, there will be occasions, such as Macmillan coffee mornings, end of term class treats etc when the children may be able to purchase or be given a cupcake/biscuit as a treat. By cutting out bringing birthday cake into school, this will reduce the number of sweet treats within school – hence helping them maintain a balanced diet.

We understand that this is a change from previous practice, and we thank you for your support and understanding as we continue to follow the latest guidance to ensure the best outcomes for our children.

If you have any questions or would like further clarification, please don't hesitate to get in touch.

Kind regards,

Miss C Willows

Miss Claire Willows
Headteacher