

TIBBERTON CE FIRST SCHOOL



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Dear Parents and Carers,

Sweet Treats

As a Healthy School, we place great importance on promoting healthy lifestyles and supporting children to make positive choices about their health and wellbeing. Recently, we have received some requests about bringing birthday cakes and sweet treats into school for children to share with their classmates. While we understand the generous spirit behind this and the desire to celebrate special occasions, I must kindly remind you that we cannot facilitate this.

This decision was made in consultation with the Governing Body, following parent's own concerns about their children receiving such items. It is also in line with the latest Healthy Schools guidance. We know that sugar intake has a direct impact on children's concentration, dental health, and long-term wellbeing. For these reasons, and in recognition of our role in modelling good habits, we do not allow sweets, chocolates, or cakes to be brought into school for birthdays or other celebrations. Please be assured that birthdays are always acknowledged and celebrated in school. Staff make every effort to ensure that children feel valued and special on their day in ways that do not rely on food treats.

In addition, I would like to take this opportunity to remind families about snacks at breaktimes. Reception and Key Stage 1 (Y1 and Y2) do not need to bring snacks from home, as they are provided with free fruit daily. Unless there is a specific arrangement in place, they should not be bringing in any additional snacks. Key Stage 2 (Y3 and Y4) are welcome to bring a healthy snack for breaktime, ideally fruit. We ask that pupils do not bring in crisps, sweets, or chocolate bars, as these do not align with our Healthy School ethos.

We also recognise that there are occasions where cakes or biscuits may form part of school life, for example through cookery sessions, fundraising events, or seasonal celebrations. These are carefully managed, explained to the children as "sometimes treats," and often balanced with opportunities to explore healthier alternatives. This forms an important part of our wider teaching about moderation, balance, and making sensible choices.

We appreciate your support in reinforcing these important messages at home. By working together, we can help ensure that all children benefit from a consistent and positive approach to healthy eating and wellbeing.

Thank you for your understanding and cooperation.

Mr Alex Gromski
Executive Head Teacher