

St. Gregory's Catholic Primary School



We give thanks to God, work together and always try our best

St. Gregory's Catholic Primary School
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Dear Parents and Carers,

Birthday Celebrations at St Gregory's

At St Gregory's we value celebrating the special moments in children's lives, and birthdays are an important part of this. When I joined St. Gregory's many families requested to be able to mark their child's birthday by bringing sweets or cakes to share with the class. While this has been a kind and generous gesture, as a school we are adopting a different approach moving forward.

There are several reasons for this change:

- **National requirements:** The new **DfE EYFS food guidance (September 2025)** highlights the importance of schools promoting healthy eating habits and managing food safely and strongly advises moving away from birthday cakes and sweets. This helps us meet our statutory responsibilities.
- **Health and wellbeing:** We want to support healthy lifestyles for our pupils and reduce the amount of sugar shared in school.
- **Allergies and dietary restrictions:** Increasing numbers of children have food allergies and specific dietary needs, making it difficult to manage food-based treats safely.
- **Inclusion and lasting impact:** We would like birthday celebrations to be something that every child can enjoy together, and which leaves a positive, lasting memory.

From this term, we are inviting children to mark their birthday with a **"Birthday Book"** instead of sweets or cakes. This could be a book chosen by your child (new or pre-loved) that will be donated to their class library. The book will then be shared and celebrated with the class before being kept in the library for everyone to enjoy.

Please note there is **absolutely no pressure** to provide a book. On each child's birthday, we will also enjoy reading one of their favourite stories from our school or class library so that every child is equally celebrated, whether a book is donated or not.

In addition, each child will be awarded a **Birthday Badge** during our Celebration Assembly. This way, every child's birthday is recognised and celebrated publicly within our school community.

We believe this new tradition will help us celebrate birthdays in a safe, inclusive, and meaningful way, while also supporting our school's strong culture of reading for pleasure. Over time, each class will

build up a wonderful collection of books donated by children as part of their birthday celebration – a lasting gift to their friends and classmates.

We greatly appreciate your support in making this change a success. Thank you for helping us to create meaningful and healthy celebrations that every child can be part of at St. Gregory's.

If you have any questions, please don't hesitate to get in touch.

Yours sincerely,

Miss. E. Shaughnessy

Headteacher