

We are part of the Healthy Schools Programme.

Following discussion with school councillors there are some changes we would like to put in place.

Allergies: -

- We are a nut free school as there are children in school with an allergy to nuts.
- Please avoid sending nuts into schools.



Hydration: -

- The School PSA buy a water bottle for all new children at the start of the school year. Please encourage children to drink plenty of water throughout the day.
- Water bottle should be taken home daily for cleaning.



Break time snacks: -

- All children should have a healthy snack at break time. We promote eating a piece of fruit or vegetables at break.

Thank you.



Celebrating birthdays: -

- Birthdays are very important at this age.
- At Eastlands we celebrate by publishing birthdays in the monthly newsletter.
- We would like to make some changes asking parents not to send in birthday sweets or cakes as more and more children have a wide range of allergies /dietary needs and some families can feel the pressure that they have to buy 'birthday sweets'.
- We are introducing a combination of the following: -
 - Children will have happy birthday sung to them if they wish.
 - Children will be offered the 'Birthday badge/sticker' to wear so everyone knows it their birthday and celebrate with them. They may be allocated special jobs and will be given an extra play on Friday of their birthday week with friends.
- As parents you may wish to consider –
 - sending in a short, gift-wrapped book for your child to unwrap which could be shared with the class **or**
 - sending in a special birthday card that could be opened in front of their friends.
- Any Saturday birthdays will be celebrated on Friday and any Sunday birthdays will be celebrated on Mondays in school.

Thank you for your support with these changes. Please speak to your child's class teacher if you have any questions.