



Acting Head Teacher: Mrs. L Acheson
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Captain Cook Primary School, Stokesley Road,
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24th September 2025

Dear Parent/Carer

Birthdays

Here, at Captain Cook Primary School, we recognise that birthdays are a very special time for many of our children. Last year, to mark the significance of the day, we permitted the children to come into school in their own clothes on their birthday if they wished. Children with birthdays on the weekend or during the school holidays could come to school in non-uniform on the Friday before. This proved to be very popular with children and also with staff, as it made the children with birthdays instantly recognisable and therefore staff could pass on their good wishes and make the day feel special. As we now have quite a few new children in school, I felt that it was worth reminding everyone about this policy and to confirm that we intend to continue with it moving forward.

I am also aware that some parents may wish to mark their child's birthday by sending in sweets or cakes for the class. While we want to promote healthy eating amongst all our children, again we understand that parents often want to make the day feel special for their child. However, we have a considerable number of children in school with allergies and/or dietary requirements, and we respect that many parents will want to place limits on the amount of sugary food their child is eating. In addition, we must keep things manageable for our staff.

Therefore, if you are sending in sweet treats, we ask that you note the following:

- No cakes or sweets containing nuts
- Please **ONLY** send in treats on the child's birthday, not for any other occasion, in order to comply with our healthy school policy
- If sending in cake, please ensure they are individual cupcakes or that the cake has been cut up and wrapped in serviettes before bringing into school. Please note our staff will not be able to cut up large cakes
- Many gummy sweets such as Haribo contain gelatin and can not be eaten by a significant number of our children, and we do have children throughout school with allergies
- Children will **not** be permitted to eat birthday sweets or cake in school – they will be given out at home time, and it is then up to parents/carers to decide when/if they are eaten.

I also want to stress that there is absolutely no expectation that treats are sent in; we are simply responding to requests made by some parents. It is hoped that by clarifying our position we can make sure that our children's birthdays are a joyful occasion without disappointment or misunderstanding.

If you have any queries, please do not hesitate to contact the school office.

Yours sincerely,

Mrs Acheson
Acting Head Teacher

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