JOHN RANKIN SCHOOLS
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Dear Families,

At John Rankin Schools, we are committed to supporting the health, wellbeing and development of all our pupils. As part of this commitment, we actively promote healthy lifestyles and encourage children to make positive choices about food and nutrition.

Healthy eating helps children to grow, learn and thrive. It supports their physical health, wellbeing, concentration and learning, while helping them to develop positive habits that can benefit them throughout their lives. The Department for Education's School Food Standards are designed to encourage healthy eating habits and ensure children have the energy and nutrition they need to get the most from their school day.

Parents and carers can find further information about healthy eating and the School Food Standards here:
https://www.gov.uk/government/collections/school-food-standards

We understand that many families enjoy celebrating their child's birthday or other special occasions by sharing treats with their classmates. However, as a whole school, we are mindful that regular cakes, sweets and other sugary treats can quickly add up, particularly when several celebrations take place across the school each week.

Therefore, we kindly ask that families **do not send in sweets, cakes or other food treats to be shared in school**. If you would like your child to mark a special occasion with their classmates, we encourage non-food alternatives such as stickers, pencils, bookmarks or other small tokens.

Please be assured that we will continue to acknowledge and celebrate children's birthdays and special milestones in school, helping to make their day special in ways that support our healthy school ethos.

Thank you for your understanding and continued support in promoting healthy habits for all our children.

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

With thanks
John Rankin Schools
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www.johnrankinschools.com

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