



ST GREGORY'S

Catholic Primary School

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*We give thanks to God, work together and always try our best,
shining in little ways for all to see.*

7 September 2026

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. Last year, we introduced our Birthday Book tradition as a safer, healthier and more inclusive alternative to bringing sweets or cakes into school. We are continuing this approach for 2026-27.

Why we celebrate birthdays in this way:

- **Allergy safety:** We need to manage food safely for children with allergies and specific dietary needs. Keeping birthday celebrations food-free helps us provide a consistent approach for everyone.
- **Health and wellbeing:** We want to support healthy habits and avoid additional sweets and cakes being shared during the school day.
- **Inclusion:** Every child should be able to take part in birthday celebrations, regardless of allergies, dietary requirements or family circumstances.
- **Reading for pleasure:** Birthday Books create a lasting gift for the whole class and help us continue to build a strong culture of reading.

OUR BIRTHDAY BOOK TRADITION

If families would like to, children may bring a **new or pre-loved book** to donate to their class library for their birthday. The book can be shared and celebrated with the class before becoming part of the class collection.

There is absolutely no pressure to provide a book. Every child will be celebrated equally whether or not a book is donated.

Around each child's birthday, we will make sure they are recognised and celebrated in school. A favourite story can be enjoyed from the school or class library, and each child will receive a **Birthday Badge** during our Celebration Assembly.

Over time, our Birthday Books build a wonderful collection chosen by the children themselves - a lasting gift to friends and future classmates and a lovely example of **shining in little ways for all to see**.

Thank you for continuing to support this approach and for helping us keep celebrations safe, inclusive and meaningful for every child.

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

With very best wishes,

Miss E. Shaughnessy

Headteacher