

Subject: Healthy Birthday Celebrations in School

Dear Parents,

Birthdays are a special milestone in every child's life, and at Uttam School for Girls, we believe in making these celebrations joyful, meaningful, and healthy.

To encourage healthy eating habits among our young learners, we request parents not to send candies, toffees, chocolates, or other packaged sugary treats for birthday celebrations in school, as these often contain excessive sugar, artificial colours, flavours, and preservatives.

Instead, we encourage parents to choose healthy, freshly prepared alternatives such as:

- * Whole wheat cupcakes or muffins
- * A birthday cake prepared with wholesome ingredients
- * Fresh seasonal fruits, packed hygienically
- * Homemade vegetable sandwiches

Optional Birthday Meal Celebration

Parents who wish to celebrate their child's birthday in school may also opt for a special birthday meal arranged by the school.

Menu:

- * Poori
- * Potato Sabzi
- * Low-sugar Desi Ghee Suji Halwa

Charges: ₹60 per student

Parents who wish to avail of this facility are requested to inform the class teacher at least one week in advance to enable the school to make the necessary arrangements.

Dress Code

Children celebrating their birthday may come dressed in comfortable, bright, and colourful clothes along with their regular school shoes.

We appreciate your continued support in promoting healthy food choices while making birthday celebrations enjoyable and memorable for all our children.

Warm Regards

Uttam School for Girls