



Parent Forum Meeting Minutes
Thursday 1st May 2025
at 6pm

Present: Clare Sampson (Headteacher), Helen Jolly

Birthday Treats in School

Mrs Sampson shared an email submitted by parent Ele Lamb, who raised concerns about the use of chocolate and sweets as birthday treats by parents or gifts from teachers. Ele expressed her appreciation for the generosity shown by staff and families but suggested alternative, healthier options such as stickers, inexpensive birthday packs, pencils, bubbles, or similar items. Ele also shared a website resource aimed at supporting schools in developing food policies, which Mrs Sampson agreed to explore further.

School Food Policy

Helen Jolly suggested that the school consider adopting a food policy informed by the principles of intuitive eating—encouraging children to eat according to their natural appetite rather than external rewards. Specifically, Helen proposed removing the use of stickers as a reward for clearing plates at lunchtime, in line with a more intuitive and health-focused approach. The same website recommended by Ele Lamb may provide useful guidance for developing such a policy, and Mrs Sampson agreed to investigate this further.

School Environment

Both Ele Lamb and Helen Jolly expressed positive feedback regarding the overall school environment. They shared that they feel the school is a welcoming, friendly place and that they are very pleased their children attend East Bergholt CEVC Primary School.

Meeting closed: 18:40

Next Meeting: Thursday 10th June 2025 at 9am (with Maths presentation by Mrs Felgate)