



# Birralee International School Trondheim

Bispegate 9C, 7012 Trondheim, Norway

Mrs Trude Farstad  
*Principal*

24 10 2011

Dear Parents/Guardians,



We have been celebrating Halloween at Birralee for over 30 years. In the week leading up to Halloween we have always had a focus on storytelling (traditional tales, poems, rhymes and songs) and arts and crafts. The week is traditionally concluded with a costume parade and a class party on Friday. Treats have always been part of the fun and for many years Birralee Parents have been very helpful by sending in treats. However, treats don't necessarily have to be sticky, sugary and fatty.

This year the school is making an effort to be a candy free school and cut down on the amount of sugar your children eat in school. We therefore would like to ask parents to not send in any candy for Halloween. Treats such as popcorn, buns, dried fruit, fresh fruit and vegetables, raisins, banana chips and cupcakes are allowed. We will provide something to drink. Please also remember that we have some severe nut allergies in the school.

For more inspiration, please Google "healthy Halloween snacks" or "healthy Halloween treats". The internet is full of great ideas for healthier Halloween snacks.

Please also remember to send your children's regular lunch.

Children can bring their costume in a plastic bag with their name on it ready for the parade at 12.30 / 13:00. Any kind of costume will be lovely, but whole face masks are not allowed.

### **The program:**

Infants Parade (building 1) from 12:30, followed by a class party.

Y3-Y8 Parade (building 3) from 13:00, followed by a class party

As always, parents are most welcome to join the costume parade and/or the class party. Parents are allowed to take pictures of their own children. However, please note that according to Norwegian law you are not allowed to publish any pictures or videos displaying other people's children without their explicit permission.

Happy Halloween!

Mrs Farstad