



Birthday Policy

Reviewed by:	Jenna Comer- Head of EYFS	September 2024
Approved by:	Trish Watt- Head	September 2024
Next Review Date:	September 2025	

Introduction

The school prioritises the emotional well-being of the children and encourages parents to celebrate their child's birthday in a healthy and responsible manner. The school recognises the importance of celebrating birthdays as a means of building a child's sense of pride, confidence and positive self-image. However, the school acknowledges that without regulation, younger pupils may be given sugary treats at school regularly due to frequent birthday celebrations. This can make it difficult for parents to provide a special treat for their child on their own terms.

The policy advises parents to provide non-food celebrations and treats, such as craft projects or stickers, as alternatives to traditional birthday treats. If food is used to celebrate, it must be part of a balanced meal provision and it must not replace healthy foods. The recommended food options for celebrations includes: fresh fruit, breadsticks with cream cheese, houmous or tuna pâté, cheese with crackers, oatcakes, unsalted rice cakes or chapati, bagels, English muffins, teacakes, or bread with spread, and fromage frais/yogurt with fruit slices.

If parents wish to bring a cake, it must be **nut-free** and the school will only use it for superficial celebratory purposes, such as singing Happy Birthday and taking a photo of the child with the cake. The cake will be given to the children at the end of the day to enjoy at home with their families. **Parents must provide an ingredient list for all foods they bring into school.** The school recommends eco-friendly party bags (no plastic) for the children to take home, and any treats must be nut and chewing gum-free. Miniature toys must be age-appropriate. In line with the school's sustainability policy, please note that the use of balloons is not permitted in school.

The school policy emphasises the importance of considering other children's allergies and encourages parents to discuss any plans with the Class Teacher or Head of EYFS. Overall, the school policy encourages parents to celebrate their child's birthday in a responsible and healthy manner while also prioritising the well-being of all children in the school community.