

Birthday Celebration Guidelines

Birthdays are a special time, and children particularly like to celebrate with family and friends. As a result, families often send birthday ‘treats’ for the child to share with their classroom friends.

Recently, Corinda State School has noticed the following:

- Birthday ‘treats’ often contain high sugar and high in fat content.
- Increasing number of students with dietary intolerances.
- Staff are spending valuable learning time cutting up cakes and disseminating these ‘treats’.
- Parents have expressed their concern over the high sugar and fat content of ‘treats’ as well as the number of ‘treats’ coming home with their child.

Corinda State School, in consultation with families and P&C, have developed the following guidelines for families.

- Families should be mindful some students do not celebrate birthdays due to religious or cultural reasons.
- Large cakes requiring cutting should not be sent to school.
- Individual items which are predominately low in fat and sugar may be sent to school.
- Please note – there is limited fridge space available to individual classrooms.
- When providing home-made birthday items please supply a list of ingredients.
- Bags of lollies, or plastic toys should not be sent to school.

The school and P&C have put together the following as ideas. Families who choose to celebrate their child’s birthday with classroom friends, may choose from this list.

FOOD BASED	NON-FOOD BASED
Fruit platter Fruit skewers – (using paddle pop sticks) Individual cakes using low fat and low sugar ingredients Fruit/vegetable based cupcakes or muffins – (no nuts) Juice based ice blocks Mini donuts or mini cupcakes Bagged popcorn – (home made) Fairy bread Pikelet – (no cream) Sandwich triangle – (no peanut butter or egg)	Birthday child wears a badge or crown for the day. Home-made book mark for each child. Decorated pegs to be used as bookmarks. Home-made cards or postcards. Small novelty eraser.