

Birthday Celebrations Policy

Meadows & Districts Kindergarten promotes and supports children's sense of *belonging, being and becoming*. "Being recognises the significance of the here and now in children's lives" (Early Years Learning Framework [EYLF], p.7) It is about the present and them knowing themselves and engaging with life's joys. In this way we see the importance of sharing in the joy of children's birthdays with them. "When children have positive experiences they develop an understanding of themselves as significant and respected, and feel a sense of *belonging*" (EYLF, p.21).

The *Eat Well SA Healthy Eating Guidelines for SA School and Preschools (Healthy Eating Guidelines)* and the *DECD Right Bite Strategy* promote children developing their wellbeing through good nutrition and making healthy food choices.

In celebrating children's birthdays with them, we are mindful of the Healthy Eating Guidelines and the centres allergy awareness policy. As such, while cupcakes supplied by a child's family may be an option for celebrations, other ways to celebrate need to be considered also. Some alternatives are:

- ★ Fruit and savoury muffins
- ★ Watermelon balls
- ★ Balloons, bubbles, party poppers, streamers
- ★ Fruit kebabs or fruit platter
- ★ Mini pizzas

As educators we will:

- Ensure that every child has the opportunity to celebrate their birthday with the kindergarten group, if the family wishes this to occur,
- Discuss options for children with allergies with their families on enrolment,
- Negotiate with families about options for sharing their child's birthday with the group,
- Uphold the wishes of families who ask that their child not receive cakes/sweets
- Respect and uphold a family's cultural traditions

Parents/caregivers will:

- Inform staff if they do not want their child to have a cake or sweet provided by other families,
- Aim to choose a healthy option if providing food as part of their child's birthday celebration,
- Explore alternative options for sharing their child's birthday with the group eg. balloons, stickers etc.
- Negotiate an option with staff.

Please note: Celebrating a child's birthday with them at kindergarten is not an expectation. Families may choose to do this or not.

NB: This policy should be read in conjunction with the kindergarten's Healthy Food Supply and Nutrition Policy and the Allergy Awareness policy.

References:

Eat Well SA Healthy Eating Guidelines for SA School and Preschools (Healthy Eating Guidelines) 2004

DECD Right Bite Healthy Food and Drink Strategy for SA Schools and Preschools 2008

Approved
Reviewed May 18th 2017
Review date: May 2018