



Birthday and Celebration Guidelines

Birthdays and celebrations are an important part of a child's life and we have many opportunities to celebrate these.

At Gilles Street Primary School it is important that these milestones are acknowledged and celebrated. This is particularly important for our Newly Arrived children who may not have any other family living in Australia with whom to celebrate and the school is their community.

Class teachers may also have discussions with their classes and come up with some more specific guidelines and ways of celebrating birthdays and other special occasions.

Parents and caregivers are encouraged to discuss any planned celebrations with their child's teacher before the event and need to take into account a variety of cultural, dietary and religious considerations within the class.

Many families like to make a special treat to bring to school on the day or invite children from the class to an outside party or get together.

The following guidelines may help make it a special, yet stress free, occasion for all.

- If you are bringing a treat to school be aware of any allergies or medical conditions in the class and avoid these foods.
- Label foods brought to school for sharing and if there is an allergy within the class, plan an alternative.
- Be aware of our healthy eating policy, the Right Bite strategy, and try and keep within the green and amber foods. This is available from the school website.
- Don't go over the top! Lolly bags and toys maybe okay for a private party but can put pressure on other children and families if they feel they may need to match and keep up with the last novelty.
- Involve your child. A cooking experience the day before is a nice way to prepare together for the celebration.
- Be aware of families whose religion or beliefs don't celebrate birthdays.
- Celebrations don't need to be food related, a poem or card may be just as special or a play date at the park after school may be just as much fun.
- If a number of students are having a birthday around the same time, perhaps get together and arrange a shared treat or play at the park.

If you are organising a party outside of school please refrain from giving out invitations during school time, particularly if not all children are invited. It can lead to some children feeling excluded and cause unnecessary upsets. Discuss this with your child's teacher and perhaps give them out after school to the parents or contact them privately.

The above guidelines are suggestions that have been compiled by the staff and school council.

If you would like to discuss this further please see your child's teacher or parent representative.

References

<http://www.gillesstps.sa.edu.au/Whole-School-Publications>

<https://www.decd.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>

<https://www.decd.sa.gov.au/>