



Birthday Policy

Reviewed by:	Isabel Mouzo- Head of EYFS	September 2026
Approved by:	Trish Watt- Head	September 2026
Governor Approval	Suzie Longstaff	September 2026
Next Review Date:	September 2027	

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, this must be agreed with the School in advance and a full ingredient list must be provided. The School will only use the cake for superficial celebratory purposes, such as singing Happy Birthday and taking a photo of the child with the cake. The cake will not be consumed in school and will be sent home at the end of the day. **Parents must provide full ingredient and allergen information for all food brought 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 parents must discuss any plans with the Class Teacher or a member of SLT. The School recognises that pupils may have allergies to a range of foods and other allergens. Parents must discuss in advance with the Class Teacher or a member of SLT any food they intend to bring into school. Full ingredient and allergen information must be provided. Before any food is shared or displayed, staff will check this information against pupils' health records and Individual Healthcare Plans and follow the School's Allergy and Anaphylaxis Policy. Where the safety of a pupil with an allergy cannot be assured, the food will not be shared or displayed.