



Celebrations Guidelines

At Wetheringsett Primary we recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way.

We do this by:

- singing 'Happy Birthday' to the birthday child (whilst they hold the toy)
- letting the birthday child choose today's story/song/activity

We ask parents/carers not to bring in any cake or unhealthy treats to celebrate birthdays. Healthy, tooth friendly treats are welcome, such as fresh fruit that the children do not often have, for example strawberries, blueberries or kiwi fruit.

Any cake or unhealthy treats that are brought in will be sent home where parents can choose to give this to their child. We would encourage this to be as part of a meal.

For any celebrations where we provide food or food based activities in between meals, such as when celebrating Christmas, Pancake Day, Easter, Eid, Chinese New Year etc. we will ensure that the food and drink will be tooth friendly i.e. fresh fruit/vegetables and savoury items, with milk or water to drink.

At occasional events such as picnics, fun days, fundraisers and fairs we will offer a range of food, drink, activities and prizes that support healthy, tooth friendly choices.