



Birthday Treat Policy, Archway Arete

Philosophy: Celebrating birthdays is a good way to show the kids in your class that they are special and loved. There are many different ways to mark the occasion, but we want to be careful about the kids eating too many sugary, processed snacks. If each child brought in cake or donuts for their birthday, that would mean 30 unhealthy desserts every year (not to mention snack-bar options). While some parents may be okay with this, many are not, and the effects of these sugary snacks can disrupt the learning environment. In fact, we strongly suggest a non-food item. Pencils, books, or other souvenirs can be just as special, don't require clean-up and won't effect whatever diet parents wish for their children. Using surveys filled out by teachers in the 17-18 school year, the academy has crafted the following guidelines moving forward:

Birthday Treat Rules (No Exceptions)

The academy suggests non-food items for birthdays or healthy snacks. However, if the teacher wishes to make an exception, please follow these guidelines:

- Food must be in its original packaging with the ingredients listed. Fresh fruit is the exception.
- No peanuts or other nuts.
- No cupcakes, cakes, cookie or other treats with frosting.
- Treats are to be consumed at lunchtime, snack-time, or the last 5 minutes of the day. It is strongly suggested they are consumed in the lunchroom if possible.
- Teacher will provide a list of acceptable snack options. The options should include some healthy alternatives to the usual cake/cookie/donut/ice-cream fare.

Birthday Treat Guidelines (Optional Alternatives to 30 days of Donuts)

Ultimately, the lead teacher will make the final decision, but we recommend grade-level teams share their ideas so each teacher has an opportunity to align their practices. (While it may not seem like a big deal, kids are very aware of what kids in other classes "get to do".)

- Donate a book to the class library. The book can have the child's name and a parent could even read the book to the class.
- Bunch all of the birthdays from one month into one day. Do something nice for all the kids in this particular group.
- The child could bring in a non-edible treat to share (bookmarks, pencils, fun erasers, etc.)

- The child(ren) could wear a crown during regular snack time.
- Parents could come and eat lunch with their child in the lunchroom. (Parents must have a valid fingerprint clearance card on file.)