



# Millars Well

PRIMARY SCHOOL

Friendship and Achievement

## Birthday Celebration Guidelines 2023

### **Birthday Treats**

Healthy Food and Drink policy guidelines for Western Australian schools divide foods into green, orange and red categories. Green foods are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ). Red foods lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

**After consultation with our P&C, School Council and Student Council, at Millars Well Primary School we discourage the distribution of red food items to a class of students as a means of celebrating birthdays.** If you would like to celebrate your child's birthday, please be mindful of Green or Amber alternatives such as Icy-poles instead.

Other examples can be found here: [Healthy school celebration ideas](#) | [Healthy Eating Advisory Service](#)

Please ensure that you discuss any food items with your child's classroom teacher before bringing them to school so we can ensure the health needs of every student is catered for.

Additionally, our P&C can be contacted to provide a Birthday Bucket which is a special bucket, decorated for your child's birthday with a 'Green' Icy-pole in it for each member of the class. Please ask your child's teacher how many students are in the class and the birthday bucket will be available for order through Cliq. The "Birthday Bucket" will be delivered to your child's classroom at 2:15 for your child to share with their class at the end of the day.

Our Student Council also highlighted another alternative idea that you could provide party bags which could be handed out instead of food options. Some ideas for parents are small 'party' items like those you may include in a party bag you host outside of school: little bubble bottle, little game favours, themed party favours.

### **Birthday Invitations**

With regards to birthday party invitations, we are mindful of situations where large numbers of students have been invited to a birthday party in front of their peers who did not receive an invitation. Young children have a strong desire to be accepted by their peer group and situations such as this can have a negative impact on a child's self-esteem and confidence. If families are wanting to invite students from their child's class to a birthday party, please aim to be as inclusive as possible, or plan to distribute the invitations in a manner that is considerate of students who are not invited.

**When planning your child's birthday celebration, please do not plan to give birthday treats or birthday invitations to your child's classroom teachers to distribute.**

Last reviewed: March 2023