

Birthday Celebration Policy

To promote wellness and foster healthy eating habits among Little Gems Montessori children, we are informing you of our Birthday Celebration Policy. This is an effort to implement healthy food guidelines, focus on childhood nutrition, health and wellness, and obesity prevention. We have noticed the growth in celebration cakes and our concern has increased regarding the casual arrangements surrounding children's birthdays. Therefore, our birthday celebration policy reflects our initiative to keep the children's wellness and health, as well as promoting the development of independence and concentration skills, which is why we would like to bake the birthday cake at school.

Little Gems Montessori strives to be an inclusive setting, where all children's needs and abilities are being observed and respected. This includes dietary requirements and allergies. This awareness stems from school to home and we ask you to be aware of these differences when arranging for your child's birthday. Outside each classroom you will find a list of the different allergies and/or intolerances that are present in your child's class (note: including the adults).

Please find below the different ways you can celebrate your child's birthday at Little Gems:

- **Recommended: baking a cake at school:** the children love cooking and we love help refining their cooking skills. Therefore, the children and their teachers will bake the cake together and later share it at our refreshment circle. If your child has any dietary requirements, please donate the specific ingredients needed to meet those requirements (this also applies to other children with allergies/intolerances). Please see your child's teacher for suggestions.
- **Bringing a cake/snack to school:** If you prefer to bring something to school to share, you may; as long as you are aware of the dietary requirements in your child's class. Please see your child's teacher for suggestions.
- **Non-food celebration – donate a book to school:** You may opt for donating a book to the school in honour of your child's day of birth, thus refining their sense of pride when giving a gift. His or her birthday will still be celebrated with the birthday walk (see below).

Regardless of any of these options, your child's birthday will be celebrated with the Montessori Birthday Celebration (the birthday walk). However, should you want to celebrate it further by including one of the options above, please let your child's teachers know well in advance of your child's birthday.

Note: Party bags and other party goods should not be brought into school on their birthday.

Thank you for your cooperation!

Alternative ingredients when baking a cake:

Organic flours / sugars / eggs / etc

Coconut / rice milk

Bananas

Honey / Maple Syrup