



Guide Academy Birthday Celebration Policy & Parent Checklist

Purpose

Birthdays are a wonderful opportunity to celebrate your child while maintaining a focus on learning, safety, and wellness. We encourage simple, meaningful celebrations that align with our school's health and inclusion values.

Parent Birthday Celebration Checklist:

- ☐ Notify the school and teacher in advance (at least one week ahead of time)
- ☐ Confirm the celebration time:
 - Grades 1–8: During lunch/recess only
 - PreK–KG: During the last 30 minutes of the day
- ☐ If being provided, submit a photo of snack ingredients and nutrition label one day before the celebration
- ☐ Confirm whether a book or some other approved item will be shared with the class

Healthy Snack & Treat Guidelines

Please choose one simple, healthy option such as:

- ☐ Fresh fruit cups or fruit kabobs
- ☐ Applesauce pouches or yogurt tubes
- ☐ Whole-grain muffins (low sugar)
- ☐ Watermelon cupcakes
- ☐ Healthy, frosting free cupcakes
- ☐ 100% fruit popsicles (during warmer months)
- ☐ 100% fruit juice boxes or milk
- ☐ Pizza for the whole class

Food items not allowed:

- Cakes, frosted cupcakes, or donuts with/without frosting
- Candy or sweets (including in goodie bags)
- Nuts or foods containing nut products
- Due to time constraints, foods requiring cutting, heating, or assembly at school

Goodie Bag & Toy Policy

Goodie bags are highly discouraged for several reasons:

- They distract students and disrupt learning in other classrooms
- Toys and trinkets may not be safe or appropriate for all age groups
- They can create feelings of unfairness or financial pressure among families



Instead, please consider optional ways to celebrate:

- ☐ Bring a favorite book to read aloud or have the teacher read it
- ☐ Birthday child gives a 1-5 minute talk about a memorable book they read (“A Taste of a Book”)
- ☐ Donate a book labeled “In Honor of [Child’s Name]’s Birthday”
- ☐ Sharing a poster board with photos through the years or a photo slideshow
- ☐ Provide a class recess game or playground ball as a shared gift
- ☐ Have the class write “birthday wishes” cards for your child
- ☐ Bringing in a small non-food classroom activity (e.g., coloring page, bookmark craft, or birthday crown)
- ☐ An educational gift that is gifted to the class on behalf of the birthday child

Our Shared Goal

Together, we can make every birthday celebration joyful, safe, and inclusive without taking away from learning time or creating unnecessary competition. Thank you for your continued support in making our school an educational, healthy, and fun experience for all our students.