



# St. Gregory the Great Academy

A Ministry of the Church of St. Gregory the Great

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## Classroom Birthday Celebration Policy

Many schools across the nation are attempting to deal with the issue of food allergies and sensitivities, as well as the prevalence of childhood obesity. There are also students who deal with a variety of other medical conditions which make snacks and food in school problematic. A good number of schools have banned any and all food outside of lunchtime in order to address these challenges. Other schools have tried to strike a balance between all interests and opinions. As you might imagine, there is no universal solution to this challenge.

St. Gregory the Great Academy is no different than most other schools in that we need to develop practices in this area which balance a host of different considerations. Because of the increasing number of food allergies and sensitivities among our student body, it has become necessary to develop and enforce clear guidelines as to the types of “treats” that will be acceptable for birthday celebrations. **At St. Gregory the Great Academy, the ONLY acceptable FOOD items that will be permitted for classroom birthday celebrations are: pretzel nubs, fruit or vegetable trays (no dips or dressings), snack packages of pretzels, or snack packages of goldfish crackers.** Any parent in any grade who wishes to send a treat for the class for a child’s birthday MUST contact the homeroom teacher at least 48 hours prior to make arrangements. The teachers have specific responsibilities they must carry out prior to distributing any food in the classroom. **ANY OTHER TYPES OF TREATS (donut holes, cupcakes, candy, cakes, ice cream, milkshakes, brownies, etc. will NOT be distributed, and will be returned home.** You are **STRONGLY encouraged to take this directive seriously as to prevent any child from having to experience his or her “treat” being sent home uneaten, especially younger students who do not understand the reason.** Other alternatives to a food item for birthdays include: stickers, pencils, a special book to be read to the class, or a book donation to the Academy library. It is also perfectly acceptable to honor a birthday without any type of treat.

While there are a variety of opinions on this matter, as a school we must balance what is safe, practical, and enjoyable. Thus, this policy was developed and will be our practice moving forward. **Please note that treats may NOT be sent in for any other occasion without the express permission of the teacher.**



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