



## BIRTHDAY CELEBRATIONS AT SCS

A student's health and well-being are directly related to his/her nutrition and level of physical activity, which influences the student's ability and motivation to learn. St. Catherine of Siena has made a strong commitment to support a school environment which will ensure the health and well-being of all our children.

Our school has adopted a NON-FOOD birthday treat policy. Students, however, may bring in a small token to distribute to their classmates on their special day. Such items may include: stickers, pencils, crayons, coloring books, etc. Of course, this is optional.

Our teachers have experience making birthdays special by devising opportunities in their classrooms to give special attention to the birthday child. Birthdays are announced over the PA and our Principal gives focused attention to the children on their birthdays when they visit the office.

Please be advised that all restricted food and drink items will be sent home with you or your child. We do not wish for your child to experience disappointment, therefore, please assist us.

There will be seasonal celebrations where treats will be permitted. These are provided by the HAS. A concerted effort will be made to eliminate foods of minimal nutrition value. Permissions forms will be sent home for all food allergy/sensitive students before any event involving food. These forms must be returned promptly. It will be at the discretion of the School Principal the extent of classroom, grade or specific subject celebrations that involve food.