

# *Spilsby Playgroup*



## ***Celebrations Policy***

**2026**

### **Spilsby Playgroup - Celebrations Policy 2026**

We believe that birthdays and celebrations are very important in our children's lives and we look forward to celebrating them in playgroup. We also recognise that birthdays and festivals are an invaluable opportunity to include special foods and celebrate cultural diversity.

This policy covers cultural festivals, birthdays, playgroup events, religious festivals, open days and other special occasions.

## **Aims**

We recognise the importance of making healthy food choices and aim to promote this within the celebrations of birthdays and other special occasions.

## **Birthdays and Celebrations**

For children's birthdays we will celebrate by:

- Bringing the group together to sing "Happy Birthday"
- Making and giving greeting cards
- Blowing out candles on the group imitation cake.
- Providing opportunities to role play and talk about special celebrations
- Giving out non-food or healthy food "treats" from the child e.g., pencils, stickers, exotic fruit or homemade bread
- Make the child feel special by awarding them special privileges for the day, for example allowing a child to wear a birthday badge, sit on a special chair.

### **For celebrations other than birthdays we will celebrate by:**

- Using non-food related activities e.g. painting, playdough
- Use food related activities e.g. food tasting as listed as a healthy choice

## **Celebrations are a great way to encourage children to try new foods.**

To respect different cultures and food choices we will:

- Be positive role models
- Celebrate a variety of different festivals across the year
- Invite parents and carers to join celebrations
- Encourage adults to try new foods
- Invite adults to cook and prepare food alongside children
- Be aware of allergies and other dietary requirements so all children are able to join in with celebrations

## **Parents and carers will be encouraged to support our healthy eating policy in relation to celebrations by:**

- Providing non-food treats for their children's friends (see list of non-food treats)
- Providing healthy food treats for their child's friends e.g. fruit or vegetables
- Making healthy choices when bringing food in for their celebrations (see list for ideas)
- Being aware that if foods sent in for celebrations do not meet the healthy food criteria they will be returned at the end of the school day
- Providing a choice of two fruit/vegetables for snack time in groups for example an apple or banana

## **Ideas for non food treats:**

- Book/ or story CD for class/group
- Game or puzzle for class/group
- Stickers
- Pencil, eraser or stationary item
- A picture for classmates to colour

**List of healthy foods that can be provided at celebrations:**

- Cheese and crackers
- Cheese and pineapple
- Fruit e.g. grapes, bananas, oranges
- Vegetables e.g. carrot, celery, cucumber sticks
- Bread sticks
- Crackers
- Plain rice cakes
- Rice dishes
- Breads
- Vegetable pizza slices
- Vegetable samosas
- Fruit/vegetable kebabs

**Drinks provided at celebrations:**

- Milk and water will be available
- Soft drinks & sugar-free drinks will not be served

This policy was agreed by staff and parents

Policy Date: 27th January 2026