**Combe Pre-school Celebrations and Food Guidelines 2023**

At Combe Pre-school we recognise that a birthday is a special time for young children, and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly manner. We do this by all singing ‘Happy Birthday’ to the birthday child whilst they hold a toy birthday cake.

We ask parents/carers not to bring in any cake or unhealthy treats to celebrate birthdays. Healthy, tooth friendly treats are welcome, such as fresh fruit that the children do not often have, for example strawberries, blueberries, or kiwi fruit. Non-food items are also permitted, for example temporary tattoos, stickers or small stationary items.

If parents forget our guidelines and bring birthday cake into our setting, the staff will cut a slice of cake and wrap this in foil and will hand this to the parents at the end of the session or day, so it can be consumed as part of a main meal at home.

For any celebrations where we provide food or food-based activities in between meals, such as when celebrating Christmas, Pancake Day, Easter, Eid, Chinese New Year etc. We will ensure that the food and drink will be tooth friendly i.e., fresh fruit and/or vegetables and savoury items, with milk or water to drink.

At occasional events such as picnics, fun days, fundraisers, and fairs, we will offer a range of food, drink, activities, and prizes that support healthy tooth friendly choices.

When learning about celebrations we will ensure that any children with allergies or food intolerances will not come into contact with any allergens in any food that we provide at snack time or during cooking activities or tasting sessions.