

Coomera Springs State School

Students Birthdays and Healthy Choices

We acknowledge the celebration of children's birthdays and a parent supplying a cake to share with classmates to mark the occasion. However we encourage parents to be mindful of

1. our school and Education Queensland actively supports Healthy Choices for foods and drinks
2. many of our students have behavioural reactions and/ or allergy reactions to some foods (for example: high sugar, high colour/ preservative, nuts)
3. some of our students and their families choose not to celebrate birthdays

With these things in mind, and so that as many students can participate as possible, we encourage parents to keep any food item to a minimum, include an ingredients list where possible, and also keep the item as healthy as possible.