

Grapevine-Colleyville ISD

School Health Services

Birthday Celebration Guideline

A child's birthday is a magical time to be celebrated. In GCISD we want to celebrate students on their special day. Traditionally, our society celebrates with food. Many websites are devoted to the idea of food and its relation to love. The goal of Health Services is the health and safety of all GCISD students while at school. Due to an increase of students with diabetes, and students with the potential for anaphylactic reaction, we want to encourage and recommend that birthday treats be non-food items.

In an American Academy of Pediatrics article: Clinical Report - Management of Food Allergy in the School Setting, it was reported:

- Food allergy is estimated to affect approximately 1 in 25 school-aged children
- Results of studies of children with food allergy indicate that 16% to 18% have experienced a reaction in school.
- Allergic reactions or treatment for anaphylaxis also occur in children whose allergy was previously undiagnosed (approximately 25% of cases of anaphylaxis).

Please check with your campus if food items are accepted as birthday treats.

If your students' campus allows, and you choose to bring food related items the following guidelines **must** be followed:

1. No homemade items will be accepted (many allergic reactions are a result of cross-contamination).
2. Birthday Treats must be individually wrapped, store bought items, and accompanied by a nutritional label. (This will allow campus staff to determine if the snack is appropriate for the other students in the class.)
3. Treats will be distributed to take home at the end of the day.

Recommendations for celebrating your child's birthday:

1. Have their name on the marquee (check with your child's campus for availability).
2. Donate a book to the library in your child's name.
3. Stickers, pencils, notepads or other fun school supplies.
4. Gel pens.
5. Bubbles.
6. Donate a game for rainy day recess.

Recommended list of food items:

1. Skinny Pop Popcorn
2. Glee Gum Gum Pops, 100% Natural
3. Clif Kid Organic Z-Fruit + Veggie, made with Veggie Puree, Gluten Free, 3g Fiber, Blueberry Blast Natural Flavor
4. Organic Strawberry 1 Serving of Fruit per Pouch, Orchard Fruit Bites
5. YumEarth Gummy Bears, Pomegranate Pucker, Mango Tango, Perfectly Peach, Strawberry Smash
6. Annie's Homegrown Certified Organic, Organic Orchard, Grape Apple Fruit Bites