

Everything You Always Wanted to Know
About Birthday Celebrations at CDM

Dear Parents,

We know that birthdays and birthday parties are important. That's why we have a Celebration of Life event during class when a child turns a year older. Please see the attached pages regarding Celebration of Life and a list of low-sugar/no-sugar suggestions.

If your child is having a birthday party (in addition to the Celebration of Life event) please use the student directory to help pass out invitations via email or by post.

At a recent Texas Private School Association meeting, an attorney informed the group of a case where a school that shared birthday invitations was liable for an injury at that party. As a result, all private schools were strongly advised to stop sending out digital or hard copy invitations. The attorney also advised that under no circumstances should a teacher be a chaperone at a party. This has set a new precedent and forces us to change our policy.

Country Day Montessori will no longer be able to help with the distribution of party invitations in any way. We encourage you to take advantage of our Student Directory to get in contact with all your invitees.

Very best,

All the folks at
Country Day Montessori



Celebration of Life

As in all Montessori practices, the focus of “Celebration of Life” is on the child. The festival or activities within the “Celebration of Life” are designed to make the child feel special on his/her birthday and enable the entire class an opportunity to experience the feeling of belonging to a community. We would like to have each child experience this happy occasion for his/her birthday; summer birthdays may be celebrated during the last month of school.

Birthday Celebration

At Country Day Montessori we perform a “Celebration of Life” ceremony, for our students on their birthday. While walking around a lit candle, the “sun,” and holding a globe, the birthday student or their parent, speaks about the first year of life. As the child walks around the second time, the second year of life is described, and so on. When the details of the child’s life correlate with the number of revolutions around the sun, the class sings Happy Birthday.

After the “Celebration of Life” ceremony, parents are welcome to provide a special treat for their child’s class. Please remember we are a low-sugar school. Foods and drinks containing 10 grams of sugar, or more are not allowed (even for birthdays.) No cookies, cupcakes, food with chocolate chips or donuts are allowed, even if they are sugar-free. Other children can not tell they are sugar-free, so their high-sugar counterparts will enter the school. If you need suggestions for a special birthday treat, please do not hesitate to contact the office.

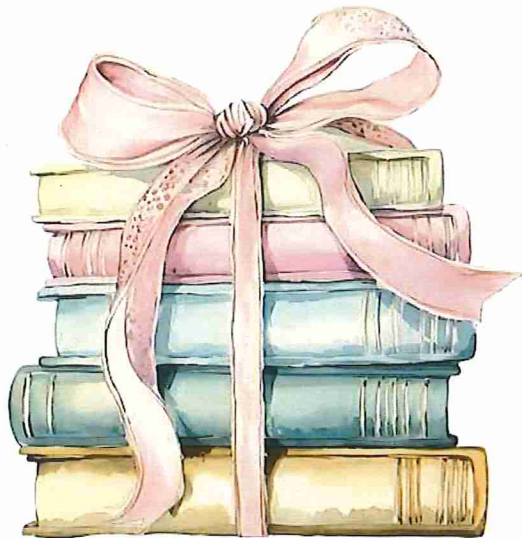
- **Birthday Tradition**

Many families choose to donate a book to the school in celebration of their child’s birthday. This is a permanent addition to the school’s library, which remains part of the school long after the child has graduated. The inscription is your choice, but often reads:

To: Country Day Montessori

From: (Your Child’s Name)

In Celebration of his/her ____ birthday, ____, date ____.



Suggestions for Birthday Treats:

- Fruit cups with Whip Cream
- Sugar-free popsicles
- Pizza, Chicken Wings, Mozzarella Sticks, breakfast tacos, pizza bites, etc. We are happy to allow you use of the oven to warm up these treats.
- Graham Crackers with cream cheese and fruit
- Yogurt Parfait
- Popcorn
- Fruit kabobs (There are cute options online for this)
- Pancakes or Waffles with whip cream and/or fruit
- Fruit with a Nut butter dip
- Party Favor bags with pencils, erasers, stickers, fake tattoos, etc.
- Chips, Pretzels, Crackers with a special dip (ranch, onion, etc.)

When planning out your treat, make sure and coordinate it with your child's teacher. Please also be aware of any students in your child's class that have allergies to nuts and dairy or don't eat pork, as these are the most common.