



**Birthday  
Celebrations**

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**Please schedule the birthday celebration day with the office at least 2 weeks in advance.**

**Please check with the office before you bring snack for your child's birthday celebration and to confirm any allergies in your child's class.**

If your child has an allergy or other food restriction, please send alternative, non-perishable treats to store in the classroom for special occasions, so they do not feel left out.

Some parents like to share their child's birthday with their friends and classmates. Please keep this a simple celebration. Our nutrition guidelines require us to limit salt, sugar, and fat, but occasional birthday treats (such as cupcakes or cookies with no colored icing) are acceptable.

**Please send 'healthier treats' such as cut fruits, berries with yogurt, pizza, or muffins. High-sugar treats such as candy, gum, cake, chips, doughnuts, cookies, packaged desserts, soda, and non-100% fruit roll-ups/fruit snacks/juices are not allowed at school.**

We encourage families to be creative. Birthdays can also be celebrated by bringing in a special game to play, or a special birthday book to read. We do not allow balloons because they can create a choking hazard.

**Please Note:**

- **All items (commercial or homemade) must be individually packed.**
- Homemade items must come with a complete list of ingredients.
- Store bought items must be in their original container.
- Do not send in items which contain nut products.
- Send in any necessary items along with the snack (spoons, plates, napkins, cups).
- Send in enough for each child in the class.

- Do not send gift bags, decorations or other birthday items to school.
- Birthday invitations can only be handed out at school if all the students in the class are being invited.

### **PBMS Birthday Traditions:**

1. Please send a photo collage with one picture for each year of your child's life. This will be prominently displayed at school.
2. As part of the birthday ritual, we encourage families to **donate a book to the classroom** in honor of your child's birthday. Talk to the classroom teacher for suggestions/ideas.
3. **Sun Ceremony** - For all students we perform the "Sun Ceremony" at 9:15 am. Family members are welcome to participate in this Montessori tradition via Zoom. Please feel free to invite family and friends.

### **Order of events: Montessori Celebration**

- The student presents their donated Book to the Teacher to celebrate their birthday.
- The teacher has set up the birthday circle. We set a candle in the center of the circle to represent the Sun. The months of the year are placed evenly in a circle around the candle.
- The child will hold a globe while walking in a circle around the 'Sun', starting from their birthday month.
- The whole class sings this song, to the tune of *The Wheels of the Bus*:

*The Earth goes round the sun one time, the sun one time, the sun one time  
 The Earth goes round the sun one time, name of child is one year old  
 The Earth goes round the sun one time, the sun one time, the sun one time  
 The Earth goes round the sun one time, name of child is two years old  
 (Repeated until we reach the current age!)*

- At this point, the teacher will show the child's photos from age one. The teacher will invite parents to talk about what happened at this age.
- This process is repeated until the child's current age is reached.
- We will sing the *Happy Birthday* song to your child in as many languages as we know!!  
 (SG7/23)