



*Darul Madinah will nurture our learners into model citizens that exemplify the
Inherent values of Islam make a positive contribution to the community and
are champions of their faith.*

Birthday Policy

This policy is in line with the Mission Statement of the School

Document Control

- **Policy Status:** Statutory
- **Owner:** Directors
- **Date of Last Review:** August 2025
- **Date of Next Review:** August 2026
- **Review Period:** Annually

1. Purpose of the Policy

The purpose of this policy is to:

- Provide clear guidance on how birthdays are acknowledged at school
- Ensure all birthday practices align with Islamic values
- Promote healthy eating and pupil wellbeing
- Safeguard children with food allergies
- Ensure consistency and fairness across the school

2. Acknowledging Birthdays in School

Birthdays are acknowledged in a **simple, respectful, and inclusive manner**. There is no expectation or requirement for celebrations or treats.

When a child has a birthday, the class teacher will:

- Acknowledge the child's birthday during the school day
- Encourage gratitude to Allah for the blessing of life
- Support children to reflect on personal growth and good character
- Encourage positive intentions for the coming year

The class teacher and pupils will make a **collective du'ā'** for the child.

A "Happy Birthday" song **will not** be sung collectively in school.

3. Islamic Perspective on Birthdays

Teachers may discuss the following principles with pupils in an age-appropriate way:

- **Gratitude for life:** Recognising life as a gift from Allah and expressing thankfulness
- **Self-reflection:** Reflecting on behaviour, effort, and improvement
- **Good intentions:** Encouraging children to strive to become better individuals and Muslims
- **Charity and good deeds:** Highlighting kindness and generosity as acts of gratitude

The school recognises that there are **diverse opinions** within the Muslim community regarding birthdays and respects all viewpoints.

4. Healthy Eating and Birthday Items

Darul Madinah Primary School is committed to promoting **healthy eating habits** and ensuring the safety of all pupils.

Prohibited Items

The following items **must not** be brought into school for birthdays:

- Sweets and chocolates
- Cakes, cupcakes, doughnuts, or biscuits
- Fizzy drinks or sugary drinks
- Lollipops or chewing gum
- Any food containing nuts or nut traces

5. Permitted Birthday Items (If Parents Choose to Provide Them)

There is **no obligation** for parents to provide any items.

If parents wish to mark their child's birthday in school, only the following **healthy, non-sugary items** may be considered, subject to school approval:

Healthy Food Options

- Fresh **fruit sticks** (e.g. apple, pear, grapes cut lengthways)
- **Breadsticks** (plain, non-flavoured)
- **Rice cakes** (plain and unsweetened)
- **Oatcakes** (plain)
- **Plain crackers** (no flavouring or fillings)
- Small portions of **dried fruit** (no chocolate coating)
- **Fruit pots** with no syrup or added sugar

Non-Food Alternatives (Preferred)

- Stickers
- Pencils or colouring pencils
- Bookmarks
- Small notebooks
- Islamic reminder cards

6. Safety and Practical Arrangements

To ensure pupil safety and smooth management:

- All items must be **nut-free** and clearly labelled
- Items must be suitable for **vegetarians**
- Items must not require **cutting, heating, refrigeration, or cutlery**
- Enough items must be provided for **all children in the class**
- Items may only be shared with the child's **own class**
- Items will be distributed **at the end of the school day**

- Parents collecting children will take responsibility for supervising consumption

The school reserves the right **not to distribute** any items that do not meet policy requirements.

7. Inclusion and Equality

This policy ensures:

- Children with allergies are protected
- No child feels pressured or excluded
- Birthdays are acknowledged in a consistent and respectful manner
- School practice reflects Islamic values and healthy lifestyle education

8. Monitoring and Review

This policy will be reviewed **annually** or earlier if there are changes to:

- Healthy eating guidance
- Safeguarding requirements
- School procedures

May Allah grant us the ability to guide our children according to Islam and make them ambassadors of the future. Āmīn.