



NAP Birthday Celebrations: Suggestions/ Restrictions Alternatives to “Treats”

Birthday celebrations are handled a bit differently in each classroom; however every child at Noah’s Ark Preschool receives a “crown” with stickers that they get to wear (if they choose) during their school day. Many times the birthday song (and counting!) will be sung at snack time but often may be part of Circle Time or Music time. Suggestions for parents are found below:

*Keep it simple! We notice lots of reactions to birthdays at preschool – excitement, disinterest, frustration, being overwhelmed, and confusion. Confusion often occurs when the child knows their real birthday is Friday and they are celebrating their birthday on Thursday 😊 “but it’s not my real birthday”, they will say!

*parents may want to send in a small gift or “goodie bag ”for each child (make sure to include the birthday child as well!) – for example: pencils, stickers, bubbles, erasures, bouncy balls, etc. fun small and inexpensive items.

*if you would like to send in a treat, please check with the teacher first –allergies and changing health considerations, as well as licensing guidelines dictate that we may only serve pre-packaged snacks

*please do not send in even pre-packaged cupcakes as they require much cleaning after consumption (tables/chairs/children!).

*Summer birthdays are celebrated the last couple weeks of school (most likely causing more confusion😊)!

***Please respect the staff by not sending in homemade snacks or any cupcakes – we do not want to disappoint your child on the day of their celebration.**

Noah's Ark Preschool–Food Service Policy



Children attend NAPS less than the required hours to serve food (per licensing). Noah's Ark does serve a snack each preschool day. These snacks meet the guidelines as required by licensing, based on the Michigan Department of Education/U.S. Department of Agriculture, (food, and nutrition services, child and adult food program). Based on the guidelines, a snack shall be 2 food components, of the following:

milk/yogurt, juice or fruit/vegetable, grains/breads, meat/meat alternative.

Serving sizes are based on recommendations by the same program above, and the USDA My Pyramid standards. While every effort is made to provide a snack with fresh produce, often our snack menus may merely be a 100% juice serving, and a grain (such as crackers). With this in mind, please adjust the rest of your child's servings at home.

Snacks are provided by the preschool. On occasion parents may be asked to send in specific snacks. This allows us the flexibility of knowing what we have on hand and what we might need 😊.

A menu for the current week snacks will be posted on the Noah's Ark bulletin board inside the Waiting Area. Should your child require a special snack menu, due to allergies or other dietary needs, we will work with each individual family. Most often parents will send in an alternative snack if needed. In that case, a signed note may be required.

Our snacks served are usually prepackaged, with minimal preparation on site. **We do not serve homemade snacks from home.** All utensils, cups, etc., are single use disposable.

One more thought; **be sure your child has had either a nutritious breakfast or lunch prior to arriving at Noah's Ark!** Just like in the "big school", children experience a much more comfortable and productive preschool day if they are not hungry. We have menu and serving suggestions on site for breakfast, lunch, suppers, and snacks. If you are interested, please let us know!