

## ***Birthday Celebrations/Classroom Parties***

*The Vision of the Hampton Township School District Wellness Program is to promote positive lifestyle practices for students that will improve their individual health and health behaviors, reduce risk levels for preventable diseases, and enhance personal well-being. The School District is committed to providing a school environment that encourages student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience.*

*We take into consideration the well-being and nutritional safety of other children in the classroom with food allergies and/or their dietary needs. As a district, we do not have the resources to monitor the content or nutritional value of outside food for every child's birthday celebration or classroom party treat.*

***In all instances of planning for birthday celebrations or classroom parties, please check with the classroom teacher for students with food allergies and/or special dietary needs.***

### ***Birthday Celebrations***

*We know that students often like to celebrate their birthdays at school. If you prefer **NOT** to have a child's birthday celebrated, simply inform the classroom teacher. To celebrate your child's birthday at school you may choose one of the following two (2) options:*

*#1 – make a selection from the list of options noted on the “Birthday Celebration” form you can obtain from the classroom teacher or on-line under the Parent Resources link.*

*#2 – if you choose to share a snack, the snack must meet the criteria from categories A, B, or C on the Healthy Snack list that can be found on the next page. Please remember that any shared birthday snack should be able to be handled in a brief, timely fashion and if necessary, you must supply napkins, straws, and/or any utensils needed for the snack. **Please make every effort to avoid peanut and tree nut products when providing a snack.***

### ***Classroom Parties***

*Classroom parties will offer a maximum of three (3) items plus a healthy beverage. Two of the three items selected **must** come from categories A, B, or C on the Healthy Snack list. If treat bags are provided, they may contain **non-food items only.***

*Thank you for your support in keeping our students healthy!*

## **Healthy Snacks**

**A Fruits and Vegetables** – fruit may be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits are easy and usually need little preparation. Healthy options include: fresh fruits and vegetables, fruit leathers (without added sugars), fruit salad, and fruit juice popsicles. Vegetables can be served with dips like hummus, bean dip, or salad dressing, in salads, or veggie pockets in a whole wheat pita.

**B Healthy Grains** (whole grains that are low in fats and sugars) – whole grains provide more fiber, vitamins, and minerals than refined grains. Whole wheat or other whole grains should be the first ingredients listed. Healthy whole grain options may include: English muffins, pita or tortilla chips, breakfast cereal, crackers, rice cakes, popcorn, granola, cereal bars, breadsticks, or flatbreads. Be sure to read the nutrition labels to pick options that are low in sugars, saturated fat, and trans fat.

**C Low-Fat Dairy Foods** – to protect children’s bones and hearts make sure all dairy foods, such as yogurt, pudding, and cheese are low-fat or fat-free. Choose lower-fat cheeses. Serve in small portions and with other foods like fruit, vegetables, or whole grain crackers.

## **Healthy Beverages**

**Water** – water satisfies thirst without adding calories or sugars.

**Seltzer or Sparkling Water** – look for calorie-free varieties.

**Low-Fat and Fat-Free Milk** – milk is a terrific source of calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) instead of whole or 2% (reduced-fat) milk. Soy and rice “milks” (fortified with calcium and vitamin D) are also healthy options.

**Fruit Juice** – choose only 100% fruit juice. Limit juice to no more than 6 oz. for 1-6 year olds and no more than 12 oz. for 7-18 year olds. Avoid juice drinks. Nutritionally they are no better than soda pop. The label should list 100% juice and avoid drinks with sugar or high fructose corn syrup in the ingredient list.

# ***Birthday Celebrations***

## *Celebrating Your Child's Special Day*

*The faculty at Poff Elementary feels responsible to help students establish lifelong healthy habits. Therefore, we are encouraging healthy alternatives for celebrating birthdays in school.*

*We hope that the options listed below will continue to honor your child on his/her special day while supporting our efforts to create a happy and healthy environment.*

*Below is a list of options:*

- *Birthday Book Donation for classroom or school library.*
  - *Child may read book to class*
  - *Teacher could read book to class*
  - *Principal could read book to class*
- *Donate game for indoor/outdoor recess to the classroom*
- *Party Favors: pencils, erasers, bookmarks, stickers, stampers, glow sticks, etc.*
- *Healthy Treat selected from the Healthy Snack categories A, B, or C (see attached)*

***Please remember to check with the classroom teacher for students with food allergies and/or special dietary needs.***

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*Child's Name* \_\_\_\_\_ *Birthdate* \_\_\_\_\_

*Homeroom Teacher* \_\_\_\_\_

*Birthday Selection (from above options)* \_\_\_\_\_