

Recommendations For Classroom Celebrations

1. In those classrooms that have children with documented food allergies, a letter will go home to each parent listing acceptable snacks that can be sent in for a birthday treat, even when eaten in the cafeteria.
2. When a child brings birthday treats to school the teacher is notified prior to the date and the treats will be eaten in the cafeteria. The treats will be shared with their classroom friends and not with teachers/staff in other rooms. This will eliminate children walking around with food and any circumstances that could result. The birthday student may invite staff members to join them in the cafeteria.
3. Remind parents before classroom parties requesting that they NOT send snacks/treats that have not been pre-approved by the classroom teacher and head room parent.

Healthy Parties 101

- Involve children in planning and preparing the party. This gives you the opportunity to have conversations about including healthy foods.
- Keep food in its proper place. Refreshments should complement the fun, not become the 'main event.'
- Create a list of healthy foods for parents to donate instead of asking parents to send in whatever they want.
- Plan a variety of contrasting activities –active and quiet, indoor and outdoor, individual and group, food and non-food
- Have children create the decorations and favors.
- Plan creative experiences such as art and music.
- Have children make a Fruit and Veggie tray by asking each family to donate an item for the tray. Ask children to clean and cut the items and have each child tell something about the item they bring in –i.e. it's a root vegetable, it has lots of vitamin A, etc.

Alternative Food Ideas (even these foods must be approved by principal)

- Fruit Smoothies
- Fruit Kabobs/Trays
- Veggies and Homemade Dips
- Homemade Trail Mix
- Celery with Nut Butter and Raisins or Cream Cheese and Blueberries
- pumpkin muffins
- Whole Grain Crackers
- Whole Grain Pancakes or Waffles Topped with Fruit
- Ham, Turkey or Cheese Roll-Up Sandwiches, Sliced into Appetizer Bites
- Plain Yogurt with Berries and Honey
- Banana Splits with Dark Chocolate, Berries and Nuts
- Cheese or Bean Quesadillas Sliced into Triangle Bites
- Homemade Oatmeal Cookies with Raisins
- Organic juice boxes or pouches from Honest Kids
- Organic apple sauce snack packs
- Real-fruit strips and rolls from Stretch Island Fruit
- Whole food bars such a LARABAR minis
- Bare Fruit trial size packs
- Boxes of organic raisins and, where available, other organic dried fruits.
- 100% honey sticks DO NOT GIVE HONEY TO CHILDREN UNDER THE AGE OF TWO
- Individual packets of fair trade, organic Amazing Grass Chocolate SuperFood
- Jammy Sammy bars & Yo Drops from Revolution Foods
- Raw or roasted nuts (ask parents before giving out nuts due to allergies)
- Organic Twisted Fruit
- Trial size packs of dried veggie chips, like Terra Chips
- Surf Sweets' fun selection of sour worms, gummy bears and more (Bonus: they're gluten-free , too!) Pure Fun also has an amazing array of individually wrapped organic, fair trade, vegan and dye-free hard candies (in "pops", "rocks", "jaw boulders" and more) in flavors such as root beer, Goji berry, and ginger. Pure Fun also sells a bag of USDA Certified Organic, Kosher, Vegan, allergy free and Gluten Free Pure Pop©

Non food items ("treasures")

- Acorns (kids love items from nature)
- Beads

- Bells
- Charms
- Coins (US or non-US)
- Crayon "rocks" (soy-based)
- Earth tone feathers
- Games for Your Brain Ocean Cards (one card per child)
- Glass rings
- Glass beads
- Jokes
- Large metallic star confetti or "fairy dust"
- Mosaic glass tumbled, recycled (safe for older children)
- Pencils made from recycled money or plastic
- Printed items like word games, word search or cross word puzzles
- Seashells
- Seed Packets
- Soap
- Spinning tops (recycled plastic or wooden)
- Stamps from foreign countries
- Stickers
- Whistles (Recycled plastic or wooden)
- World Almanac for Kids Puzzler Deck (one card per child)
- Xeko cards
- Yarn bracelets
- 52 Cool Tricks for Kids cards (one card per child)
- 52 Great Art Projects for kids (one card per child)
- 52 Brain Tickling Activities for Kids (one card per child)
- 52 Tricks and Treats for Halloween (one card per child)
- 3-D cat cards (one per child)
- 3-D dog cards (one card per child)

Group/Class Incentives

- Pick different seats to sit in for a day
- Afternoon movie
- Dress up days...let the class vote!
- Pajama day (can also incorporate sleeping bags/blankets)
- Crazy hair day
- Farmer day
- Stuffed animal day
- Backward day (wear clothes backward and even follow the class schedule backward!)
- Camp out day (kids bring sleeping bags and teacher brings a tent)
- Book swap party (each child brings a book they no longer want and "trades" with their classmates)
- An art or craft party
- A game the class plays together (like bingo or kickball)
- Plant some flowers or plants together at the school
- Paint birdhouses together to put up at the school
- Dance party with music
- Film a short digital video/documentary as a class (for e.g. each student answers a question for the camera) then watches it together afterward