Healthy School Celebrations

School celebrations that offer non-food activities, or healthy food, help support students' health and academic success.

Birthday Celebrations

Find if and how your school celebrates student birthdays

Non-food ideas
- The birthday child
  - is the teacher's assistant for the day, for example make deliveries to the office, and be line leader
  - chooses an activity or game
  - picks a book for the principal or a parent to read to the class
  - brings in a special item to share with classmates
  - chooses an indoor game to play
- Students make
  - a sash, crown, button, badge or banner for the birthday child
  - cards and write compliments for the birthday child
- Announce birthdays on the intercom

Healthy food ideas
Assign categories to ensure there are plenty of healthy items (fruits and vegetables), and less unhealthy items (baked goods)
- Fresh fruit or fruit kabobs
- Trail mix (pretzels, dried fruit, sunflower seeds)
- Yogurt parfaits or fruit smoothies
- Veggies with hummus or low-fat dip
- Fruit with yogurt dip
- Dried fruits

Classroom Celebrations

Ideas for Activities
- Scavenger hunt for items or information in the classroom or around the school
- "Free choice" activity time
- Extra recess time
- Crafting with supplies such as clay, craft paper, pencils, markers, paints, and stickers donated by families
- Party games
- Carnival night (raffle academic games, give goody bags of school supplies)
- A dance party
- Story time
- A trip to a treasure box (with small toys, books, notepads, paints)

The Haggerty School created a special birthday song and dance! Feel free to come up with your own fun ideas too!

The CPS Wellness Policy states:

➜ Classroom celebrations with food should include mostly healthy items such as fruits and vegetables, and serve less healthy items in small portions. Celebrations without food are encouraged.
➜ Candy and soda may not be brought to school

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