

BIRTHDAY CELEBRATIONS



In recognition and celebration of a student's birthday, parents may send to school and drop off in the office nutritious birthday "treats" for the class to enjoy.

PLEASE NOTE: Our teachers work hard to encourage and educate our students on healthy choices and request your help by NOT sending in donuts, candy, cupcakes, cookie cakes, or any other sugary treats for a birthday or celebration. These items often result in a sugar crash and will negatively affect learning. Per the School Handbook, below is a list of preferred and recommended birthday treats.

PREFERRED TREATS:

- Fruit – apple slices, clementine, strawberries, grapes, fruit kabobs, or fruit cups
- Mini Muffins w/o nuts
- Mini Bagels with cream cheese
- Goldfish, Pirate Booty, or Pretzel packs
- Carrots w/ Ranch dip
- Raisins
- Fruit Popsicles
- Graham Crackers
- Apple Sauce

If you choose to send in something other than the above items, please be conscious of nutritional content and size (mini is strongly preferred). You may also opt for a special toy like slap bracelets, pop-its, pencils, etc.

Please reach out to your teacher and notify them that a birthday "treat" is coming. Also, please check if there are any accommodations needed for allergies. Thank you in advance for your encouragement of healthy living for our children.