

## **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.***

After reviewing the options below, please complete and return this form to the homeroom teacher five (5) school days prior to the celebration.

### ***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 (1) of the following two (2) options:

#1 – make a selection from the list of non-food treats below.

#2 – if you choose to share a snack, the snack must meet the criteria from categories A, B, or C on the Healthy Snacks list below. 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.**

### ***NON-FOOD TREATS***

The School District strongly encourages the selection of non-food treats for birthday celebrations and classroom parties. The items below are offered as suggestions for non-food items. The list is not exhaustive. Families should seek approval from classroom teachers for any items selected as non-food treats.

- Pencils
- Stickers
- Notebooks
- Bubbles
- Small boxes of crayons
- Very small toys or trinkets (i.e., party favors)
- Small crafts that can be shared and then completed individually at home
- Favorite book read by school principal, family member, or another special adult. All books must come from the school or classroom library. Classroom teachers will assist with age-appropriate book selection. Families may access the Destiny library catalog via the Library/Media webpage to determine which titles are available. <https://www.ht-sd.org/academics/librarymedia-center>. After choosing a book, provide the title to the teacher at least five (5) school days before reading.
- 5-10 minutes of extra recess

## ***Classroom Parties***

Classroom parties may offer a maximum of three (3) food 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 (low sugar varieties), 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.

**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, rice, oat, or other alternative “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 have no added sugar or high fructose corn syrup in the ingredient list.

***Party/Celebration Approval Form***

Event: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Proposed Food/Beverage Items**

**Provided By**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
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**Proposed Activity/Nonfood Treat**

**Provided By**

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\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

Submitted by: \_\_\_\_\_  
(Parent signature)

Date: \_\_\_\_\_

Approved by: \_\_\_\_\_  
(Homeroom Teacher's signature)

Date: \_\_\_\_\_