



BROOKLYN CENTER

**PERSONAL+
COMMUNITY
WELLNESS**



Brooklyn Center Community Schools is committed to the health and wellbeing of our students. Birthdays and other celebrations offer a unique opportunity to shift the focus from foods with potential health risks (including allergens, added sugars, chemical ingredients, etc.) to celebrating the student and creating an inclusive environment for each one. Those who would like to acknowledge a child's birthday or other celebration in the classroom, please consider the list of suggestions below and be sure to talk with the teacher in advance to ensure school remains a productive learning environment that is safe and inclusive for each student. Please do not bring foods, sweetened beverages or balloons into the classroom.

Classroom Celebrations

- Donate a book to the classroom library
- Have a loved one read aloud to the class
- Bring in a t-shirt for classmates and staff to sign
- Provide non-food prizes such as small school supplies (pencils, erasers, stickers, etc.)
- Organize a game or craft for the classroom
- Volunteer in the classroom
- Visit the class and share about your family's celebration traditions
- Share your favorite story, fable or myth
- Teach the class a children's celebration song
- Be creative—come up with your own idea to celebrate at school without food

Thank you for supporting your child, and each of the students, to learn, to be healthy, and to be the best they can be.

Brooklyn Center Schools does not discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, gender identity and expression, disability, age or status in regards to public assistance in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.
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Find more information at www.bccs286.org/wellness;
email mauld@bccs286.org with questions.