

At STEM Lab we strive for students to think about and take care of the world around them. We also value them making healthy lifestyle choices. Simple steps can help children continue making healthier choices as adults.

In addition to healthier lunch choices and increased physical activity during our school day, STEM Lab is also beginning a healthier birthday initiative! Instead of birthday snacks like cupcakes or cookies, we are offering students an opportunity to choose an item from this menu as their special birthday treat.

The birthday student may choose to be recognized by one choice from this menu.

It is your choice to participate in recognizing your child's birthday at school or not. If you do then we want to honor each student in a special, **HEALTHY** way!

****Summer birthdays can and should sign-up for a date to celebrate if they would like.****

"A healthy outside starts from the inside."

- Robert Ulrich



Superintendent Policy-Wellness

Code: 3720

1.2.6 School and classroom celebrations shall include a variety of foods, with an emphasis on fruits, vegetables, low-fat dairy and whole grains, to provide students with the opportunity to choose a healthy option. A list of recommended party foods for parents and staff will be accessible on the District website, and schools may determine if they would like to develop further guidelines.

**Birthday
Classroom
Celebration Menu**



1.) Bonus Birthday Recess:

The class will enjoy 10 minutes of extra outdoor recess (weather permitting) in honor of the birthday student!

2.) Game Time:

The class will have 10 minutes to play their favorite classroom games. The birthday student is welcome to bring a favorite "short-play" game or card game to share.

3.) Science Experiment:

The birthday student and their family can bring in items for a whole class science project. **(Speak with child's teacher first to verify the project. Must be an allotted time of only 10-12 minutes.)**

4.) Teacher Helper:

The birthday student will be the "Teacher Helper" for the day. They will assist in so many ways and may even sit in a special chair for the day.

5.) Super Special Screen Time:

The birthday student gets 10 minutes of free choice (school approved) iPad or computer time.

6.) Donate a Book:

Choose a book to donate to the class. The book can be read on their special day and then placed in the classroom for others to enjoy!

7.) Show and Tell:

The birthday guest of honor may bring an item from home to show and tell the class about.

8.) Art & Craft:

The birthday student and their family can bring in items for their classmates to make a small craft project. **(Must be an allotted time of only 10-12 minutes.)**

9.) Healthy Food Options:

If your family really wants to choose a food option instead of one of these new-non-edible treats please consider these healthy ideas:

- Fruit kabobs
- Individually wrapped cheese sticks
- Small apples, oranges, or bananas
- Veggie sticks
- Individual-sized apple baggies or berry boxes
- Granola

****Due to the increased number of food allergies, please be thoughtful when selecting this choice.****

10.) Special Birthday Seat:

The birthday student may sit on a special chair, bouncy ball (from the P.E. department), comfy carpet, stool, etc. as their seat for the day.

Happy Birthday Student:

Grade:

I'd like to celebrate my birthday on (date):

My birthday celebration activity choice is #: _____

My family will supply (if necessary):

**Please return this birthday menu to your teacher at least a week before your celebration date.
Thank you!**