

## PS 9 Healthy Birthday Celebrations

PS 9 thanks parents for their partnership in helping children to grow healthy and strong and stay ready to learn throughout the school day. Below is a summary of the PS 9 celebrations policy, which applies to birthday celebrations in the classroom, and some suggestions for keeping birthday celebrations fun and healthy. Full celebration (and wellness policy) can be found on the website <http://www.ps9brooklyn.org/our-families/parent-information-wellness/>

### Celebration Policy

- Healthier options such as fresh fruits and vegetables are encouraged.
- Drinks with no added sugar such as plain or sparkling water are always provided.
- When 100% juice is provided, it is served in four to six ounce portions.
- Distribution of candy and sugary drinks such as soda and fruit drinks to children by school staff and parents is prohibited.
- When sweet treats, such as cakes or cookies are provided, they are provided in small portions such as mini cupcakes or small cookies.
- Birthday celebrations in the classroom only take place on Fridays.

**Always discuss your ideas for activities, goodie bags, and snacks with your child's teacher prior to the celebration day.**

### Suggestions for non -food celebrations

- ✓ Read a book to the class
- ✓ Throw a dance party in the class
- ✓ Eat lunch with your child in the classroom
- ✓ Lead an art project in the classroom

**Suggestions for non-food goodie bags. Goodie bags aren't necessary but if you really want to provide them, choose:**

- ✓ Stickers and temporary tattoos
- ✓ Pencils, erasers and pencil sharpeners
- ✓ Bubbles
- ✓ Small notebooks

### Suggestions for simple birthday foods

- ✓ Fruit or vegetable whole-grain mini-muffins
- ✓ Fresh fruit (clementines, berries, or small apples)
- ✓ Mini cupcakes, cookies, or brownies
- ✓ Water or seltzer

### Suggestions for celebration "cooking" activities

- ✓ Fruit kabobs
- ✓ Yogurt parfaits
- ✓ Fruit infused water

#### Food Safety Tips

- ✓ Always wash hands with soap and warm water before handling food.
- ✓ Wash all fruits and vegetables with water.
- ✓ Keep cold foods cold and hot foods hot.
- ✓ Use clean equipment and cooking surfaces.

#### For Pre-K and Kindergarten:

To prevent choking slice grapes and grape or cherry tomatoes in half. Slice baby carrots lengthwise. For more information on choking hazards, visit [choosemyplate.gov](http://choosemyplate.gov)

#### Allergy Alert

- ✓ Best to avoid nuts and nut butters since many students are allergic to these items.
- ✓ Ask your child's teacher about allergies in the class.
- ✓ Provide a list of ingredients for any homemade snacks.