

Healthy Classroom Celebrations



Dear Parents:

At Cornerstone we believe each child's birthday is a milestone worthy of celebration! We also see this celebration as an opportunity to promote wellness and foster healthy relationships with food. Therefore, we ask parents to work with teachers to plan a celebration that focuses on your child's unique interests and favorite activities rather than cupcakes, cookies and other high calorie snacks.

Your child's birthday is coming up soon, so we would like to get started on the planning. We celebrate birthdays in our classrooms by singing "Happy Birthday" to your child during snack. Some families choose to do more to recognize their child's birthday. You are welcome to bring in a healthy snack or plan a birthday activity for the class.

This packet contains suggestions and ideas for healthy birthday celebrations in the classroom. Once you have decided when and how you would like your child's birthday to be celebrated at the center, please complete the last page and return it to us.

Thank you!

Classroom Celebration Activities

Below are a few birthday party activities kids will enjoy with their friends.

These have been edited to comply with Covid-19 restrictions.

1. Bring in a large balloon bouquet and let each child pick a balloon to take home
2. The teachers can get a roll of paper and let each of the kids color or paint a birthday message to your child as a gift from the classroom
3. Bring in small bottles of bubbles and the class can celebrate your child's birthday with a "bubble party" on the playground



4. The teachers can give the students art supplies and each child can draw a portrait of your child. The teachers can compile them into a book as your child's birthday gift.
5. Bring in the supplies for the class to plant a flower and keep it in the classroom in honor of your child's birthday.
6. Bring a copy of your child's favorite book to school and read it to the class and then donate it to the room. Be sure to have you or your child write a message in the cover!
7. Make a playlist of your child's favorite tunes for a classroom dance party
8. Bring in craft supplies and have all of the kiddos complete an individual or group

art project

9. Bring in birthday napkins and plates the kids can use during snack
10. Bring in birthday temporary tattoos for the class
11. Bring in individual slime or playdough for each child in the class.
12. Make it a PJ day

***Due to Covid parents are not able to join their child for their birthday celebration, the same will apply to siblings.



Healthy Celebration Snacks

If you prefer providing a snack to the activity options to celebrate your child's birthday, we ask that you provide a healthy snack. Here are a few suggestions!



1. Vegetable Trays with hummus or low-fat dips
2. Fresh fruit tray
3. Tortilla chips with salsa
4. Popcorn
5. Fresh-fruit or yogurt based popsicles
6. Pretzels and hummus
7. Yogurt parfaits with fresh fruit
8. Angel food cake topped with fresh fruit

9. Fresh berries topped with whipped topping
10. Fresh apple slices with caramel or yogurt dip
11. Low-fat pudding cups
12. Flavored rice cakes
13. Graham crackers to Teddy Grahams
14. Veggie or apple straws
15. Granola Bars (without nuts)
16. Muffins
17. Animal Crackers
18. Breadsticks and marinara
19. Goldfish crackers



Please Remember: Cornerstone is a nut free center, so we cannot serve any snacks containing nuts or processed in facilities where the product may have come in contact with nuts. Therefore, all snacks must be store bought and brought to the center in original packaging.

Birthday Celebration Plan

Please complete the following form and return it to your child's teacher at least a week prior to your child's birthday celebration at school. Thank you for your cooperation!

Child's Name: _____

Date you want to celebrate at school: _____

Activity or snack you have chosen for the celebration: _____

What supplies are you supplying: _____

What supplies do you need Cornerstone to supply: _____

Any Additional Notes: _____
