

Helpful Hints for Birthday Treats

Children love to celebrate their birthday at school. If you would like to celebrate your child's birthday please sign up by writing his/her name on the *Birthday Calendar*, which is located in the front hallway of the preschool. Indicate in the calendar if you are bringing a birthday snack, or not, so we can plan accordingly. Please sign up a week in advance.

On the day you sign up to celebrate, we honor your child by presenting him/her with a birthday crown, and singing "Happy Birthday". **We start the celebration at 9:15 a.m. during the Morning Meeting.** You can choose to bring a birthday treat for the class that day, which would be distributed by teachers to students during morning snack. If you do bring a birthday treat, please sign up on our *Birthday Calendar* at least a week in advance, and indicate the item(s) you are bringing as a treat. Example: On 8/29 – Mandy (No treat), or 8/29 Mandy (yogurt and apples).

Think of low sugar healthy foods when planning treats. Birthday Treats need to be delivered by 9:15 a.m. and you need to bring enough food for 42 children in the Preschool class, or 23 in Pre-K. Keep portions small because we encourage children to eat their lunch. For instance, half a mini bagel or a quarter of a regular bagel is a good amount for most snacks, which will likely include a fruit as well. We do not allow tree nuts at school, so please check the ingredient labels.

Here are some ideas for nutritious snacks to bring on your child's birthday:

Cubed cheese and apples
Mini muffins
Fresh fruit – sliced or cubed
Yogurt – (No Go-Gurt please)
Mini bagels with cream cheese (cut in half)
Homemade fruit shakes
Pretzels and hummus
Small homemade burritos
Trail mix – with cereal and raisins
Homemade bread
Mini sandwiches

