

Birthdays, Class Parties, Snacks

In accordance with the State of Connecticut's new health and wellness guidelines, the Hamden Board of Education's policy regarding celebrations in school are as follows:

Schools:

1. will encourage the elimination of foods or beverages, as a reward for academic performance or good behavior, except in limited circumstances (such as when a primary health care provider mandates it as a medical necessity or as determined appropriate for individual students);
2. will conform with the district policy concerning food allergies;
3. will encourage the use of physical activity as a reward;
4. will limit celebrations that involve food during the school day, to not more than one such celebration per class per month and shall include healthy food alternatives for such celebrations; and
5. will be provided with a list of healthy celebration/snack ideas.

Classroom teachers will have a birthday celebration once a month (*see below for schedule*) in observance of **all** birthdays in that month. This will ensure that the Hamden Board of Education Policy is observed, while allowing the children to celebrate their birthdays with us here in school. Your child's teacher will contact parents regarding sending in items we will need for our fun monthly birthday celebrations!

Monthly Birthday Celebrations

School Year 2018 – 2019

Celebrations to be held the first Friday of each month, except for June

September 7th

October 5th

November 2nd

December 7th

January 4th

February 1st

March 1st

April 5th

May 3rd

May 31st (for June and Summer Birthdays)

Please see reverse for healthy snack suggestions.

Healthy Celebration Snack Ideas

Animal Crackers

Baby Carrots

Celery Sticks

Cereal (whole grain dry breakfast cereal)

Cheese (low fat) & Crackers

Dried Fruit (cranberries, raisins, apricots, etc.)

Fig Bars

Fruit (cut up fruit, fruit cups, fruit salad)

Fruit Cups

Grapes

Ginger Snaps

Graham Crackers

Mini Bagels

Mini Muffins (low fat corn, bran, blueberry – no chocolate chip)

Popcorn

Pretzels

Pudding Cups (low fat)

Rice Cakes (flavored)

String Cheese (low fat)

Trail Mix (without nuts)

Vanilla Wafers

Vegetables (cut up vegetables, carrot sticks, celery sticks, etc.)

Wheat Crackers

Whole Grain Crackers

Yogurt (low fat)