



[School Name] Birthday Menu



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

Please read through the choices in this menu and help your child decide which he/she would like to do for his/her birthday celebration. We want to honor each student in a special way! If there is something your child would like to do that is not listed here, please contact the teacher. Most activities that can be completed within a 15 minute time frame are fine!

Dance party

The birthday boy or girl may bring a favorite CD from home (ALL SONG LYRICS AND TOPICS MUST BE APPROPRIATE) or choose a classroom favorite to play while the class dances.

Extra recess

The class will enjoy 15 minutes of extra outside recess or a Go Noodle! indoor recess video.

Game time

Kindergarten uses many games for learning opportunities. During Game Time, the class will have 15 minutes to play some of their favorite math and literacy games.

The birthday girl or boy is also welcome to bring a favorite board or card game from home to share.

Guest Read aloud

The birthday boy or girl may choose a special guest and/or a special book to be read aloud to the class. This is a great time to share a favorite story! The guest reader could be a family member or a school staff member.

Indoor free time

The class will enjoy 15 minutes of extra indoor free time. This includes classroom toys, blocks, the home-living center, etc.

Lunch with the teacher

The birthday boy or girl may spend lunchtime eating in the classroom with his/her teacher. This is an opportunity for some special teacher time!

Overnight stuffed animal

The birthday girl or boy may choose a stuffed animal from the classroom to take home and enjoy overnight!

Painting

The birthday girl or boy may choose for the class to have a special painting time. This could be marble painting or a free-choice painting project.

Show-and-tell

The entire class can have a special show-and-tell time. Each student may bring an item from home to share with their friends.

Special craft

The birthday girl or boy may choose a special craft that she or he would like to lead the class in creating. This could be a beaded necklace, foam bookmark, sun-catcher, etc. Please remember that the project should be able to be completed in approximately 15 minutes. The birthday child's family is responsible for sending all necessary supplies. Typical classroom items (such as glue or yarn) can be provided by the teacher.

Teacher helper

The birthday girl or boy may choose to be the "Teacher Helper" for the day. That means she or he is designated to help with tasks like passing out papers, carrying clipboards, erasing whiteboards, and can even sit in the teacher's chair!

Healthy snacks

If the birthday boy or girl would like to choose to bring a special healthy snack for his or her birthday, here are three suggestions:

Fruit kabobs – Supply skewers and washed, cut fresh fruit like grapes, strawberries, and pineapple for the kids to use to make and enjoy a fruit kabob.

Fruit pizza – A thin crust (preferably whole grain), fat-free or low fat cream cheese "icing" and fresh fruit make this a tasty treat! There are several recipes online with specific baking instructions.

Popcorn party – Popcorn is a special yummy snack. When butter and salt are kept at a minimum (or not used) it is healthy, too.

Please return the birthday menu and your choice for your celebration within three days. Thank you!

Happy Birthday to _____ . My birthday is on _____ .

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

For my special day, I am choosing: _____ .

My family will supply: _____ .

I need you to supply: _____ .