

Celebrating Birthdays at School

It's always fun to celebrate your birthday at school with your classmates, but with 30 kids per class, plus all the holiday celebrations, it can add up to a lot of cake, cupcakes and sugary treats!

The latest research shows that free sugars are taking up too much of our diet, and a high sugar intake can cause health issues in the long term. Many schools are choosing to reduce the amount of sugary foods and drinks provided at school. Some classes celebrate all the birthdays in the month on one day, and some celebrate with a special activity rather than food.

If food is involved in a celebration, consider sending healthy choices to model good eating habits. Check out these ideas of how you can honour your child's birthday yet still support your school and the health of the class (continued on back page).

Celebrating with Food

- Rainbow fruit kabobs
- Frozen yogurt tubes
- Smoothies or yogurt parfaits
- Watermelon "cake"
- Cheese, crackers and cucumber tray
- Fresh fruit served in decorative cupcake wrappers or waffle cones
- Fresh fruit with black bean chocolate brownie dip or veggie sticks with yogurt dill dip, arranged in a fun shape
- Nut-free trail mix with plain cereal o's, pretzels, shreddies, dried cranberries, raisins, pumpkin seeds, sunflower seeds, etc.
- Pizza English muffins topped with tomato sauce, veggies and cheese
- Whole grain muffins or mini-muffins, such as carrot, blueberry or banana
- Whole grain loaf, such as banana, carrot, or chocolate zucchini
- Guacamole or hummus with multigrain crackers and veggie sticks
- Tortilla wraps filled with veggies and hummus sliced into "sushi" pieces



Celebrating with Activities

- Donate a new game for the class.
- Make a birthday book for each child in the class to make a page of positive statements and well wishes for the birthday child.
- Donate a special book to the class or school library with a dedication in the inside cover.
- Send a “goody bag” of non-edible treats, such as glow sticks, bubbles, stickers, tattoos, crayons, pencils, erasers, balls, badges, etc. for each student to choose from.
- Put together a small craft project for the class to complete.
- Ask the class to personalize an item for your child, like a t-shirt, hoodie, apron, poster, bag or other item with fabric markers, sharpies or stickers.
- Have a “birthday jar” that students can fill with birthday wishes and kind words for the birthday student to read.
- Ask if you can come eat lunch with your birthday child.
- Arrange a treasure hunt around the classroom or playground for the students.
- Give a birthday pin or badge to the student to wear for the day.
- Send a special note in your child’s lunch.

