

Healthy Celebrations Sample Letter to Parents

Dear Parents,

Your child's birthday and other special celebrations are very important to us and we want to celebrate! Here at (SCHOOL NAME), we want to shift the focus of celebrations to fun, rather than food!

(SCHOOL NAME) wants to send a consistent message about good nutrition and healthy eating, so it is important that our celebrations reflect the healthy changes being made throughout our school building. In our continued efforts to promote wellness for our students and staff, we ask that our school celebrates without using food. Parents are encouraged to send non-food items for celebrations or choose a non-food related activity to celebrate their child's birthday in the classroom.

We have provided a list of inexpensive ways to celebrate your child's special day! The contribution of these items to the classroom will provide entertainment and celebration on birthdays, holidays, and special events throughout the entire year. Thank you for your continued support regarding the health and wellbeing of our students.

Sincerely,

(SCHOOL NAME) Wellness Committee

Alternative Ideas for Classroom Celebrations

Lower-cost alternatives:

- Basketball, volleyball, or soccer ball - \$10-\$15
- Beach ball - \$2
- Frisbee - \$3-10
- Piñata filled with silly putty, bubbles, jacks, pencils, pens, etc. - \$10- \$15
- Bubbles - \$1
- Bubble Machine- \$10- \$20
- Pens, Pencils, Coloring Books, Stickers - \$0.25- \$2
- Seedlings for school garden- \$0.50- \$2
- Board games- \$5- \$15
- Sidewalk chalk - \$3-5
- Art supplies- \$5- \$20
- Your child's favorite book- \$5- \$15

Free alternatives:

- Extra recess
- Extra GoNoodle/Brain Breaks
- Dance to music
- Play a game as a class
- Special art or science project
- Special classroom privileges for the day (teacher's helper, line leader)
- Eat lunch in a special place (outdoors as a picnic)
- Read outdoors