

# ROSA PARKS EDISON

## KINDERGARTEN BIRTHDAY MENU

As a member of the Alliance for a Healthier Generation Healthy Schools Program, RPE strives to help our students make healthy lifestyle choices. Currently, approximately 30% of children in the United States are overweight or obese. Sometimes simple steps now can help children continue making healthier choices as adults.

In addition to healthier lunch choices and increased physical activity during our school day, RPE is 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 their special birthday treat.

**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!**



## CARTOON TIME

The class will enjoy approximately 15 minutes of cartoon time. We have access to both Nick Jr. and Cartoon Network in the classroom. At a time during the afternoon when an appropriate show is airing, the class will relax and enjoy cartoons.



## 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. (This choice is not appropriate for students with winter birthdays.)

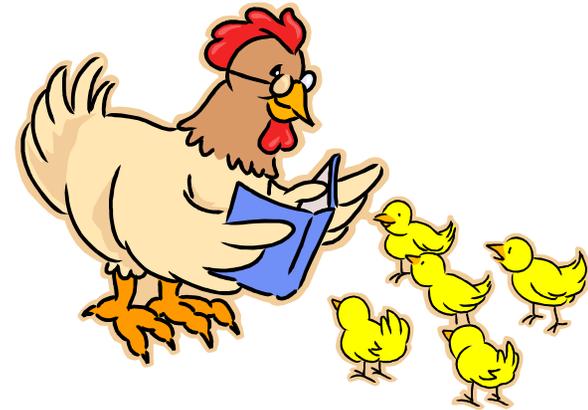


## **GAME TIME**

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!

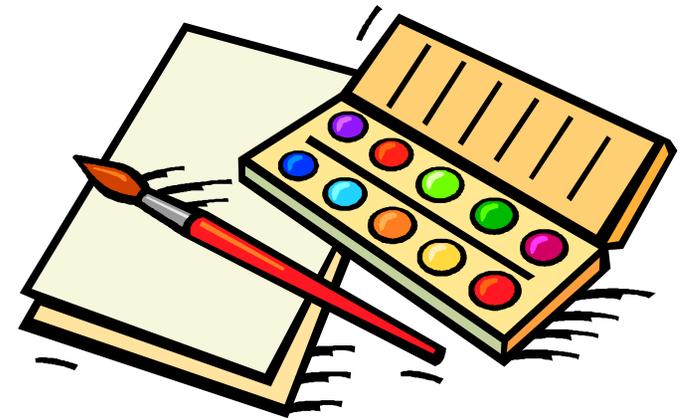


## **OVER-NIGHT STUFFED ANIMAL**

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

## **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: (Note – At the Gold Level of the Alliance's Healthy Schools National Recognition the criteria states: With the exception of a maximum of two times a year, all competitive foods served to students outside of the school meal program during the regular and extended school day, including school and classroom parties, meet the Alliance Competitive Foods Guidelines. Find the Guidelines and resources for snacks and beverages at [www.HealthierGeneration.org/snacksandbeverages](http://www.HealthierGeneration.org/snacksandbeverages).)

**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.

Simply send 3 microwavable bags of popcorn to share!

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 have my special treat on (date):

For my special treat, I am choosing:

My family will supply:

I need you to supply:

