



Birthday Ideas:

Parents are not obligated to bring items to your child's classroom on his or her birthday. However, many people do, and we have some suggestions to help us move away from the practice of bringing cake, ice-cream, cupcakes, candy and cookies:

- A) Buy a book, or bring a gently used one, appropriate to the age group of your son or daughter. The book can be wrapped and opened sometime during the day and your child can read parts of it or have the teacher do so. If you wish, you can write a little note with something along the lines of "Birthday book for _____ from your mom or dad" on the inside of the cover if there is room.
- B) Ask the school librarian for the name of a book the library would like to have and purchase it. You can then follow the procedure mentioned in A.
- C) Purchase a pack of pencils, nice erasers, a craft, or a game for indoor recess, OR a ball, skipping rope, chalk or anything appropriate for the classroom outdoor recess bin. The teacher might have suggestions for you.

These alternatives to unhealthy snacks are in keeping with our healthy nutrition and physical activity guidelines of our division and school and would be most welcome.

