

GATEWOOD ELEMENTARY

STAFF IDEAS FOR HEALTHFUL SCHOOL CELEBRATIONS & NON-FOOD REWARDS



CLASSROOM CELEBRATIONS

- Birthdays:



- Make the birthday child feel special by having them wear a party hat for the day, having classmates sign a big card, singing happy birthday.
- Suggest to families they present a favorite book, game, or playground equipment to the classroom in their child's honor; or bring in non-food items—such as fun pencils, erasers or bookmarks—as party favors for classmates.
- If you allow families to bring in birthday food, ask them to follow school guidelines for healthful treats.



- Classroom celebrations:

- Focus on the purpose of the celebration with related activities, fun, games, and exercise.
- Consider if food will add or detract from the purpose of the celebration. If you'd like to include food, follow school guidelines for easy healthful snacks or treats, or if you have more time, consider:
 - Parfait bar: yogurt, fresh fruit, granola
 - Fruit smoothie bar
 - Fruit salad bar
 - Trail mix bar: pretzels, whole-grain cereals, dried fruits, seeds



- Whole-class rewards:

- Extra playground / game time
- Dress-up / silly hat day
- Dance party
- Book swap / art / craft party



INDIVIDUAL INCENTIVES / REWARDS

- Non-food treats such as pencils, erasers, stickers, toothbrushes, etc.
- Give out “play money” to students that they can spend in a class-wide auction later in the year (auction items can include games, books, small toys, etc. donated by parents)
- Leadership role / special helper for the day / teacher for an hour
- Special chair / privilege / T-shirt for the day