



Birthday Treat Alternatives & Healthy Snacks

Schools have a responsibility to help students establish and maintain lifelong, healthy eating habits and maintain a safe environment for all students. Due to the increasing amount of food sensitivities and allergies in our environment, we have decided to eliminate edible birthday treats at Glen Lake. We will no longer have cakes, cookies, cupcakes or any other edible treats in the school for birthday celebrations. Most other schools in our district and surrounding districts have already made this change with great success. Individual teachers will help you find age-appropriate ways to recognize birthdays within the classroom.

Non-edible ideas to celebrate birthdays:

Let's focus on the student not on the food! Let's celebrate, not eat!

- *Parent donates book to the classroom and comes and reads book
- *Parent donates an indoor game for class
- *Parent donates outdoor equipment: hula-hoops, jump ropes, bouncy balls, soccer or basketballs, Nerf balls, marbles, jacks
- *Other: stickers, tattoos, pencils, pens, markers, erasers, play-dough
- *Birthday student may be an assistant - take attendance, run errands
- *Student chooses free choice at end of day
- *Student chooses extra recess time



Non Edible Treats

Non-birthday celebrations during the year

Glen Lake will be celebrating special times of the year with activities and healthy food. With creativity, these celebrations can encourage healthy eating habits. The food in our celebrations will be fruits, vegetables, dairy and whole grain. Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors and promotes positive lifestyle choices.

Healthy Snacks:

Healthy learners are better learners. When sending a snack, Glen Lake is requesting that parents send only healthy snacks for their students. Serving healthy snacks to children provides good nutrition, helps the brain to focus on learning and supports lifelong healthy eating habits.

Due to the high incidence of peanut/tree nut allergies, we ask that you do not send any: peanuts, nuts, peanut butter or any snack containing any kind of nuts for your child's snack.

Also, it is important to eliminate high fat foods such as chips, candy, cookies and soda in snacks. Focus on fresh fruits & vegetables, dairy (yogurt, low fat cheese), and healthy grains (whole wheat breads, crackers and cereals).

Thanks for your support and cooperation.

Jeff Radel, Principal

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