

# Welcome to Antioch Elementary School!

## *A new policy regarding birthdays...*



It is important to be aware that if students choose to celebrate their birthday at school, edible birthday treats are not an option, however they may bring a non-edible treat to share with the class. Some ideas include pencils, bookmarks, or donate a book or game to the class or school. A more extensive list of suggestions is provided below. The following is from the District Parent/Student handbook (page 30) for your information:

### ***Birthdays Celebrations***

*Birthdays are important milestones for children and many families choose to note this event by sending items to school to share with their child's classmates. Parents may recognize birthdays at school in ways that do not involve food items. Some examples include providing non-edible trinkets for the class or purchasing a book/game for the classroom in the child's honor. Birthday food items, such as cupcakes, will no longer be distributed at school.*

### **A few Non-Edible Birthday Treat Ideas...**

- Stickers
- Special Pencil – with or without topper
- Smencils
- Erasers
- Book or game that the birthday child donates to his/her class or school
  - *This is so fun if the parent/guardian wraps the item and can keep it a secret so the child does not know what he/she is opening/giving to the class!*
- Small toy or trinket to be sent home
  - i.e. bubbles, super ball, top, etc.
- Bookmarks
- Magnets
- Notepads
- Origami animal, flower, etc.
- *Very special when made by the birthday family.*

## ***Policy at AES regarding snacks...***

We are very excited to help our students grow and learn. One important part of learning is making sure our bodies and minds are prepared to take in new information. We know it is important to get lots of exercise, fresh air, and eat healthy foods.

The prevention of allergic reactions and the reduction of childhood obesity are factors contributing to healthy and allergy safer snack options. While it is recognized that there can be no guarantee of total allergy free environments within the school setting, the term "allergy safer" implies efforts to reduce the potential for allergic reactions. **Only** healthy snacks will be allowed during the school day.

**At AES, one healthy food choice we can help our students make is to eat a fruit or vegetable snack.** If you and your child decide a snack is needed during the course of the school day, the choice will be simple, a piece of fresh fruit or fresh vegetable. Here are some examples:

- Fruits: apple, banana, orange, kiwi, strawberries, blueberries, grapes, raisins, peaches, and cherry tomatoes.
- Vegetables: cucumber, broccoli, carrots, celery, peppers, green beans, and cauliflower

**We ask that students not bring dipping sauces, fruit rollups, or fruit juices.**

We understand that some students may have documented health issues that will affect their snack choices. Please feel free to discuss these food issues individually with the school nurse. Please know that you may always pack any food items that you choose in your child's lunch to be consumed in the cafeteria.

