

Fun & Healthy Celebrations at School

From birthdays to holiday parties, there are many celebrations at school. The fun often comes along with less than healthy foods. Offering so many treats so often can contribute to unhealthy eating habits and affect academic performance. It is important that all celebrations at school be in alignment with the Orinda Union School District [Board Policy 3550](#) which values good nutrition, an active lifestyle, and the overall health and wellbeing of our students. All Orinda schools are taking steps to reduce the amount of unhealthy snacks served to students, with a particular focus on reducing sugary foods and/or snacks in the classroom. Therefore, as a school district, all five OUSD schools are implementing school practices that include “alternatives to food” for birthday celebrations in school. With a few easy changes, we can shift the focus of school celebrations from unhealthy to healthy fun.

Birthday Celebrations

Your child’s birthday is important to us, and all students should have the chance to be recognized and honored on their special day. Birthday celebrations can be lots of fun without the need for treats (food and non-food alike), to save time and money as well as to avoid complications with food allergies.

In honor of your child’s birthday, below is a list of fun alternatives we recommend. Please discuss your child’s preference with your teacher. Parents are welcome to join in the fun, but please be assured all kids will be honored whether you are able to attend or not.

- Bring in a favorite book to be read to the class by your child, your child’s teacher, or a parent. If you would like to donate a copy of the book to your class please sign it with your name so everyone will know that it was from you.
- Bring in your child’s favorite song for a dance party or special activity.
- Child shares his or her favorite item with the class (i.e., a toy, picture, souvenir).
- Class goes on a short nature walk.
- Child shares one of his or her talents with the class (i.e., singing, instrument, poem, magic).
- Class plays your child’s favorite game.

Classroom Holiday Parties and Other Celebrations

All other classroom holiday parties and celebrations should follow suit and focus on fun activities, such as games, crafts and music with a focus on healthy food choices. Our goal is to set a good example for our students, as well as promote good health and academic performance.

**Thank you for your valued co-operation.
We look forward to a year of happy and healthy celebrations as school!**