



## GUIDELINES FOR SCHOOL CELEBRATIONS AND EVENTS

The following guidelines were developed by the Wellness Committee regarding the planning of snacks, celebrations and after-school events. These guidelines have been developed to support Wellness Policy\* goals, to be inclusive of students who have food restrictions, and to promote a clean and pest-free environment for our students. Our shared goal is not to eliminate celebrations, but to coordinate and plan food events that include healthy choices and offer alternatives to food celebrations that will limit excessive caloric intake and encourage physical activity. Our goals in making these recommendations are to foster a culture of moderation, increase health awareness and promote a healthy school environment for all students.

Holidays, birthdays, and other special occasions are wonderful opportunities for gatherings that help to build and strengthen communities. The emphasis in celebration can be on activities other than eating. The number of food celebrations throughout the school year should be limited. Principals and teachers can collaborate to determine best practices for individual schools.

**BRAINSTORM** with grade level colleagues to identify age appropriate celebrations.  
**BUILD CONSENSUS** and agreement among parents and students.  
**CHOOSE** which occasions will include food in celebration.  
**PLAN** parties in advance.  
**COMMUNICATE** with families so that everyone will know what to expect.

Research links healthy habits in childhood to higher achievement in school, and to healthier adult lives.

### FOOD GUIDELINES

Schedule food events after lunch  
 Food should be consumed in cafeteria when possible  
 Nuts and peanuts in cafeteria only  
 Provide a nut/peanut restricted table in the cafeteria  
 Restrict specific foods in classrooms with known allergies  
 Dispose of food waste to avoid attracting pests  
 Store classroom snacks carefully to avoid attracting pests

### AVOID

High sugar foods such as candy, cupcakes, doughnuts  
 Nut/Peanuts consumption in the classroom  
 Using food or treats as a reward  
 Excessive quantities

### NEVER

Offer foods to children with food allergies without parental approval

\* see page e 26 in Policy manual online, <http://www.brookline.k12.ma.us/nr/rdonlyres/D3BA8345-7162-4172-9Ca2-5C840187eCe7/1604/sectione6507.pdf>

For information on nutritious snacks, refer to our Healthy Snack Handout.

### ALTERNATIVES FOR BIRTHDAYS

Principal announces birthday over PA  
 Hat, crown or badge for the birthday child  
 Parent of child visits classroom to lead a special activity  
 Teacher posts birthdays on bulletin board – classmates pin up cards, wishes  
 Circle time: each child says or writes something positive about the birthday child  
 Birthday student makes morning announcements over PA  
 Line leader, messenger for the day  
 Birthday student helps teach a class of interest

### ALTERNATIVES FOR REWARDS

Recognition at assembly  
 Extra recess time  
 Free choice time  
 Special activity- arts, crafts, performance, sports  
 Extra computer time  
 Extra reading time  
 Chat break  
 Homework pass  
 Free ticket to a school event  
 Stickers, pencils, books