

RELATED FOUNDATIONS:

- Social and Physical Environments

RESOURCES:

- Example Parent/Guardian messaging
- [Bright Bites Tips for Celebrations](#)
- [10 Ways to Create a Supportive Food Environment](#)

Rethink Celebrations

ACTIVITY GOAL: To create supportive nutrition environments by serving foods during school celebrations that align with Canada's Food Guide and the Ministry of Education's School Food and Beverage policy (P/PM 150).

POLICY IDEAS:

Policy Rationale: An approach to celebrations that reinforces messages shared through curriculum and promotes life-long positive relationships with food.

Classroom celebrations are also an excellent opportunity to learn about different cultures and traditions. Music, arts and crafts, games, stories, and songs, along with food preparation and tasting, help make cultures come alive for children.

Example Policy Statement:

To create supportive nutrition environments by serving foods during school celebrations that align with Canada's Food Guide.

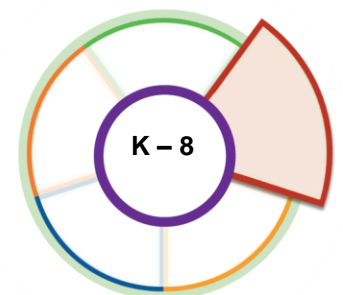
This strategy can be implemented at the classroom and/or school level.

To support the adoption of the policy:

- Serve water as the beverage at celebrations
- Inform families about the policy in a positive and engaging way and provide additional ideas for birthdays and other celebrations. Refer to the Classroom Celebration Parent/Guardian messaging and optional letter
- Use a sign-up sheet to ensure a reasonable quantity and a variety of options are available (see below for sample)
- Celebrate all birthdays for the month on a designated day

Curriculum Connections

- FDK: 6.2 investigate the benefits of nutritious foods and facilitating children's efforts to make the healthiest choices
- Grade 1: D2.1 Food for healthy bodies and minds
- Grade 2: D2.1 Healthy eating patterns; D2.2 Food choices snacks, meals
- Grade 3: D3.1 Food origins, nutritional value, and environmental impact
- Grade 4: D1.1 Nutrients; D2.1 Personal eating habits; D3.1 Healthier eating in various settings
- Grade 5: D2.1 Nutrition fact tables, food labels
- Grade 6: D2.1 Influences on healthy eating
- Grade 7: D3.1 Personal, external factors in food choices
- Grade 8: D3.1 Promoting healthy eating



Celebration ideas ... beyond food

- **Dance party**
The class will have an opportunity to dance to one of your child's favourite songs or online videos (All song lyrics and topics must be appropriate).
- **Extra recess**
The class will enjoy some extra outside recess time.
- **Game time**
Students can choose a game for the class to play as a group.
- **Guest read aloud**
Students can choose a special guest and/or a special book to be read aloud to the class. The guest reader could be a family member or a school staff member.
- **Indoor free time**
The class will enjoy extra indoor free time.
- **Teacher helper**
A student gets to be a "Teacher Helper" for the day and help with tasks like passing out papers, carrying clipboards, erasing whiteboards.
- **Treasure Box**
Students are invited to the office to get a token gift on their birthday (e.g., fun pencil or eraser)
- **Birthday Announcements**
Share students' birthdays on the morning announcements.

Celebration ideas...with food

- Here are some great ideas to consider: <https://www.pinterest.com/brightbitesca/celebrations/>

Example Parent/Guardian Celebrations Messaging

This message can be shared as a letter home or through a school newsletter.

Classroom celebrations provide time for students to enjoy themselves and take part in fun activities. Providing food that aligns with Canada's Food Guide is an opportunity to provide a variety of food choices.

If you decide to send food with your child for an event, holiday, or birthday, please reach out to your child's teacher before the celebration. This will ensure a variety of food choices are available, including foods that align with Canada's Food Guide. Vegetables and fruit served in creative and fun ways are an excellent choice! Here are some great ideas to consider: <https://www.pinterest.com/brightbitesca/celebrations/>.

Thank you for your support.

Sample sign-up sheet

Vegetables (2 students)	Fruit (2 students)
Other (2 students)	Drinks (s students)

OPTION 2: **Example Parent/Guardian Letter Supporting “Rethink Celebrations”**

Dear Parent/Guardian,

This year, instead of families bringing food for the class, we are wanting to celebrate student birthdays in a new way. Students can choose a special activity for their special day. Please read the options below and have your child decide which option they would like to celebrate their birthday at school.

Dance party

The class will have an opportunity to dance to one of your child’s favourite songs or online videos (must be appropriate)

Extra recess

The class will enjoy some extra outside recess time.

Game time

Your child can choose a game for the class to play as a group.

Guest read aloud

Your child can choose a special guest and/or a special book to be read aloud to the class. The guest reader could be a family member or a school staff member.

Indoor free time

The class will enjoy extra indoor free time.

Teacher helper

Your child can be the “Teacher Helper” for the day and help with tasks like passing out papers, carrying clipboards, erasing whiteboards.

Please return your child’s choice by: _____ . Thank you!

Happy Birthday _____. My birthday is on _____.

I’d like to celebrate my birthday on (date): _____.

For my special day, I am choosing: _____.