

## Healthy Celebration Ideas

### September

Celebrate birthdays the healthy way! For health and safety, the district has approved new procedures. No food can be provided for classroom birthday celebrations, including cupcakes and candy. For ideas to celebrate your child's birthday go to the SPS website "Meals"; <https://www.spokaneschools.org/domain/237>.

### October

Harvest celebrations are approaching. Find ideas for celebration activities on the SPS website "Meals"; <https://www.spokaneschools.org/domain/237>. If food is included in celebrations, consider "orange" themed Smart Snack approved options like whole oranges, wrapped cheddar cheese sticks, goldfish crackers and packaged baby carrots.

### January

Valentine celebrations are approaching! Show you care with "conversation cuties" – use a sharpie to write Valentine's themed messages on the peels of cuties or clementines. Read the message, peel the fruit, and enjoy a healthy celebration snack! If food is included in the classroom celebration, it must be Smart Snack compliant. For more ideas go to the SPS website "Meals"; <https://www.spokaneschools.org/domain/237>.

### May

Celebrate with movement! Kids enjoy active games, music and dance, the Limbo, and outdoor play time. Help meet the goal for 60 minutes of physical activity each day while having fun! For more ideas, visit the SPS website "Meals"; <https://www.spokaneschools.org/domain/237>.