



Healthy Birthday Party Celebration Policy:

Children should feel special on their birthdays and be allowed to celebrate the special day at school with their teachers and friends. MECC, Inc. strives to provide a healthy environment for children and encourage children, teachers, and families to develop healthy habits.

Therefore the current policy: *Families are invited to bring cupcakes, or special snacks for their child's birthday celebration*, will be replaced with the following:

Children, Families, and Staff are invited to help children celebrate their birthday at school with activities such as making a special crown, leading a parade with music and instruments around the 2.5 acre school site, posting photos of the parade on the community bulletin board and website.

The new proposed policy will encourage children, teachers, and families to equate celebrations with movement and activity rather than sugary snack food.

Sample Birthday Celebration Plan:

- *The Birthday Girl or Boy will be invited to create their own birthday crown using special stickers, stamps, sparkles, and markers.*
- *At 9:30 am the child will be invited to lead a birthday parade around the school with their peers.*
- *We will sing, play instruments, and visit all of the classrooms as we march throughout the school grounds!*
- *We will come back to the classroom for our healthy snack.*
- *The child's picture will be displayed on the Birthday bulletin board.*