



Loring High-5 Celebration Sign-up Form & 'Menu' Ideas



As a member of the Alliance for a Healthier Generation Healthy Schools Program, Loring strives to help our students make healthy lifestyle choices. Currently, approximately 30% of children in the United States are overweight or obese. Sometimes simple steps now can help children continue making healthier choices as adults.

In addition to healthier lunch choices and increased physical activity during our school day, Loring is also beginning a healthier birthday initiative. **Instead of birthday snacks like cupcakes,** we are offering students an opportunity to choose an item from this menu as their special birthday treat.



PLEASE READ THROUGH THE CHOICES IN THIS MENU (see below) AND HELP YOUR CHILD DECIDE WHICH HE/SHE WOULD LIKE TO DO FOR HIS/HER BIRTHDAY CELEBRATION. WE WANT TO HONOR EACH STUDENT IN A SPECIAL WAY!

Your child's first name and grade will be announced on the morning podcast at school!



Please return the this sheet and your choice for your celebration within three days. Thank you!

Happy Birthday to _____

My birthday is on _____

I'd like to have my special treat on (date)

For my special treat, I am choosing:

My family will supply: _____

I need you to supply: _____



If your child has a summer birthday or their birthday is when we are on a break the teacher will let you know when we will celebrate.



GUEST READ ALOUD The birthday boy or girl may choose a special guest and/or a special book to be read aloud to the class. This is a great time to share a favorite story! The guest reader could be a family member or a school staff member. The child may donate the book to the class.



INDOOR FREE TIME The class will enjoy 15 minutes of extra indoor free time. This includes classroom toys, blocks, the home-living center, etc.

LUNCH WITH THE TEACHER The birthday boy or girl may spend lunchtime eating in the classroom with his/her teacher. This is an opportunity for some special teacher time!



TEACHER HELPER The birthday girl or boy may choose to be the "Teacher Helper" for the day. That means she or he is designated to help with tasks like passing out papers, carrying clipboards, erasing whiteboards, and can even sit in the teacher's chair!

SHOW-AND-TELL The entire class can have a special show- and-tell time. Each student may bring an item from home to share with their friends.



OVER-NIGHT STUFFED ANIMAL The birthday girl or boy may choose a stuffed animal from the classroom to take home and enjoy over-night!

EXTRA RECESS The class will enjoy 15 minutes of extra outside recess. (This choice is not appropriate for students with winter birthdays.)



DANCE PARTY The birthday boy or girl may bring a favorite CD from home (ALL SONG LYRICS AND TOPICS MUST BE APPROPRIATE) or choose a classroom favorite to play while the class dances.

The birthday girl or boy may choose a special craft that she or he would like to lead the class in creating. This could be a beaded necklace, foam bookmark, sun-catcher, etc. Please remember that the project should be able to be completed in approximately 15 minutes. The birthday child's family is responsible for sending all necessary supplies. Typical classroom items (such as glue or yarn) can be provided by the teacher.