

# HAPPY BIRTHDAY TO

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My birthday is on:

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I'd like to have my birthday activity  
on:  
(Date)

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For my activity, I am choosing:

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My family will supply:  
(if necessary)

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I need you to supply:  
(common items like glue, markers, etc. can be  
provided by teacher)

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## BIRTHDAY CELEBRATIONS

We would like to encourage your support for this change in birthday celebrations. We realize that kids want to feel special on their birthday which is why they will get to choose a special activity from this birthday menu.

**If there is something your child would like to do that is not listed, please contact the teacher. Activities that can be done in a 15 minute time frame are fine.**



Developed by  
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## BIRTHDAY MENU

Bismarck Public Schools is striving to help our students make healthier lifestyle choices. There is an increasing number of children in our schools who have food allergies. Some food allergies can be *life-threatening*. We want to team with parents to limit the possibilities for children being made ill from food brought into classrooms. In addition, approximately 30% of children in North Dakota are overweight or obese. Sometimes simple steps now can help children continue making healthier choices as adults.

Bismarck Public Schools is instituting a healthier birthday initiative. Instead of sweet treats on every student's birthday, we are offering students an opportunity to choose an activity from this menu for their birthday treat.

**PLEASE READ THROUGH THE CHOICES IN THIS MENU 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!**



## GAME TIME

During Game Time, the class will have 15 minutes to play a favorite math, literacy, or other game. The birthday student is also welcome to bring a favorite game from home.



## DANCE PARTY

The birthday student 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!



## LUNCH WITH SPECIAL GUEST

The birthday student may spend lunchtime eating with parent, relative, or special person.

## GUEST READ ALOUD

The birthday student may choose a special guest and/or a special book to be read aloud to the class. The guest reader could be a family member, relative, or a school staff member.

## EXTRA RECESS

The class will enjoy 15 minutes of extra outside recess (if weather-permitting).



## COMPUTER TIME

The birthday student will enjoy 15 minutes of extra computer time (if available for use).



## SPECIAL CRAFT

The birthday student may choose a craft that he or she would like to lead the class in creating. The project should be able to be completed in 15 minutes. The child's family is responsible for sending all necessary supplies.



## INDOOR FREE TIME

The class will enjoy 15 minutes of extra indoor free time. This includes classroom toys, drawing, reading, etc.

## SHOW-AND-TELL

The birthday student can bring an item from home for a special show-and-tell time (toy, book, musical instrument, etc.).

## TEACHER HELPER

The birthday boy or girl may choose to be the "Teacher Helper" for the day. That means he or she will be designated to help with a variety of classroom tasks!