



**BEACH PARK COMMUNITY  
CONSOLIDATED SCHOOL  
DISTRICT #3  
11315 W. Wadsworth Road  
Beach Park, IL 60099**

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**August 2015**

**TO: District Administrators**

**RE: BIRTHDAY TREATS AT SCHOOL**

The tradition of sweet birthday treats in school has been around for a long time, but there are many healthier options parents and teachers can use to celebrate. We all know that obesity is becoming an epidemic among our children and food allergies make some treats dangerous for our students. We want children to be able to have their special day recognized. The school and classroom teachers do this in a variety of ways including having students wear a crown, reading birthday names during announcements, having the birthday child be line leader or go first for an activity and many other ways. If parents choose to send something to school to celebrate, it should not be an edible treat. Some ideas are below.

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|--|---------------------|
| 1. Key chains                                | 2. Pencils/pens     |
| 3. Bubbles                                   | 4. Stickers         |
| 5. Temporary tattoos                         | 6. Rubber bracelets |
| 7. Donate a book to the class/school library | 8. Bookmarks        |

**PLEASE HELP ALL OF OUR CHILDREN DEVELOP HEALTHY HABITS**