

Treats We Don't Have to Eat!

Central Elementary has a responsibility to help students establish and maintain lifelong, healthy eating habits. We also live in a society where allergies are more of a safety concern than ever. We can help promote a safe, positive learning environment by providing healthy celebrations that shift the focus from the food to the child. For these reasons, Central has chosen to move away from edible treats in the classroom. We believe this will help to encourage healthy, safe eating and celebrating.

We are excited about all the new ways we will find together to celebrate birthdays and holidays. We know this adjustment will require a mental shift for some of us, so we have compiled a **list of inexpensive ideas** to get your brain going! Feel free to use an item from this list or let your creativity and imagination run wild!

- **Magnets**
- **Glow sticks**
- **Trading cards**
- **Hats**
- **Anything from the party favor section of Target or Meijer**
- **Special Pencil – with or without topper**
- **Silly putty**
- **Sidewalk chalk**
- **Matchbox cars**
- **Bubbles**
- **Homemade play-dough**
- **Stickers**
- **Pens**
- **Post-it notes**
- **Bouncy Balls**
- **Bookmarks**
- **Notepads**
- **Homemade Origami animal, flower, etc.**
- **Erasers**
- **Book or game that the child donates to his/her class**

Online Novelty Shops:

[Orientaltrading.com](http://www.orientaltrading.com)

<http://www.ustoy.com/category>

In Town Novelty Shop:

Kent Novelty

659 Michigan St NE

Grand Rapids, MI 49503

(616) 458-1503

We will no longer allow cakes, cookies, cupcakes or any other edible treats in the school for birthdays or other celebrations. If you do send an edible treat with your child for him/her to share with the class, unfortunately, we will have to send it back home with them. You know your own child very well. If snacks are available in the building during events that you attend with your child, you can help him/her decide what is healthy and safe to eat. A child may not be aware of all of his/her allergies or the various ingredients in different foods. For this reason, food snacks should only be provided by each child's own parents/guardians.