

Stevenson Elementary School

Healthy School Celebrations

Mission Statement:

We will provide a wellness program that utilizes national nutrition and physical fitness standards to promote healthy eating habits and increased physical activity as well as encourages the development of lifelong habits in order to lead more productive lives.

Stevenson supports lifelong healthy eating habits for all students and staff. We are committed to providing a healthy environment for students to learn and play.

Vision Statement:

To develop in each student a degree of appreciation that allows each to share in the richness of a healthy and active life and thus becoming a more productive citizen.

Benefits of Healthy Celebrations:

*Healthy Kids Learn Better: Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

*Provides Consistent Message: Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead contradicting them. Healthy Celebrations promote positive lifestyle choices to reduce student health risks and improving learning.

*Promotes a Healthy School Environment: In order to positively change eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it.

Monthly Healthy Celebrations at Stevenson



September

Lets set the right tone for this year's celebrations. Keep in mind these healthy tips:

1. Celebrate without food; shift the focus from food to fun.
2. Talk to students about the reasons for the healthy makeover, and involve them in planning the party.
3. **Celebrate birthdays** once a month. Let the birthday child/children choose and lead an active game for everyone. Have a dance party. Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
4. Create a "healthy classroom party guide" to distribute to parents.
5. Create a healthy snack list and have parents sign up to bring in an item from the list.
6. Games for a birthday party: "Freeze Dance" - Put on some kids music - have kids show off their silliest dance move-but they must freeze in place when the tunes turn off. "Zumba Dance" (ask PE teacher for zumba dvd), "Simon Says" - let the birthday child be "Simon". "Limbo, Limbo, Limbo"- don't forget music.
7. Give the birthday children birthday cards made by the other students

October



Halloween

- * Make Halloween into drama day where kids get to make their own costumes or masks and write and perform in their own plays.
- *Explore the history and legend behind Halloween
- *Instead of ordering cheese pizza, make-your-own vegetable pizza (jack-o-lantern faces) on pita bread.

November



Thanksgiving

Thanksgiving is about giving thanks for what we have and for the people we have in our lives.

*Encourage students to share what they are thankful for by writing a poem, drawing a picture, or telling a story.

December



Christmas, Hanukah, Kwanzaa - These holidays provide the opportunity to focus on community outreach. Instead of throwing a party, your class can:

- * Decorate a pillowcases to give to a homeless shelter.
- * Make holiday cards for a nursing home.
- * Collect animal treats for the human society.
- *Hold a food drive for Harvest Community Food Network. www.harvesters.org

January



*Celebrate students cultural heritage with traditional crafts, games, & stories.(January - Chinese New Year, Feb. -Black History Month, March- Irish American Heritage Month & Women's History Month etc..)

February



Valentine's Day

- *Invite students to write down one positive comment about each classmate, e.g., “you are a good friend, you have a nice smile, or you are smart” and pass them out as valentines.
- * Ask students to write poems and read them aloud to the class. Vote on the best one and have a Valentine's Day assembly showcasing each classroom winner.

March



Nutrition Month

- *Let your students bring some healthy snacks to school and have a discussion about nutrition value each of them.

St. Patrick's Day

- *Teach an Irish dance
- *Plan a St. Paddy's day scavenger hunt that leads to a pot of gold filled with treasures, such as markers, stickers, pens, pencils, etc. (try to find “green” treasures)

April



Spring Celebration:

- *Plan a nature walk to see plants re-awakening in the spring weather
- *Decorate a flower pot & plant a flower or seed
- *Easter Egg Hunt: put physical activity messages on the inside of the eggs (ex. run in place, hop 10 times, etc..)

May



As the end of the year assessments approach, practice relaxation and visualization techniques with your students.

Test Taking Rap Song: Flocabulary.com

*Butterfly Breathing:

Have students interlock their fingers in front of their mouth, with their elbows touching. Exhale...while bringing the hands down, still interlocked, and bring your elbows to the side. Inhale...and return your still grasped hands back to your mouth/nose and elbows clamped.... Repeat over and over.

*Have students relax while completing the breathing exercise and then ask them to visualize how successful they will be on end of the year assessments and other possible goals.

June



The end of the school year party: Plan your party outdoor.

* “Capture the Flag”- Divide your pirates into two teams, each with their own flag and own island. Pirates then hide their pirate flag somewhere on their island. Goal is to find the opposing flag and bring it back to your team’s island. If one pirate carrying the flag is tagged by an opposing pirate, he is sent to a designated deserted island where a friendly tag from his own teammates rescues him. First team to get the opposing team’s flag onto their own island wins.

* Fresh produce is easier to come by in summer. Talk about fruits from around the world and discuss where they originated.

* Have a tasting party with star fruit, papaya, mango, kiwi, guava or pineapple.

Easy Recipes For Healthy Celebrations:

Fruit Cone

Serve cut fruit, melon balls or whole berries and grapes in ice cream cone.

Watermelon Pops

Cut slices or chunks of watermelon. Push the pieces onto a popsicle stick. Freeze overnight.

Smoothies

Start with skim milk and a whole banana for each batch. Add a variety of fresh or frozen fruit and blend. Serve with colorful straws for a festive touch.

Fruit/Yogurt Parfait

Chop a variety of seasonal fruit. Layer it in a small, clear cups with vanilla yogurt, granola, mixed nuts or sunflower seeds.

What Parents Can Do

Parents can help school promote a healthy learning environment by following the healthy celebration tips.

- * They can work with the teacher to plan special party games and activities.
- * They can provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- * They can purchase a book for the classroom or school library in the birthday child's name: "Happy Birthday Hamster" by Cynthia Lord, "Finally" by Wendy Mass, "The Birthday Pet" by Ellen Javernick, "I Am Invited To A Party" by Mo Willems.
- * They can come in and read a book, help with art project or physical activity game.
- * They can provide some healthy snacks from healthy recipes list.
- * Non-food Goody Bag Ideas: -pencils -pens -crayons -stickers -bubbles -balls -coloring books

Classroom Rewards Ideas

- * Reward students who have turned in all assignments with 20 minutes of playing games they have brought from home. During game time, students who have not turned in all of their assignments get to work on those missing assignments they never completed.
- * Let students earn money for bringing back homework, finishing work for the day. Hang up a list of things they can buy with their money (upper grades: listen to headphones during work time, move their desk anywhere in the room, skip one homework

assignment; lower grades: computer time during math or work time, sit at the teacher's desk pick your own spot for the day). Students may buy things each week or each month.

*Let the students have their "mailboxes". When you see them doing good things, write them a mini-message with specific praise. When they have extra time, they can also write mini-messages to each other and put them in their "mailboxes".

Ideas For Non-food Individual Rewards

*Free activity passes: skating pass, karate studio, dance studio, swimming pool, bowling

*Make a coupon for any of the following:

-one free test answer,

-one sports card

-complete only half of a homework assignment

*Homework passes

*Privileges, certificates, recognition in class

*Reward board (photo, etc.)

*Stickers

*Classroom auction/raffle

*Movie tickets

*Extra recess