

Little Broncos Birthday Celebration Procedures

Dear Parent/Guardian:

At WECC, our kindergarten staff feels we have a responsibility to help your child establish lifelong habits of healthy eating patterns and regular physical activity. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, healthier lives. You love your child and you want the best for them, so please join us in creating opportunities for them to make healthy choices.

The goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the primary focus of birthday parties or celebrations. The focus should be on fun, not food.

Here is a list of non-food items to have your child bring in on their birthday. This is simply a suggested list. Please feel free to use your own creative ideas.

Stickers	Glow-in-the-dark items
Little toys	Slap bracelets
Stamps	Whistles
Army men	Party hats
Plastic rings	Silly bands
Decorative pencils	Fake tattoos
Erasers	Bubbles
Holiday theme items	Chalk
Crayons	

You may also purchase a book for the classroom in your child's name. It could be read to the class on your child's birthday.

Thank you for helping to provide healthier options for your children.

Sincerely,

The Kindergarten Staff