

Happy Birthday To

My Birthday is on _____

For my birthday menu choice,

I am choosing _____

I would like to celebrate

with my birthday menu choice on _____

My family will supply _____

If your birthday choice includes food, we ask that you send in a

healthy snack from our

suggested list.

Suggested healthy options :

Fruit

Crackers

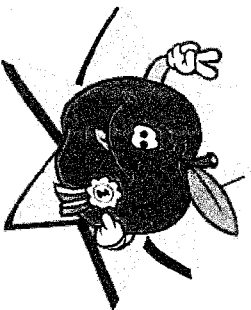
Pretzels

Popcorn

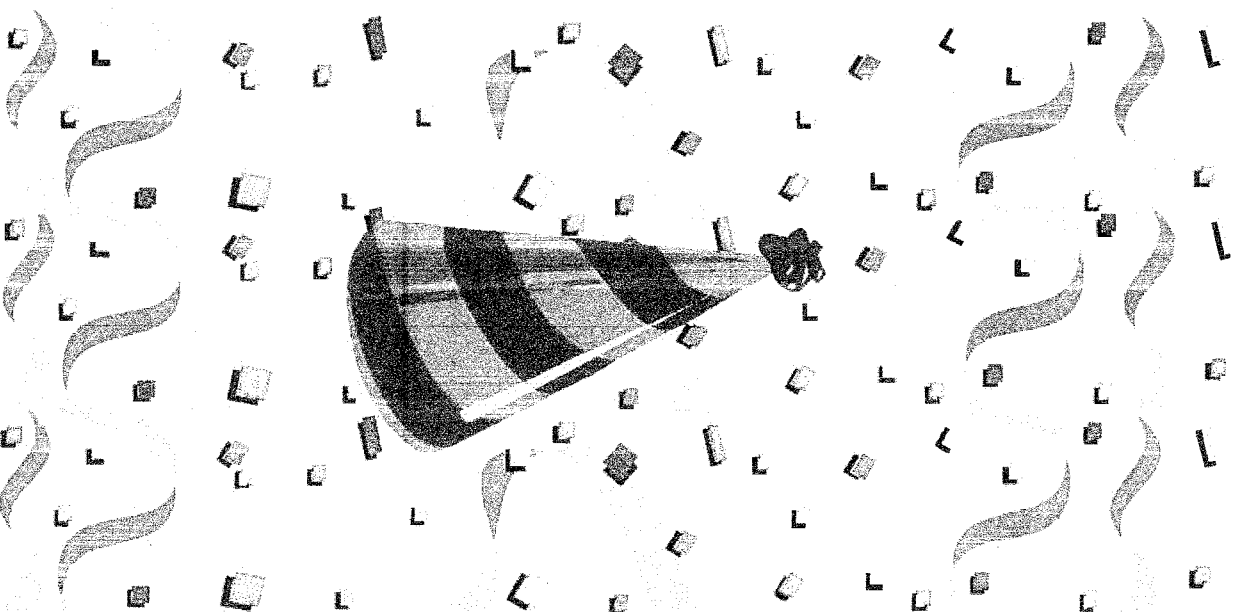
Vegetables

Or your own healthy snack idea

Thank you for your cooperation.



**West Hills Elementary School
Primary Menu**



Student Show and Tell

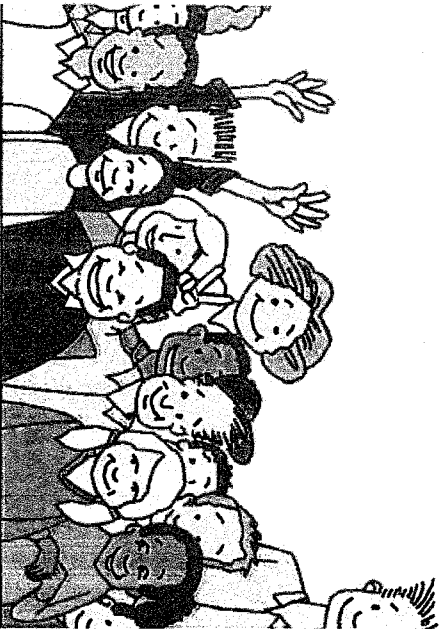
The class will have a special show-and-tell time. You may bring an item from home to share with your class for a show-and-tell time.

Teacher Helper

You may choose to be the "Teacher Helper" for the day.

Healthy Snack

You may choose to have a special healthy birthday snack in the classroom. Please provide food from the suggested list. (See back of pamphlet.)



Your child's birthday is important and will be celebrated in the classroom with

his or her teacher and peers. **WHERS** is beginning a healthier birthday initiative. Instead of birthday snacks like cupcakes and cookies, we are offering students an opportunity to choose an option from this menu as their special birthday treat. Discuss the nine options with your child and return this completed pamphlet to your child's teacher.

Computer Time

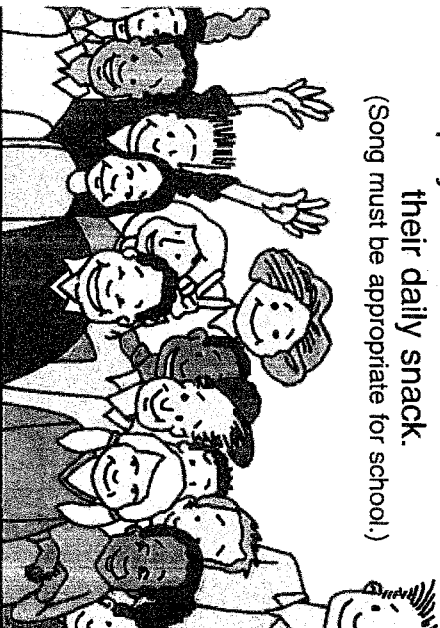
You may use the computer alone or with a friend for an extra 15 min-

Stuffed Animal

You may bring your favorite stuffed animal to school with you for the day.

Music Time

You may bring a CD from home to play while the class eats their daily snack. (Song must be appropriate for school.)



Favorite Book

You may choose your favorite book to be read out loud by the teacher or any guest reader of your choice.

Class Game Time

You may choose a game to play with the whole class. These games may include: 7-up, interactive SMARTboard games, etc.

Free Homework Pass

You will be excused from a homework assignment for one day agreed upon with your teacher.

