

# Healthy Celebration Policy

We believe teaching children to make healthy nutritious choices is an important part of our job as educators. Making healthy food and drink choices help lead to a healthy life. While school is a great place to celebrate birthdays and holidays, we believe that it is also possible to celebrate while making healthy choices. Celebrations can be fun without edible treats. As per SFUSD Official Wellness Policy, we do not allow any edible treats at Harvey Milk Civil Rights Academy including at special occasions such as birthdays, Halloween, Valentine's Day, etc. Homemade cards and non-edible items are encouraged, but here are some other ideas to consider:

- *Temporary tattoos – Kids love tattoos*
- *Stickers – In themes. Stickers are a safe bet and available everywhere*
- *Birthday/Halloween/Valentines Day-themed pencils, pens, and erasers are both fun and functional*
- *Bubbles – Kids love bubbles*
- *Crafts- friendship bracelets, etc.*

Tip for Halloween: make sure children eat a nutritious meal or snack before going trick-or-treating so they won't be tempted to dig into their bag of goodies before they get

home. Bring water for kids to drink. When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious.

## **TREAT Our Students to a Healthy Halloween!**

### Instead of Candy



### GIVE:

#### TREASURES:

- Tattoos or stickers
- Small spiders, ghosts, or skeletons
- Bouncy balls
- Pencils or erasers
- Spooky plastic rings or false teeth
- Bracelets or hair accessories

#### HEALTHIER TREATS:

- Small packs of raisins
- 100% fruit leathers
- Sugar-free gum
- Tangerines or small apples

