St. Philip Neri School Celebration and Party Guidelines

St. Philips' can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices!

Healthy Snack Ideas for Every Party – This is a list of suggestions for party ideas. Please keep in mind the amount of food that is brought in. For example, if you bring in cupcakes – please bring in one cupcake per child.

- 100% juice or waters are recommended. Please do not bring in soda or sugar drinks

- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping

- Dried fruit (raisins, cranberries, apricots, banana chips)

- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins

- Pretzels, low-fat popcorn, rice cakes, breadsticks, graham crackers and animal crackers

- Breakfast or granola bars

- Tortilla chips with salsa or bean dip

- Nuts and seeds

Activities to Celebrate the Child and Birthday Ideas

- Plan special party games or activities.

- Celebrate with physical activities i.e. an obstacle course

- Celebrate with art and music

- Instead of food, purchase a book for the classroom or library in the birthday child's name and read it on their birthday.

- Instead of a party, organize a special community service project. i.e. send Halloween packages to the troops.

- The birthday child is the teacher's assistant for the day.