

At Tarver we strive to help our students make healthy lifestyle choices. Simple steps can help children continue making healthier choices as adults.

In addition to healthier lunch choices and increased physical activity during our school day, Tarver is also beginning a healthier birthday initiative! Instead of birthday snacks like cupcakes, we are offering students an opportunity to choose an item from this menu as their special birthday treat.

The birthday student may choose to wear a tie, boa, pin, crown, or sash provided by Tarver for birthday recognition as well as a choice from this menu.

Please read through the choices in this menu and help your child decide which he/she would like to do to celebrate his /her birthday. We want to honor each student in a special, HEALTHY way!

Tarver Elementary



Birthday Celebration Menu

Bonus Birthday Recess

The class will enjoy 10 minutes of extra outside recess (weather permitting) in honor of the birthday student!

Super Special Screen Time

The birthday person gets 10 minutes of free choice (school approved) iPad or computer time.

Show and Tell

The birthday guest of honor may bring an item from home to show and tell the class about.

Wear Your Own Hat

The birthday student can choose to wear a hat from home all day at school.

Extra GoNoodle

The birthday guest will choose a Go Noodle activity for the whole class to enjoy.

Birthday Balance Ball

The birthday student may choose to borrow a birthday balance ball for the day and sit on that instead of their chair.

Game time

The class will have 10 minutes to play their favorite classroom games. The birthday student is welcome to bring a favorite game or card game to share.

Healthy Food Option

If your family wants to choose a food option instead of a non-edible treat, please consider these healthy treat ideas:

- Fruit kabobs
- Individual wrapped cheese sticks
- Small apples, oranges or bananas
- Individual-sized apple baggies or berry boxes,
- Granola bars

Happy Birthday Student:

I'd like to celebrate my birthday on (date):

My birthday celebration activity choice is:

My family will supply (if necessary):

Please return this birthday menu to your teacher a week before your celebration date. Thank you!