



# Arapahoe Ridge Success Story

## **Birthday Boxes**





# SMART Goal

- By May 2015, Arapahoe Ridge Elementary school will develop and implement a 'Healthy School' Food Policy and guidelines supporting health awareness in compliance with the Adams12 District Wellness Policy.

This policy will include:

- At least 75% of the food choices available during and after school activities (outside of the meal program) will include healthy\* options (Classroom Celebrations)
- 75% of classrooms adopting 'Healthy School' pilot policy will utilize non-food rewards 100% of the time

Every grade level received a birthday box.



- Some examples of items in the boxes included birthday tie, crown, games to play, and an extra recess coupon.

# Starting to get away from food based birthdays.

## Parents

- “It is so nice to not have to buy something for a birthday or try to keep up with a “super mom.”



## Students

- “I loved wearing the birthday tie...everywhere I went people told me happy birthday.”





**In order to promote sustainably, we will encourage teachers to add non-monetary rewards like certificates for: Lunch with the Teacher, Extra Recess, Homework Passes, A Day at the Teacher's Desk, etc.**

**We look forward to expanding the birthday boxes while finding and adding new exciting items and ways to continue the work we started on healthy celebrations.**