

Live Life Well @ School

HEALTHY SCHOOL CELEBRATIONS



From birthdays to holidays, there are many celebrations in schools. Each student's birthday can mean multiple birthday cakes and party foods in the classroom...

Let's help kids celebrate with some FRESH ideas:

Hello Creativity

Make a birthday sign, stickers or a badge for your birthday boy or girl to wear

Eat a Rainbow

Pack a NEW fruit or vegetable for Crunch & Sip for the whole class to try or send in fruit kebabs or a fruit platter

Move More

Think of presents that help kids get active at recess or lunch – balls, frisbee, skipping rope

Mini Masterchef

Whip up some tasty fruit or veggie mini muffins or pikelets. Search for recipes at www.cancercouncil.com.au

More tips:

www.healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District