

**PLAINVIEW OLD BETHPAGE  
KINDERGARTEN CENTER**

33 Bedford & Stratford Roads  
Plainview, New York 11803  
(516) 434-3479

**KINDERGARTEN CENTER  
BIRTHDAY CELEBRATION  
GUIDELINES & PROCEDURES  
AN OVERVIEW FOR PARENTS**



*Excellence in Education*

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KINDERGARTEN CENTER**

33 Bedford and Stratford Roads  
Plainview, New York 11803

Gregory Scesney, *Principal*    Nicole Yerik, *Asst. Principal*

Phone: 516-434-3479

Fax: 516-937-1145

[www.pobschools.org](http://www.pobschools.org)



**PLAINVIEW-OLD BETHPAGE  
CENTRAL SCHOOL DISTRICT**



*Excellence in Education*

# HAPPY BIRTHDAY!

At the Kindergarten Center, we recognize a child's birthday in many special ways.

Plan for your child's birthday. Speak to, or send a note to, your child's teacher prior to your child's birthday to discuss plans for the celebration. Keep in mind that teachers decide the best time for a party based on their class schedules. Please be sure to write down the DATE and TIME of the party, once it has been finalized by the teacher.

Please let the teacher know if you or a designated adult visitor will be attending the birthday celebration. Since this is an individual child's special day, a sibling may attend. Siblings may not attend whole-class events.

Families generally celebrate by sharing a special snack/treat with the class. Please keep the district wellness policy in mind when planning for a snack. Many families choose to do a craft or activity, in lieu of food. Sometimes families choose to commemorate their child's special day by reading a book. Parents may choose to donate the book with the child's name and date of birth inscribed on the cover; this book could be placed in the classroom library or in the school library.

*Note: We do not distribute 'goody bags' or small gifts to the children. Please also keep in mind that balloons are not permitted.*



If your child's birthday falls during a vacation or the summer months, the teacher may designate a day to celebrate when class is in session.

**PLEASE CONTINUE TO READ  
ABOUT OUR WELLNESS POLICY  
AND BIRTHDAYS ON THE NEXT  
PAGE...**

# Please keep our District Wellness Policy in Mind When Planning Your Child's Birthday...

The Board of Education has adopted a "Wellness Policy on Nutrition and Physical Activity," along with regulations for this policy. Here are the guidelines that describe sensible snack choices as having:

- Fat - 7 grams or less
- Saturated Fat - 2 grams or less
- Sodium - 360 milligrams or less
- Sugar - 15 grams or less

We have developed a list of recommended snacks for classroom events, and we would recommend snacks from the following categories that meet the guidelines listed above:

**Chips (Frito Lay, Pepperidge Farm, Snyders):**

- SunChips
- Baked Chips
- Pretzels
- Goldfish

**Crackers and Cookies (Keebler, Kellogg's, Nabisco, Quaker, Lindens):**

- Graham Crackers
- Animal Crackers
- Rice Crispy Treats
- Rice Cakes
- Saltines
- Cookies (e.g., Chocolate Chip, Oatmeal Raisin - 2 cookies or 100-calorie packs)
- Mini-Cupcakes (one per child)

**Cereal Bars:** (Variety from Kellogg's, Keebler, Quaker and General Mills)

**Fruit:** Fresh or Dried

A complete list of suggested snacks can be found on the District's website. The Wellness Policy and the "Choose Sensibly" lists are included in the list of Approved Policies under Board of Education.

If you plan to send/bring in a birthday snack for your child's class, please inform your child's teacher. Snack items not falling within the suggested guidelines (such as fancy cakes, cupcakes, or home baked items) cannot be distributed to the children.

Thank you for your cooperation. Please feel free to call us at (516) 434-3479 if you have any questions.



**Please remember to have your Picture ID with you whenever you come to visit any school or office in the Plainview Old Bethpage School District.**

*Mission Statement*

The mission of the Plainview-Old Bethpage Central School District is to provide an academically challenging and stimulating environment for all students, and to enable them to realize their full potential to be happy, ethical and analytical citizens of the world.

We do this by:

- making tolerance, acceptance, respect and kindness expectations for all students, and for members of the Plainview-Old Bethpage school community;
  - identifying each student's academic, social-emotional, aesthetic and physical needs, and striving to meet those needs; and
- encouraging communication between and among students, teachers, parents, administrators, and community members.



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