



— AN INITIATIVE OF HEALTHY CPS —



## HEALTHY END OF YEAR CELEBRATIONS

The end of the school year often includes celebrating summer and congratulating students on completing the school year. Avoid celebrations concentrated around food and emphasize the fun! *Keep in mind that schools cannot serve or sell unhealthy foods or beverages during the school day (including fundraisers, celebrations, and rewards) and no foods may be served during school meal times.*

Consider these healthy celebration ideas that CPS schools have successfully used:

- **End of Year Talent Show:** Students can showcase their favorite dances or physical activities
- **Summer plans:** Students can make a collage with old magazines or write a story about their plans for summer vacation. Students could even demonstrate the physical activities they will do over the summer!
- **Hold class outside:** Celebrate warm weather by taking students outside for classroom lessons, to eat lunch or do physical activity. Students can also do independent reading outdoors
- **School gardening:** Encourage students to take part in local and home gardening activities before, during or after school
- **School-wide field day:** Host field day outdoor at your school while incorporating healthy food items
- **Seasonal summer snacks:** Talk about the fruits and vegetables that are going to be in season and students' favorite ways to eat them

Don't forget to let us know what creative ways your school found to celebrate in a healthy way. Submit success stories [here](#) or on the LearnWELL Knowledge Center page.



### Success Story

*Instead of a candy gram, send a cutie to your cutie! At first student government leaders wanted to sell a can of Crush soda along with a note with the theme 'send a crush to your crush', but after learning the sugar content of this drink they decided on the healthier option of cutie oranges. They sold each cutie for \$1 in a bag with a love note - how cute is that!*

- Alcott Elementary School