

## Birthday and Holiday Celebrations

One of the great joys of the school year for teachers and students is the celebration of birthdays and holidays. We believe that every student is a gift from God, unique and special, and when the time of birthdays comes around, we desire to make it a special day for each student.

As the latest research is showing, children are eating record amounts of “junk” food. Birthdays and holidays tend to bring out those foods that represent the junk food category. Cornerstone Christian Academy desires to team with each family to grow well rounded students, including academically, socially, mentally, physically, and spiritually. With that in mind, we have adopted a healthier approach to these wonderful celebrations.

Each student’s birthday will be celebrated on that special day. Weekend birthdays will be celebrated on Fridays when possible, while summer birthdays will be celebrated during the last week of the school year.

With health in mind, and with the fact that classes have as many as twenty-four students, we will no longer permit cakes, candy, donuts, and ice-cream items for these celebrations. Instead we are asking parents who wish to bring a class treat to provide fresh fruit, fruit trays, or other healthy choices. If you have difficulty thinking of a good alternative to the cakes and so forth, the Wellness section of the newsletter has links to some great sites that address this very topic.

Thank you for your support in our move toward a healthier campus!