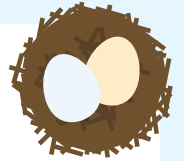


Healthy **SPRING FLING** Ideas

Spring flings provide an opportunity for parents, students, school staff and community members to come together in celebration while raising funds for school programs.

Note: Food and beverages used in school fundraising must be of maximum or moderate nutrition. Food items of minimum nutrition are not permitted by the [Food & Nutrition Policy for Nova Scotia Public Schools](#).



Fun & Healthy Foods

Cold Treats:

- Homemade frozen sandwiches using low fat cookies and frozen yogurt
- Slushies, ice pops or snow cones made with 100% juice
- White or chocolate milk (2%, 1%, or skim), or water
- Smoothies (ex. [Strawberry Banana](#), [Green Monster](#) or [Ruby Red](#))
- [Yogurt parfaits](#)

Warm Eats:

- Roasted chicken or a lean hamburger on a whole wheat bun
- Corn on the cob (corn boil)
- [Whole wheat veggie pizza](#)

Finger Foods:

- [Nut-free trail mix](#)
- [Hummus](#) and cut-up veggies or pita
- Air-popped popcorn with spices for toppings
- Fresh fruit or fruit kebabs

Click here for more healthy snack ideas ([Strive for Five](#))



Non-Food Prizes

- | | |
|-------------------------------|---------------|
| • School supplies | • Stickers |
| • Balloons or inflatable toys | • Silly putty |
| • Sports cards | • Shoelaces |
| • Small stuffed animals | • Chalk |
| • Finger puppets | • Sunglasses |
| • Playing cards | • Yo-yos |
| • Jewelry | • Books |
| • Hula hoops | • Puzzles |
| • Colouring books | • Bubbles |
| • Skipping ropes | • Frisbees |

Activities

- | | |
|--|------------------------|
| • Story reading with community members | • Rent a bouncy castle |
| • Healthy bake sale | • Fish pond |
| • Hockey, football, soccer or basketball | • Petting zoo |
| • Guess how many marbles in the jar | • Golf putt |
| • Playdough table | • Cooking demos |
| • Colouring table | • Book sale |
| • Dunk tanks | • Plant sale |
| | • Balloon animals |
| | • Face painting |





Spring Fling Games

Toy Walk: Instead of the traditional 'cake walk', try a 'toy walk'. If doing a cake walk, promote cakes made from scratch using healthy baking tips.

Tattoo Your Teacher: Students tattoo a teacher with temporary tattoos or washable marker.

Pencil Pull: In place of the traditional sucker pull, students pull colourful pencils to win a prize.

Craft Table: Set up a table where students make a predetermined craft, or allow students to create their own.

Knock Out: Students use a ball or beanbag try to knock out as many cans as possible.

Art Exhibit: Display art made by the students with the option for the parents to buy.

Dinosaur Discovery: Students search through a small pool filled with sand for small dinosaur toys or other prizes that would not break if stepped on. Limit the number of students searching at once.

Tic-Tac-Toe: Using a large plastic sheet or cardboard, paint tic-tac-toe lines. Students use different coloured bean bags to choose X and O spaces.

Leap Frog: Set up a 'pond' with several fake lily pads and a pretend alligator. Students are given 3 bean bag 'frogs' to try to land on as many "lily pads" as possible. Landing on a lily pad counts as one point. Landing on the alligator subtracts a point. Students receive a prize based on their total points after all bean bag frogs have 'leaped'.

Dress Up Dribble: Arrange students into teams on ones side of the play area. One student per team dresses in clothing set aside for each team, and then dribbles a basketball to the other side of the play area and back. The student changes out of the clothing and it is the next student's turn. The first team with all of their students to finish dressing and dribbling wins.

Brain Teasers: Students receive a prize for correct answers to grade-appropriate brain teasers.

Awesome Race: Arrange students into teams. Set up 6 stations (based on available equipment) far enough apart so students have room to run from station to station. Stations may include: skip rope 10 times, hula hoop 10 times, balance a book on your head and walk 10 steps, and/or shoot a basketball into the hoop and run across the finish line. One student per team starts at the first station. When the first student finishes the first station, the second students starts (and so on). The first team to complete every station and cross the finish line wins.

Silent Auction: Collect donations from the school community and arrange the donations on a table. Place a sheet of paper beside each donated item with a description and estimated value of the donation. Allow individuals to bid on the items for an allotted amount of time. Once time is up, the highest bidder wins and is required to pay for the item.



More Spring Fling Games

Spider Web: Using a black rope, create a spider web and have it suspended in the air so that it has several feet behind it to allow room to place containers. Students stand behind a line about 4-6 feet from the net (younger students may be 3-4 feet away). Students are given three large toy bugs to toss through the spider's web into the containers on the other side. The object of the game is to avoid trapping or stopping the insects in the spider's web. If no bugs make it into the containers on the other side, the student receives a consolation prize. If one or two bugs make it into the containers on the other side, the student receives the middle prize. If all three bugs make it into the containers on the other side, the student receives the top prize.

Buck-O-War: Two students at either end of a small pool, long tub, or a wallpapering tray are given squirt guns, and a floating duck is set in the centre of the pool. Students try to get the duck to the opposite side of the pool to win. Alternatively, use straws to try to blow the ducks to the finish line.

Paratrooper Landing: A student throws a figure with attached parachute at prizes scattered on the floor. The student gets the prize they land nearest to.

Pick-My-Pocket: Students wear colourful aprons with lots of pockets and circulate throughout the carnival. Each pocket holds a different prize. The student gets to choose the pocket.

Flower Pot Toss: Set flower pots at various levels. Students try to toss bean bags in.

Chopstick Game: Using chopsticks, try to fill a container with small objects.

Lucky Key Game: In a basket, place 3 or 4 keys that unlock a door and 15-20 that do not. Students select a number of keys (based on desired difficulty) to see if they can unlock a door for a prize.

End of the Rainbow: On a section of pavement, draw a rainbow with sidewalk chalk. At both ends of the rainbow, place jars or clean & empty soup cans. Students stand behind a line and have 3 chances to throw pennies in the jar. You can make a few different lines depending on the age of the students. Students receive prizes depending on the number of times they are successful:

0 pennies in pot = consolation prize

1-2 pennies = medium prize

3 pennies = grand prize

