



Classroom Rewards

Smart Snack Approved

THE NUTRITION AND WELLNESS POLICY 5.13 ADDRESSES CLASSROOM REWARDS:

Wellness and Nutrition Policy 5.13

- Parents, teachers, and staff shall provide non-food alternatives for activities and rewards during the school day. The District will disseminate a list of healthy party ideas and nonfood rewards to parents and teachers
- All foods used for rewards must meet Smart Snacks nutritional standards

Why?

- Using food as a reward creates an unhealthy relationship with food. It associates accomplishments or a happy mood with eating non-nutritious food
- Students may eat when they are not hungry because it is a treat
- Opposes the message that sweet treats should be used in moderation and that healthy foods can be just as satisfying

Ideas?

- Use paper money and have a school store with small prizes students can buy. This helps with money management and counting. www.orientaltrading.com
- Use a chart to give points and have a quarterly celebration with a celebration basket or other catered party www.manateeschools.catertrtax.com
- Reward with privileges—going first, helping the teacher, delivering items to the office, choosing a classroom activity or game, no homework pass, or sitting by a friend
- Recognize the student by a note or email home, praise on the morning announcements, a verbal “thank you” or a thank you note, or a pat on the shoulder
- Have a big prize students work all year to win like an i-tunes card, theme park gift card, or other prizes.
- Use activities like basketball, hula hoop contests, or freeze tag as whole class rewards
- Other whole class rewards include listening to music while they work, “free” activity time, classroom games, having class outside, and extra recess
- Recognition by the principal or other administrators. Take a picture and put it up in the cafeteria, office or classroom
- Make a special award or craft (think Pinterest) for the student
- Foods that may meet requirements—fruits, vegetables, whole grain pretzels, popcorn (no butter), raisins/craisins, whole grain goldfish