

*performance.*

***Healthy Classroom Incentives and Rewards***

*Wellness Policy and Guidelines: School staff will strive to not use food or beverages as a reward and will not use food or beverages as a punishment for behavior or academic*

*At school, home, and throughout the community kids are offered food and/or beverages as reward for good behavior. Often these rewards have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change. Offering food/beverages as a reward to students undermines the nutrition education being taught in school, encourages over consumption of foods high in sugar and fat, and teaches kids to eat when they are not hungry as a reward to themselves. This includes visits to fast food establishments as a reward.*

# *Zero –Cost Reward Alternatives*

Allow student to call parent

Banner/poster with name/accomplishments Be a helper in another classroom

Be appointed timekeeper for an activity Board game with a special adult Cafeteria special seating

Class gives student applause Classroom visitors pass

Computer game time (15 minutes) Congratulate student in front of class Coupon reward\*

Dance to favorite music in classroom

Do work at teacher’s desk for 15 minutes Earn play money privileges

Eat lunch outdoors with the class

Eat lunch with teacher/principal/counselor Enjoy class outdoors

Extra art time Extra credit

Extra reading/story time Extra recess

Feed the class pet

First in line for lunch, recess, and/or bus Free Choice time at the end of day

Free dress on Friday Free time to socialize

Go to library to select a book Hat day (wear your favorite) Happy grams

Have a teacher perform a special skill (sing) Have a teacher read a special book

Help custodian

Help media specialist

Homework due date extended one day Homework pass

Listen to music while working

Listen with a headset to an audio book Make deliveries to office

Note home (keep a log for all to get a note) Permission to use iPod

Phone call home with good news Physical activity break

Play a favorite game/puzzle

Play an academic computer game Pledge leader

Popcorn/Apple free Positive note home Read a comic book Read aloud to class

Read morning announcements Read outdoors

Read to students in lower grade Reading Buddy

Seating pass for lunch

Select friend as “study buddy”

Shake student’s hand and congratulate Show-and-tell

Sit by a friend

Snack (healthy) with principal

Special guest (clown, musician, puppeteer) Special trophy on desk for the day Stamp/sticker /star on back of hand

Teach the class

Teacher/principal call home with good report

Tell a joke or riddle (select from jar) Thumbs Up or other sign of praise

Use teacher’s chair at your table/desk Walk with a teacher during lunch Watch a video

Wear a badge/sign “*student of the day*”

Wear q crown Wear favorite hat

Work a crossword puzzle

Write/draw on blackboard/whiteboard/easel

# *Low-Cost Alternatives for Rewards*

Books Bookmarks Bracelets Coloring books Donated prize Erasers

Free passes to school events/games

Jump rope Markers

Paper certificate/award Pencils/Pens

Stickers Trading cards Treasure box

# *\*Coupon Reward System*

Print a coupon with various student rewards listed. When teachers or other staff believes a student deserves recognition and a reward, they give the student a pre-printed coupon. The student should write their name on the coupon and check the reward they would like to “win”. The faculty or staff member writes their name on the back of the student coupon. All coupons are given to the principal for a drawing, (weekly, monthly, etc.). For every coupon drawn, the teacher is also rewarded and given a Staff Reward Choice Coupon to “cash in”. Here’s a coupon example:

|  |  |  |  |
| --- | --- | --- | --- |
| **Staff Reward Choice Coupon** | | | |
| **Teacher's Name:** | |  | |
|  |  |  |  |
|  | Duty free day | |  |
|  | Duty free period | |  |
|  | Eat lunch at a different time | | |
|  | Free after-school meeting pass | | |
|  | Jean Day |  |  |
|  | Leave 15 minutes early | |  |
|  | Parking space for day | |  |

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|  |  |  |  |
| --- | --- | --- | --- |
| **Student Reward Choice Coupon** | | | |
| **Student's Name:** | |  | |
| **Teacher's Name:** | |  | |
|  |  |  |  |
|  | Board game with a special adult | | |
|  | Classroom visitor pass | | |
|  | Fifteen minute computer time | | |
|  | First in line pass | |  |
|  | Free dress on Friday | |  |
|  | Free homework pass | |  |
|  | Free popcorn on Popcorn Day | | |
|  | Positive note home | |  |
|  | Reading buddy | |  |
|  | Snack with principal | |  |
|  | Special cafeteria seating | | |
|  | Study buddy | |  |
|  | Wear your favorite hat day | | |