

RELATED FOUNDATIONS:

- Social and Physical Environments
- Curriculum, Teaching & Learning

RESOURCES:

- Letter to Parents/guardians
- List of beneficial (and inexpensive) rewards for children
- [10 Ways to Create a Supportive Food Environment](#)

Rethink Rewards

ACTIVITY GOAL: To acknowledge students' successes and efforts by using creative, non-food related rewards.

POLICY IDEA:

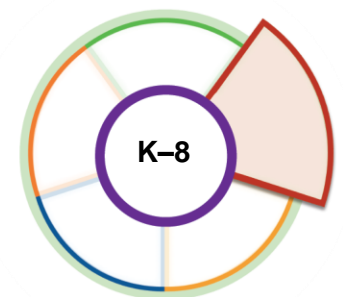
- **Policy Rationale:** Acknowledging students' successes and efforts by using creative, non-food related rewards which promotes life-long positive relationships with food.
- **Example Policy Statement:** "Our school/classroom commits to acknowledging students' successes and efforts by using non-food related rewards."

To support the adoption of the policy:

- Provide staff with information or lead an in-service explaining the rationale for why food should not be used as a reward.
- Send information home to inform parents of the policy. Refer to example Parent Letter.
- For tips related to this policy see examples below
- Keep a list of inexpensive rewards for students in your classroom.
- Have students think, pair, and share their ideas for recognition without using food.
- Create a wall of "Recognition Ideas" in the classroom or school wide.
- Sign up for the Bright Bites Rewards and Incentive Honour Badge; see <http://brightbites.ca/badge/its-an-honour/>.

Curriculum Connections

- FDK: OE6: Demonstrate an awareness of their own health and well-being
- Grade 1: D1.1
- Grade 2: D 2.1 Healthy eating patterns; D2.2 Food choices snacks, meals
- Grade 3: D3.1 Local and cultural foods eating choices
- Grade 4: D3.1 Healthier eating in various settings
- Grade 5: D2.1 Media influences – food choices
- Grade 6: D2.1 Influences on healthy eating;
- Grade 7: D3.1 Personal external factors in food choices
- Grade 8: D3.1 Promoting healthy eating



Examples of beneficial (and inexpensive) rewards for children

❖ Social rewards

- Involve attention, praise, smiles or thanks (often more highly valued by children than a toy or food)
- Affirm a child's worth as a person

❖ Recognition

- A ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his/her achievement

❖ Privileges

- Going first
- Sitting by friends or in a special seat next to or at the teacher's desk
- Helping the teacher
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Choosing a class activity
- Going to the library to select a book to read
- Taking a walk with the principal or teacher

❖ Sports equipment and athletic gear

- Frisbees
- Water bottles
- NERF Balls
- Hula hoops
- Jump ropes
- Head or wrist sweat bands

❖ Rewards for a class

- Extra recess
- Eating lunch outdoors
- Holding class outdoors
- Extra art, music, PE, or reading time
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- "Free choice" time at the end of the day
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together

❖ School supplies

- Pencils, pens, erasers
- Notepads/notebooks, folders
- Crayons, chalk (e.g., sidewalk chalk)
- Rulers, pencil sharpeners
- Stamps
- Bookmarks
- Colouring books or downloaded pages

❖ Fashion wear

- Temporary tattoos
- Bracelets, rings, necklaces
- Sunglasses

❖ A token or point system

- Children earn points that accumulate toward a bigger prize
- Possible prizes can include any of the above mentioned items

❖ Treasure Box Ideas

- Stickers, pen, pencils, special note paper, erasers, bubbles, bouncy balls, playing cards, jacks, magnifying glass, Slinkys, skipping rope, and frisbees
- Check out discount stores for other ideas

Example Parent/Guardian Letter Supporting Classroom/School Wide Rewards

Dear Parent/Guardian,

Our school wants to celebrate student successes by using creative, non-food rewards. Some ideas may include: extra recess time, a positive note or call home, or extra leadership opportunities. Additionally, we plan to have a treasure box of items to recognize student successes. If you would like to donate any items to the treasure box such as pencils, pens, erasers, stickers etc., it would be greatly appreciated.

Thank you for your support