



## PTA Newsletter March: Classroom Rewards

# Making Classroom Rewards Fun and Healthy

When your child does something well in school, you want him or her to be rewarded. But how often is that reward a piece of candy from the jar on the teacher's desk?

Rewarding students for good behavior or good grades is important. It teaches them positive behaviors. But if the rewards are candy or other food items, a child can learn to expect sweet things as rewards. It can also teach him or her and to eat when he or she is not hungry. These unhealthy habits that form during childhood can last a lifetime.

There are healthy ways to encourage students. Besides making changes to the way you reward your children at home, you can help ensure that candy or sweets are not used as incentives in the classroom. Talk to your administrators about your Local Wellness Policy. Tell them that you want the policy to include guidelines addressing classroom rewards, and to include a list of healthy or non-food alternatives.

Instead of rewarding the spelling bee winner or a well-behaved student with a candy bar or lollipop, teachers can use fun pencils or erasers, stickers, fitness incentives, or some type of classroom privilege as a reward. Free homework passes may be more appropriate for older students. Simply telling a student that he or she has done a good job helps improve self-esteem and confidence.

Students who eat smart do better in school and have fewer behavior problems. Talk to your school administrators to help ensure that your child's classroom is a healthy place to grow and learn.

### **For more information:**

[www.eatsmartmovemorenc.com/programs\\_tools/school/successful\\_students.html](http://www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html)

[www.nutritionnc.com/ResourcesForSchools/index.htm](http://www.nutritionnc.com/ResourcesForSchools/index.htm)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)