

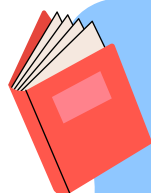


Non-Food Rewards and Incentives

Using food as a reward, or incentivizing student behavior with sweets and treats, contradicts what students learn in health lessons and can contribute to disordered eating behaviors. To help ensure healthier futures for students, the Beaverton School District Wellness Policy encourages the use of alternatives to food as rewards in the classroom.

There are many non-food rewards that schools can use to better align with district goals for student wellness. Recognition, physical activities, and special privileges can help motivate students and avoid the potential negative effects of food rewards. Below are some ideas for each age group in our district, as well as ideas for parent groups. Thank you for helping to build a culture of wellness by minimizing the use of food rewards.

Elementary School Students

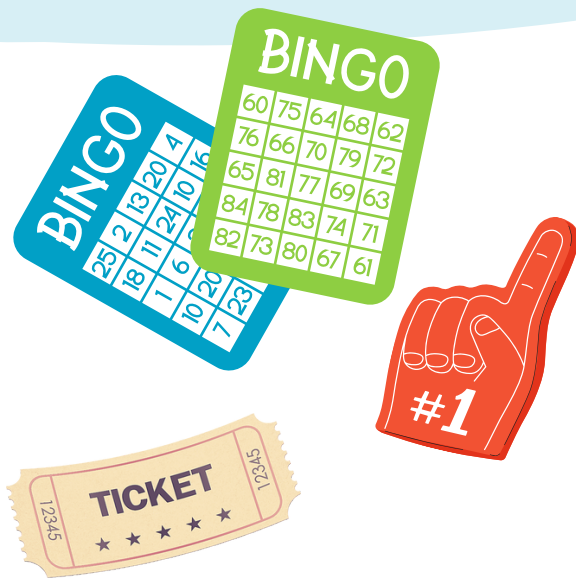


- Show and tell
- Extra recess
- Teacher dresses up in a silly outfit or hat
- Have class outside
- Read-in day
- Small trinkets - finger puppets, Play-doh, keychains
- Choose a special activity
- Choose your seat for the day
- Entries for a prize drawing
- Dress-up or pajama day
- Bring a stuffed animal to class
- Extra brain break
- Choice of music
- Movie day



Middle School Students

- Points or tokens for privileges or non-food items
- Free time at the end of class
- Have class outside or go outside for a brain break
- Movie day
- Choose your seat for the day
- Choice of music while working
- Extra credit opportunities



High School Students

- Minute-to-win-it games
- Recognition on morning announcements
- Tickets to school events
- Entries in prize drawings
- Extra credit opportunities
- Movie day
- Points or tokens for privileges or non-food items

Parent Group Fundraiser Rewards

- School-branded apparel or merchandise
- Movie theater or escape room gift card
- Raffle for larger donated prizes
- BINGO party
- Outing to local arcade or bowling alley

