

## **Dietrich School District No. 314**

### **NONINSTRUCTIONAL OPERATIONS**

#### **8270**

##### Teacher-to-Student Incentive:

Children learn preferences for foods made available to them, including those that are unhealthy. There are many disadvantages to using food as a reward:

1. It undermines nutrition education being taught in the school environment;
2. It encourages over-consumption of foods high in added sugar and fat; and
3. It teaches children to eat when they're not hungry as a reward to themselves.

Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

##### Guidelines--Alternatives to Using Food as a Reward

###### Zero-Cost Alternatives:

1. Sit by friends;
2. Watch a video;
3. Read outdoors;
4. Teach the class;
5. Have extra art time;
6. Enjoy class outdoors;
7. Have an extra recess;
8. Play a computer game;
9. Read to a younger class;
10. Get a no homework pass;
11. Make deliveries to the office;
12. Listen to music while working;
13. Play a favorite game or puzzle;
14. Earn play money for privileges;
15. Walk with a teacher during lunch;
16. Eat lunch outdoors with the class;
17. Be a helper in another classroom;
18. Eat lunch with a teacher or principal;
19. Dance to favorite music in the classroom;
20. Get "free choice" time at the end of the day;
21. Listen with a headset to a book on audiotape; and
22. Have a teacher read a special book to the class.

Low-Cost Alternatives:

1. Select a paperback book;
2. Enter a drawing for donated prizes;
3. Take a trip to the treasure box (non-food items);
4. Get stickers, pencils, and other school supplies;
5. Receive a video store or movie theater coupon;
6. Get a set of flash cards printed from a computer; and
7. Receive a “mystery pack” (notepad, folder, sports, cards, etc.).

Policy History:

Adopted on: March 2018

Revised on: