

Healthy Celebrations at School

**BUILDING A
HEALTHIER
STUDENT
BODY**

Elementary

Individual:

- Make deliveries to the office
- Eat lunch with the teacher
- Lead a classroom energizer
- Lunch with one friend in class
- Stickers
- Trip to treasure box filled with non-food items
- Bank system – earn “money” to be used for privileges, non-food items
- Paperback book
- Show-and-tell time
- School supplies
- Be a helper in another classroom
- Help teach the class
- Sit in teacher’s chair
- Listen to a book on tape
- Sit at teacher’s desk

Class:

- Play a favorite game
- Extra recess time
- Teacher reads special book to class
- Teacher performs special skill (cart wheel, play the guitar, etc.)
- Physical activity break
- Eat lunch outside
- Game time
- Centers
- Curriculum-related field trip

Secondary

Individual:

- Listen to music while working at desk
- Bookmarks
- Erasers
- Pens
- Pencils
- Coupons to video stores, movies, fitness centers
- Time approved to work with Habitat for Humanity, etc.
- Drawings for donated prizes

Class:

- Have class outside or another alternate location
- Walk around the track (with supervision)
- Listen to music while working at desk
- Sit with friends

School-wide:

- Point/ticket system to be redeemed for items at school store or other like items (small trinkets such as key chains, bookmarks)

The list was developed by the Nutrition & Wellness Council, a group of parents, students and staff working together to promote a healthier student body. Its purpose is to encourage the use of non-food rewards in the classroom. Additional information available at: www.kn-eat.org and http://www.kn-eat.org/SNP/SNP_Docs/SNP_Guidance/Wellness_Policies/Healthy_Celebrations_Handout_Aug_2016.pdf