

Elimination of food and treats as “REWARDS” for students

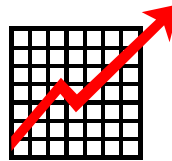


Food Rewards should be eliminated because most children do not meet the daily requirements of fruits, vegetables, calcium, fiber, and whole grains each day and food rewards:

- ❑ Undermine the nutrition education being taught by certified health and wellness educators
- ❑ Teach children to eat even when they are not hungry, or make themselves feel good, (i.e., self medicating with food)
- ❑ Encourage over consumption of foods high in fats and sugars
- ❑ May contribute to the obesity and type 2 diabetes epidemics in the U.S.

Support Intrinsic Motivation and Students will

- ✓ Set attainable goals
- ✓ Predict what might be obstacles and how to avoid/overcome them
- ✓ Keep track of progress in achieving their goals in a journal, on a chart, or a graph
- ✓ Self-evaluate the degree to which they have achieved their goals
- ✓ Use what they have learned to set their next attainable goal
- ✓ Celebrate their personal successes



The teacher accomplishes Intrinsic Motivation by:

- ✓ Facilitating confidence
- ✓ Giving immediate, POSITIVE feedback
- ✓ Believing that **“ALL STUDENTS CAN AND WILL LEARN WELL”**
- ✓ Creating an environment of mutual respect and trust
- ✓ Empowering students while challenging them
- ✓ Making learning fun



Volume 2

Newtown Wellness Policy

Tips for Teachers & Administrators

TOTAL WELLNESS Is Supported By:

- ✓ Health & Safety Policies & Environment
- ✓ Health Education
- ✓ Physical Ed. & Other Physical Activities
- ✓ Nutrition Services
- ✓ Health Services
- ✓ Counseling, Psychological & Social Services
- ✓ School Nurses
- ✓ Family & Community Involvement

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Exercise Tips



- Children should accumulate 60 minutes of exercise 7 days a week- every minute counts!
- Recess cannot be withheld as a punishment.
- Start each day after the Pledge with jumping jacks, jogging in place, dancing, etc for 3 minutes.
- Allow stretch and movement breaks for students.
- Extend recess/activity time as a reward.
- Remind students to arrive to physical education class prepared (proper movement attire and sneakers) and on time.

Food-free Ideas for Celebrating Student Effort and Achievement

- ✓ Hand shake
- ✓ High-five
- ✓ Cheer
- ✓ Smile at and verbally praise the child
- ✓ Applause
- ✓ Standing ovation
- ✓ Homework pass



School Day Celebrations



Per survey responses from Newtown educators, the following are recommended as alternatives to using food for birthday/holiday celebrations:

- 1) Simply say, "Happy Birthday, I am glad you were born!"
- 2) Have the class sing "Happy Birthday!" The song could be sung in a foreign language.
- 3) Give children extra recess/movement time and let birthday child choose the activity or game.
- 4) Create a "Celebrate Me" book. Have classmates write stories or poems and/or draw pictures to describe what is special about the birthday child.
- 5) Create a special birthday package: the birthday child can wear a sash, ribbon, or crown and can sit in a special chair all day.
- 6) The birthday child can be the teacher's assistant all day.
- 7) Make a birthday bulletin board for all students and maybe include a baby picture of the students.
- 8) The birthday child can have a lunch date with the principal or teacher.
- 9) Give the child a homework free night in order to celebrate with his/her family.
- 10) For any other holiday focus on the music, art, or history behind the holiday.

Until children are educated how to choose wisely, we, the adults must **choose wisely** for them.



The New CT Statute Regarding the Sale of Beverages to students during the school day

According to Section 1 of Public Act 06-63, only the following beverages may be sold to students any time during the school day:

- Milk* (flavored or unflavored)
- Non-dairy items* (soy or rice milk)
- 100% juice** (no added sugar or artificial sweeteners)
- Water (plain, unflavored but with no sugar or sweeteners)

* No more than 4grams of sugar per oz.

** Carbonated water with no sugar or sweeteners



WARNING!

All staff members are required to know district policy 7-103.A, regarding Food Allergy Management

***Please inquire about specific food allergies in your child's classroom. Common allergies are: nuts, soy, wheat, and eggs.**