

**“A school wellness policy is not just a formality, it is a call to action.”**

Teachers play an important role in the fight against childhood obesity. Our schools’ practices and climate should encourage healthy habits that will impact a child for their lifetime.

***FIVE IDEAS TO REWARD STUDENTS WITHOUT FOOD:***

1. Allow extra time for an activity the [elementary] student enjoys like art, outdoor activity, or computer time.
2. A small gift or prize such as a personalized pencil
3. Recognition such as a note home, verbal praise, or praise from the principal
4. Beginning a fun classroom tradition like a 2-minute dance party
5. Invite a special visitor to class

**“It only makes sense to encourage healthy choices if we truly want our students to learn and thrive”**

**– Jamie Maroldy  
1ST GRADE TEACHER**

Our District’s wellness policy has been updated and now fits with recommendations from the American Academy of Pediatrics, the Mayo Clinic, The American Academy of Family Physicians, The American Psychological Association, and the American Academy of Child and Adolescent Psychiatry that food should not be used as a reward.