

Dear Substitute Teacher,

Thank you for helping out in our classroom today! Our school is a member of the Alliance for a Healthier Generation's Healthy Schools Program, an initiative that is helping us make our school a healthier place. Creating a healthy school for our students is important because we know that healthy students are better learners. One of our wellness goals is not to use food as a reward for students in our classrooms. And we are asking for your help too!

Non-Food Rewards

We want to send a consistent message about good nutrition and healthy eating, so it is important that our rewards for students reflect the healthy changes being made throughout our school building. Providing food based on performance or behavior not only encourages children to eat outside of meal and snack times, but also to eat when they are not hungry. We are asking that our school rewards students without using food, like doing a fun physical activity or project, or receiving special recognition. This also helps reduce the incidence of exposure to any allergens for our students that may have a food-related allergy.

There are many fun ways to acknowledge student's success without using food. Check out the list attached for some ideas that are consistent with the wellness goals of our school.

Please remember, that while you are working with us, we ask that you do not provide any extra foods or beverages as rewards for our students to support the healthy environment we are creating at our school!

Thank you for helping to create a healthier place for our students to learn!

Sincerely,