

STUDENT REWARDS AND INCENTIVES

Why use rewards other than foods?

Careful consideration should be given to the messages rewards and incentives send to students receiving them.

Using food as either a reward or withholding it as punishment can have serious negative consequences. For example, when unhealthy, less nutritious food like candy is used as a primary motivator, many health problems can result, such as:

- ❖ poor eating habits
- ❖ a preference eating for sugary and high-calorie foods
- ❖ overeating sugary and high-calorie foods
- ❖ overweight and obesity
- ❖ tooth decay
- ❖ diabetes

In addition, helping students to understand that learning in school is the expectation and not what they do in order to receive a reward.

Fortunately, there are many effective ways that can be used to motivate students – other than with food. Following are some suggestions.

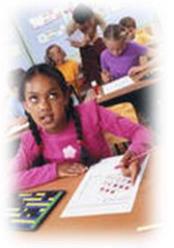


Rewarding Primary School / Elementary Students

- ❖ Stickers
- ❖ Verbal praise
- ❖ Pencils, pens, markers or erasers
- ❖ Receive bookmarks and Books
- ❖ Rulers
- ❖ Trinkets, such as Magnets, Frisbees, etc.
- ❖ Special, colorful or textured paper
- ❖ Activity / game sheets
- ❖ Game time
- ❖ Reading time
- ❖ Class, homework time, or reading time in a special place such as outdoors
- ❖ Extra recess / playtime
- ❖ Receive extra credit
- ❖ Merits / House points
- ❖ Extra art time
- ❖ Computer time
- ❖ Be the teacher's helper
- ❖ Help teach class and "Be the Teacher"
- ❖ Sit by friends
- ❖ Eat lunch with the teacher or the principal
- ❖ Eat lunch in a special place such as outdoors with a buddy, if lunch is usually eaten inside
- ❖ Have lunch or breakfast in the classroom, if lunch is usually eaten in class



- ❖ Have a private lunch in the classroom of a friend
- ❖ Be a helper in another classroom
- ❖ Watch a fun DVD
- ❖ Walk with the principal or teacher
- ❖ Take a fun physical activity break
- ❖ Dance to favorite music to the classroom
- ❖ Listen to music on an iPod / iPad / Kindle / MP3 player
- ❖ Show-and-tell
- ❖ Bank System – earn tokens for privileges
- ❖ Teacher or a volunteer reads a special book to class
- ❖ Teacher performs a special skill, such as singing, cartwheel, etc.
- ❖ Free choice time
- ❖ Listen to or read a book on a Kindle / iPad / e-reader
- ❖ Listen to music while working
- ❖ Field trip



Rewarding Middle and High School Students



- ❖ Sit with friends
- ❖ Listen to music while working
- ❖ Talk-time at the end of class
- ❖ Reduced homework
- ❖ Receive a “No Homework” Pass
- ❖ Receive extra credit
- ❖ Receive Merits / House points
- ❖ Have free choice time
- ❖ Listen to or read a book on a Kindle / iPad / e-reader
- ❖ Watch a fun DVD
- ❖ Receive computer time
- ❖ Solve Brainteasers
- ❖ Take a field trip
- ❖ Eat lunch or have class outside
- ❖ Stickers
- ❖ Pencils and pens
- ❖ Erasers
- ❖ Bookmarks
- ❖ Art time
- ❖ Gift certificate / voucher for an electronics store or a movie theater
- ❖ Drawings for donated prizes

Summing It UP

This brochure provides a variety of suggestions for motivating students by means other than through the use of food as a reward. At times, rewards can be a distraction from the process of learning “just because...”

The *Healthy Schools Nutrition Policy* states that all foods consumed on the school premises shall promote students’ health, highlighting foods from the five food groups and healthy alternatives to unhealthy foods.

The *Healthy Schools Components and Standards* stress that students should not be rewarded with food. The only exception is that students may receive a special food treat, no more than once during the school year, such as on Sports Day.

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CREATING HEALTHIER BERMUDA SCHOOLS

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