Dear Families,

We are making exciting changes towards creating a healthier school environment. One of our priorities for the year is to ensure we are rewarding our students without food, candy, or treats. Our goal is to reinforce positive behavior and achievement in ways that also support good health.

Here is how we are taking action! [edit the examples to reflect your plans]

- ❏ Food will not be used as a reward in classrooms.
- ❏ Teachers have been trained on providing non-food rewards and activities to students.
- ❏ Offering physical activity as a reward whenever possible.
- ❏

Teaching healthy habits is a team effort! Here are some ways you can get involved!

Take action at home!

- ❏ Avoid using candy or treats as rewards. Offer stickers, activities, or special together time.
- ❏ Be a good role model–don't reward yourself with food. Try a few deep breaths, a walk outside, or checking out a new book from the library instead.
- ❏

Take action at school!

- ❏ Ask your child's teacher how you can support their classroom reward systems.
- ❏ Volunteer to donate stickers, pencils, or other small items to give as rewards.
- ❏

Thank you for supporting our school in ensuring a happy and healthy environment for all students and staff! See you at school!