



**Manhattan Beach
Unified School District**

At school, home, and throughout the community, kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

**Disadvantages to
using food as a reward:**

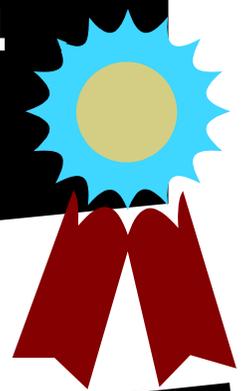
- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

In accordance with the Wellness Policy adopted by the Board of Trustees, BP 5030 prohibits the use of food as a reward to students. Schools should model appropriate behavior and seek alternatives to food given as a reward. Respect and words of appreciation go a long way for everyone. It is important that some rewards for students be intrinsic so students can become self-confident and self-motivated.

Ways to Reward a Job Well Done for All Ages

- Extra music and reading time
- Free time at the end of class
- Music while doing school work
- Chat break at the end of class
- Coupon for prizes and privileges
- Time for music and dancing
- Group activity
- Games
- Homework coupon
- Walk break from class
- Guest presenter in class
- Extra computer time
- Field trip

Guide to Classroom Rewards



Middle and High School Students

- Sitting with friends
- Music concert at school
- Pencils
- Paperback book
- Pep rally
- Magazine subscription
- T-shirt/hat/sunglasses
- Read the daily bulletin
- Small sports equipment
- Line pass for lunch
- Teach the class
- Get a no homework pass
- Listen to music while working
- Prime parking spot (high school)
- Recognition with morning announcements

Elementary Students

- Taking things to the office
- Taking care of class pet
- Eating with the teacher
- Prizes from a treasure box
- Pencil toppers
- Stickers
- Teacher helper
- Pencils
- Stars or smiley faces
- Paperback book
- Extra recess
- Leading class to lunch, recess, library, or other adventure

This guide has been developed in accordance with Manhattan Beach Unified School District's Board Policy 5030, Student Wellness. Information for the guide has been adapted from a project funded by the Michigan Department of Community Health and from www.actionforhealthykids.org.