

May 1, 2018

Dear Colleagues,

As a Team effort, your CBRSD District Nurses are working this year to clarify some portions of our District Wellness Policy. Kudos to the great number of staff who are working hard to provide our students with creative non-food rewards.

**Today's Topic: No Use of Food As A Student Incentive
Our District Wellness Policy 6330.22 # 4 States:**

“4) Teacher-to-Student Incentive. The use of food items as part of a student incentive program is prohibited.”

The following are a few facts which support the rationale for avoiding food - especially candy - as a reward.

- Obesity among children has doubled over the past twenty years and has become a national health concern.
- Health problems related to obesity include diabetes, heart disease and high blood pressure – children today are presenting with early warning signs such as elevated blood cholesterol and high blood pressure.
- Sugar is as addictive as drugs and alcohol.
- Americans on the average consume 77 pounds of sugar each year
- A single soda can contain 40 grams of added sugar (approximately 10 teaspoons)



- Recommendations for sugar intake by the American Heart Association suggest 6 teaspoons/day for women or 24 grams and 9 teaspoons/day for men or 36 grams and the recommendation for children is 12 grams.

- 1 Jolly Rancher candy contains about 4 grams of sugar (1 teaspoon).



“How Shall I Reward Thee – Let Me Count The Ways”

Teachers have many different means of rewarding great performance, some even have “Reward Menus” allowing for student choice. The following are a few suggestions:

- Listen to music
- Pencil or school supply
- Small toy (Oriental Trading is a great source www.orientaltrading.com)
- Homework pass
- Extra recess or outside time
- Lunch with teacher
- Positive note or phone call to parents/guardians
- Extra credit
- Water bottle

The attached link from **ACTION FOR HEALTHY KIDS:**

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>
provides some excellent information with ideas especially for elementary, middle and high schools.

Respectfully,

CBRSD School Nurses