

HEALTHY REWARDS

GIVING A CONSISTENT MESSAGE

With parents and teachers being so busy these days it is easy to forget that we are our children's best role models – leading by example at school and home has wonderful effects!

We learn about healthy eating in the classroom, encourage healthy lunches from home and in the canteen but then we sometimes promote the opposite with unhealthy rewards for good behaviour or school achievements – no wonder our children become a little confused!

Here are some ideas for school and home that could replace the chocolate bar or the takeaways for the family dinner:

Rewards for School

- A free choice activity for 10 minutes such as blocks or colouring in
- Choosing a buddy and playing outside for 10 minutes
- Reading a book to the class
- Going to another class to help the teacher for a short while
- Visiting the principal for congratulations on good work
- Spinning the 'reward wheel' to select a reward
- A letter to parents to say how well the child is doing
- Free time on the mat to read a book
- Certificate or sticker to take home
- Allowed to eat a piece of fruit from their lunch in class
- Allowed to ring the school bell

Rewards for Home

- Staying overnight at a grandparent's
- Choosing the meal for the family and helping prepare it with a parent
- Having a friend overnight
- Alone time with a parent to play a game, make a puzzle or have an outing
- Go shopping for suitable lunch box items or ingredients for cooking items
- Enjoy physical activity as a family, such as swimming, cycling a track or going to the park, while congratulating the successful family member

Reinforcing a job well done is so important and if we can do that in a 'healthy' way then it is not giving mixed messages. If you have any other ideas that are working well in your school we would love to hear about them so we can pass them on.

Healthy Nibbles

Nutrition and Physical Activity Information for Children
Date: February 2007
Code/Reference: NUT0007AH
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha