

Students

Wellness Policy

According to provisions included in the revised Child Nutrition and WIC Reauthorization Act of 2013, any school district which participates in the federally subsidized child nutrition programs (e.g. National School Lunch Program, School Breakfast Program) is required to establish a school wellness policy by the beginning of the 2014-2015 school year.

Per federal guidelines, the Racine Unified School District Wellness Policy includes:

1. goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local school district determines appropriate;
2. nutrition guidelines selected by the school district for all foods available on each school campus in the district during the school day and guidelines from USDA's Interim Final Rule: Nutrition Standards for All Food Sold in School, with the objective of promoting student health and reducing childhood obesity;
3. an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to schools; and
4. a designated official responsible for the oversight of the wellness policy.
5. the establishment of a committee which consists of a diverse group of stakeholders, including but not limited to, Administration, School Food Service, School Healthcare Professional, Community member/parent or student, nutrition/physical education/health education teachers, or local business representative to review, evaluate and update the policy.
- ~~6. establishment of a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the District wellness policy.~~

A. Purpose and Goals

The Racine Unified School District recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Racine Unified School District has a responsibility to foster a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at

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school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

Racine Unified School District employees are role models for all children served by the District. As such they are encouraged to demonstrate healthy behaviors and choices.

The Wellness committee appointed by the Superintendent developed the Wellness Policy. This policy is 1) consistent with District educational and budgetary goals, 2) designed to optimize the health and well being of students, and 3) fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2013 (Public Law 108-265).

B. Physical Activity

1. Physical Activity during the School Day

Students will be given opportunities for physical activity during the school day through activities that may include but are not limited to daily recess periods, physical education classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.

(a) Students will have the opportunity for physical activity movement at least every 60 minutes. For example, students have the opportunity to get out of their chairs and move.

2. Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of school programs including intramurals, interscholastic athletics, and physical activity clubs.

3. Physical Education Classes

(a) Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

(b) Physical education ratio of student to teacher should not exceed 35 to 1.

(c) Physical education will include the instruction of individual and group activities to encourage lifelong healthy lifestyles.

(d) Time allotted for physical activity will be consistent with the most recent state standards. State standards require regular instruction in physical education.

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- (1) 1.5 credits are required in high school to graduate
 - (2) Students in 7th and 8th grade will receive a minimum of one 45 minute session every other day all year.
 - (3) Students in 6th grade will receive a minimum of one 45 minute session every other day for one semester.
 - (4) Elementary students will receive a minimum of two 30 minute sessions every six days of school (state recommended daily instruction).
4. Creating a Positive Environment for Physical Activity
- (a) Physical activity (e.g. running laps, pushups) will not be used as a consequence of inappropriate behavior.
 - (b) It is encouraged that recess time not be cancelled for instructional make-up time or as a consequence for inappropriate behavior.
 - (c) Students in grades 1 through 5 will be given one 15-20 minute recess per day.
 - (d) All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.
- C. Nutrition Education
1. Classroom
Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences that include the following characteristics:
 2. Nutrition Knowledge
 - (a) Including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and food safety awareness;
 - (b) Including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising;
 - (c) Students, K-8, will receive a minimum of 5 nutrition lessons per year that will
 - (1) be designed for integration into other areas of the curriculum such as math, science, language arts, and social studies;

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- (2) be integrated within the sequential, comprehensive health education program;
- (3) incorporate physical activity lessons; and
- (4) be based upon the USDA MyPyramid food guidance system.
- (d) The nutrition education program will engage families as partners in their children's education.
- (e) The District Wide School Improvement Council will review the Wellness Policy.

D. Nutrition Guidelines

The Racine Unified School District strongly encourages the sale or distribution of nutrient dense foods. Nutrient dense foods are those foods that provide calories rich in nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods the District has adopted the following nutrition standards governing the sale of food, beverages and candy in RUSD buildings or on RUSD grounds.

1. Food -- guidelines from USDA's Interim Final Rule: Nutrition Standards for All Food Sold in School. These standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014.
 - (a) Any food item and accompaniments* for sale from midnight before the school day, during, and 30 minutes after the school day, other than breakfast and lunch programs which comply with federal guidelines, must meet all of the competitive food nutrient standards:

(*Accompaniments such as salad dressings, butter, jelly, garnishes, etc. must be included in the nutrient profile.)

 - (1) No more than 35% of its total calories from fat
 - Exemptions for reduced fat cheese, nuts, seeds, nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, seafood with no added fat, and part-skim mozzarella.
 - (2) No more than 10% of its total calories from saturated fat
 - Exemptions for reduced fat cheese, nuts, seeds, nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and part-skim mozzarella.
 - (3) Zero grams of trans fat per portion as packaged/served (<0.5g)

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- (4) No more than 35% of weight from total sugars per item
 - Exemptions for dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability (e.g. dried cranberries, tart cherries), and dried fruit with only nuts/seeds with no added nutritive sweeteners or fat.
- (5) Entrée items that do not meet breakfast and lunch program exemptions must be no more than 480mg sodium and no more than 350 calories. An entrée item is an item that is either:
 - a. combination food of meat/meat alternate and whole grain rich food; or
 - b. combination food of vegetable or fruit and meat/meat alternate; or
 - c. meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds, nut or seed butters, and meat snacks (such as dried beef jerky and meat sticks)
- (6) Snack and side items must be no more than 230mg sodium until June 30, 2016 (no more than 200mg sodium after July 1, 2016) and no more than 200 calories per item.
- (7) Foods must be caffeine-free in elementary and middle schools, with the exception of trace amounts of naturally-occurring caffeine substances.

AND

- (1) Be a whole grain rich product (must include 50% of more whole grains by weight, have a whole grain as the first ingredient); OR
- (2) Have as the first ingredient a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.); OR
- (3) Be a combination of two or more components representing two or more of the recommended food groups, with at least $\frac{1}{4}$ cup fruit and/or vegetable; OR
- (4) Contain 10% of the Daily Value of one nutrient of public health concern (calcium, potassium, vitamin D, and dietary fiber)(only through June 30, 2016 – after this date, allowable competitive foods must be food group based).
- (5) If water is the first ingredient, the second ingredient must be one of the food items above.

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- (b) The following are exempt from meeting all nutrient standards:
 - (1) Fresh, frozen and canned fruit packed in water, 100% juice, light syrup or extra light syrup
 - (2) Fresh, frozen and canned vegetables with no added ingredients except water
 - (3) Canned vegetables with small amount of sugar for processing purposes
 - (4) Breakfast and lunch program entrée items sold a la carte
 - (5) Sugar-free chewing gum
 - (c) No exempt fundraiser foods may be sold in competition with school meals in the food service area during the meal service.
2. Food -- guidelines selected by the school district for all foods available on each school campus in the district during the school day.
- (a) Any food/snack item provided to students must contain no more than 35% of total calories from fat.
 - (b) Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat although caution must be used with nuts, due to allergies.
 - (c) The Directing Principal may allow a deviation from these food requirements no more than four times per year per school for special occasions.
 - (d) Encourage the consumption of nutrient dense foods, e.g., whole grains, fresh fruits and vegetables.
 - (e) To support a healthy school environment and prevent ongoing problems which cause severe illnesses, teachers/parents/caregivers are only to provide foods which have been purchased and prepackaged by a store or manufacturer. (e.g. no home prepared foods)
3. School Meals Program
- (a) The school meals program will operate in accordance with the National School Lunch Program standards and applicable state laws of Wisconsin. The District will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural

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norms and preferences. Surveys will be conducted annually, by the contracted food service provider, ~~at Open House and/or Parent/Teacher conferences.~~

- (b) Students will be encouraged to start each day with a healthy breakfast.

4. Food Service Ala Carte

All foods sold in the cafeteria a la carte will follow the guidelines from USDA's Interim Final Rule: Nutrition Standards for All Food Sold in School outlined above.

5. Beverages -- guidelines from USDA's Interim Final Rule: Nutrition Standards for All Food Sold in School. These standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where beverages may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014.

There is no restriction concerning time or place on the sale of any allowable beverage that follows these guidelines at any grade level, during the school day anywhere on the school campus.

- (a) Water – plain, carbonated, or noncarbonated
 - (1) No size limit
- (b) Milk – unflavored nonfat and low fat or flavored nonfat
 - (1) Maximum elementary school serving size: 8 fluid ounces
 - (2) Maximum middle and high school serving size: 12 fluid ounces
- (c) Juice – 100% fruit and/or vegetable juice or 100% juice diluted with water (carbonated or noncarbonated) with no added sweeteners
 - (1) Maximum elementary school serving size: 8 fluid ounces
 - (2) Maximum middle and high school serving size: 12 fluid ounces
- (d) Calorie-free beverages – calorie-free flavored water (carbonated or noncarbonated) or other beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces
 - (1) Maximum serving size: 20 fluid ounces

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- (e) Low-calorie beverages – up to 60 calories per 12 fluid ounces or up to 40 calories per 8 fluid ounces
 - (1) Maximum serving size: 12 fluid ounces
 - (f) Beverages must be caffeine-free in elementary and middle schools, with the exception of trace amounts of naturally-occurring caffeine substances.
 - (g) Free potable water must be available where lunches are served during meal service and at breakfast meal service when it is in the cafeteria.
 - (h) No exempt fundraiser beverages may be sold in competition with school meals in the food service area during the meal service.
6. Beverages – additional guidelines selected by the school district for all beverages available on each school campus in the district during the school day.
- (a) The sale of artificially sweetened drinks will not be available for student purchase in RUSD buildings or on RUSD grounds during the regular school day.
7. Food Used as a Reward or Consequence of Inappropriate Behavior
- (a) Only non-food items are to be used as rewards.
 - (b) Food including lunch is not to be withheld as a form of punishment

E. Monitoring and Evaluation

- (a) The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school follows the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- (b) The District will notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at [Insert Web Address].
- (c) The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.

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Policy Implementation**Monitoring**

On each school campus, one individual will be assigned to ensure compliance with standards of the School Wellness Policy in his/her school.

Reporting

This individual will report on the school's compliance to the Superintendent or his/her designee.

Policy Review

The results of these school-by-school monitoring reports can be compiled at the District level to identify and prioritize needs. The District will, as necessary, revise the RUSD School Wellness Policy and develop work plans to facilitate its implementation.

Fiscal Impact

Fundraising income should NOT be affected since alternative suggestions have been given

APPENDIX A: Healthy Fundraising**Alternatives to selling candy for schools, sports and clubs**

Candy, baked efforts, soda and other foods with little nutritional value are commonly used for fundraising. This sends the message to students that the school district views money as being more important than their students' health. It compromises classroom learning by sending contradictory nutrition messages taught in the classroom. It contributes to poor health by adding unnecessary calories and encourages students to consume less nutrient dense foods over to healthier choices. Increasing obesity rates among children are resulting in serious health consequences, such as increased incidence of heart disease, Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, low self-esteem, poor body image and isolation.

Adopting a policy of healthy fundraising result in:

- Healthier kids who learn better as research demonstrates that good nutrition is linked to better behavior and academic performance.
- Delivery of consistent health messages because fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors and supports.
- Promoting a healthy school environment by providing students with reliable health information and the opportunity to practice it.

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Here are some ideas for healthy fundraising**A. General Items you can sell:**

- Activity cards
- Activity theme bags
- Bath accessories
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers
- Buttons, pins
- Candles
- Coffee cups, mugs
- Coloring Books
- Cookbooks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Frisbees
- Garden seeds
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday decorations
- Holiday ornaments
- Holiday party decorations/Poinsettias
- Holiday wreaths
- Holiday trees
- House decorations
- Jewelry
- Kitchenware
- License plate frames/holders with school logo
- Lotions and soaps
- Lunch box auctions
- Magazine subscriptions
- Monograms
- Music, videos, CDs
- Mugs
- Newspaper space, ads
- Personalized stationary
- Pet treats/toys/accessories
- Picture frames
- Plants
- Pocket calendars
- Pre-paid phone cards
- Raffle donations
- Raffles or gift baskets
- Rent a special parking space
- Rummage sales
- Scarves
- School art drawings
- School spirit gear & accessories
- Sell/rent wishes
- Souvenir cups
- Sprit/seasonal flags
- Stadium pillows
- Stationary
- Stuffed animals
- T-shirts, sweatshirts
- Tupperware
- Valentine's Day flowers
- Yearbook covers
- Yearbook space/monograms

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B. Healthy Foods: Consider students who have food allergies (ex. nut allergies), chronic illnesses (ex. diabetes), and food intolerance (ex. gluten)

- Fresh and exotic fruit
- Frozen bananas
- Fruit baskets
- Fruit smoothies & fruit juice based slush
- Fruit & vegetable baskets
- Fruit & yogurt parfaits
- Popcorn
- Pretzels

C. Custom Merchandise you can sell:

- Bumper stickers/ decal
- Calendars
- Cookbook made by school
- Key chains
- Logo air fresheners
- Magnets
- Pens, pencils, erasers
- T-shirts/ sweat shirts

D. Activities Supporting Academics:

- Read-A-Thon
- Science Fair
- Spelling Bee

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E. General Activities:

- Arts and crafts sales
- Auction
- Basketball tournaments
- Battle of the Bands
- Bike-a-thons
- Bowling night
- Carnivals
- Car washes
- Dances
- Family bingo nights
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- "Hire a student day" (for odd job with proceeds going to the school)
- Jog-a-thons
- Jump rope-a-thons
- Magic show
- Milk Mustache Photos
- Raffles
- Read-a-thons
- Recycle cans/paper/ink cartridges
- Rent-a-teen-day (rake leaves, mow lawn, wash dog, household chores, etc)
- School plays
- Science fair
- Seasonal "Message Grams"
- Services (lawn care, housecleaning)
- Silent auctions
- Singing telegrams
- Skate-a-thons
- Skate night
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt
- Walk-a-thons
- Workshops/classes

Students

APPENDIX B: Healthy Classroom Celebrations

If healthy foods are included in celebrations, it can provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds.

Ideas for Healthy Celebrations

- Creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Choose foods for fun, good taste and health.
- Play indoor games of the students' choosing.
- Engage children in a special art project.
- Take children on a field trip.
- Play music and have a dance party.
- Take a fun walk around the school with the principal or teacher.
- Play games outside or host a field day.
- Allow extra recess time.

Activities to Celebrate a Child

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of a party, organize a special community service project (e.g., invite senior citizens in for lunch, make blankets for rescue dogs). Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- The birthday child is the teacher's helper for the day and gets to do special tasks such as deliveries to the office, lead the line, start an activity, and choose a game or story.

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Healthy Food Ideas

- Consider students who have food allergies (ex. nut allergies), chronic illnesses (ex. diabetes), and food intolerance (ex. gluten)
- Beverages
 - Low-fat or non-fat plain or flavored milk
 - 100% juice
 - Water
 - Flavored/sparkling water (without added sugars or sweeteners)
 - Sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment
- Fruit and cheese kabobs
- Fruit salad
- Fruit with low-fat whipped topping
- Fresh apple wedges and caramel dip
- Dried fruit (raisins, cranberries, apricots, banana chips)
- Vegetable trays with low-fat dip
- Celery and carrots with raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Baked chips & salsa
- Baked chips and reduced-fat dip
- Low-fat tortilla chips with salsa or bean dip
- Pretzels
- Air-popped popcorn
- Rice cakes
- Bread sticks
- Graham crackers
- Animal crackers
- Angel food cake, plain or topped with fruit
- Snack cake squares without icing or topped with fruit and reduced-fat whipped topping
- Oatmeal raisin cookies and low fat milk
- Fig bars
- Bagel slices with jam or low-fat cream cheese
- Fruit or grain muffin (low-fat)
- Low-fat breakfast or granola bars
- Soft pretzels
- Pizza with low fat toppings (vegetables, lean ham, Canadian bacon)
- Pizza dippers with marinara sauce
- Low-fat pudding
- Low-fat yogurt

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Healthy Food Ideas (Cont.)

- Ham, cheese and turkey sandwiches with low fat condiments
- Yogurt smoothies
- Yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels)
- Seeds
- Crackers
- Fresh Fruit topped with caramel

*check for food allergies before serving

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APPENDIX C: Alternatives to Using Food**Here are some non-food ideas:****Recognition**

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirmative message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his or her achievement

Individual Reinforcements

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher's desk
- Teaching the class
- Playing an educational computer or other game
- Play a favorite game or do puzzles
- Reading to a younger class
- Read outdoors
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with teacher or principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Allowing a child to choose an extra recess activity for the class on his/her birthday

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Individual Reinforcements (Cont.)

- Items that can only be used on special occasions (special art supplies, computer games, toys)
- Bank system (earn play money used for privileges)
- Trip to Treasure Box with non-food items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)

Classroom Reinforcements

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Extra art, music, physical education, or reading time
- Listening to music while working
- Listen with headset to a book on audiotape
- Fun physical activity break
- Dancing to favorite music in the classroom
- Playing a game or doing a puzzle together
- “Free choice” time at the end of the day
- A song, dance, or performance by the teacher or students
- Teacher performs special skill (singing, guitar playing, etc.)
- Teacher or volunteer reads special book to class
- Bank system: (earn play money used for privileges)
- A field trip
- Show-and-tell
- Fun video

School Supplies

- Pencils: colored, with logos, or other decorations
- Pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters

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School Supplies (Cont.)

- Chalk (e.g., sidewalk chalk)
- Markers
- Coloring books
- Rulers
- Pencil sharpeners, grips, or boxes
- Gift certificate to the school store
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)
- Paperback book

Sports Equipment and Athletic Gear

- Paddleballs
- Frisbees
- Water bottles
- NERF® balls
- Hula hoop
- Head and wrist sweat bands
- Jump rope

Toys/Trinkets

- Stickers
- Yo-yos
- Rubber balls
- Finger puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, helicopters, or airplanes
- Plastic sliding puzzles or other puzzle games
- Slinky
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards
- Stretchy animals
- Silly putty
- Bubble fluid with wand

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Toys/Trinkets (Cont.)

- Capsules that become sponges/figures when placed in water
- Inflatable toys (balls, animals)
- Small dolls or action figures

Fashion Wear

- Hair accessories (barrettes, elastics, or ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eyeglasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers
- Shoe laces

Miscellaneous

- Key chains
- Flashlights
- Cups
- Magnets
- Crazy straws
- Backscratchers
- A plant or seeds and pot for growing a plant
- Books

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Additional ideas for Middle School and High School Students**Middle School Students**

- Sit with friends
- Listen to music while working at desk
- Five-minute chat breaks at end of class
- Extra credit
- Fun educational video
- Computer time
- Fun brainteaser activities
- Assemblies
- Field trips
- Eat lunch or have class outside

High School Students

- Extra credit
- Fun educational video
- Reduced homework or a homework “pass”
- Coupons to video or music stores
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes for students meeting a grade standard
- “Free Choice” time at end of class

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2013

Policy Adopted: July 24, 2006

Policy Revised: December 14, 2009

Policy Revised: May 19, 2014