

Section 8000 – Students

8453 Student Wellness Policy (Cf. 4450, 4460) 8453

WESTWOOD COMMUNITY SCHOOLS The Westwood Community School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement and hereby adopts this Student Wellness Policy.⁴

Nutrition Education

Every year, all students, Pre - K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.⁵

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.⁶ The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider nutrient density⁷ and portion size before permitting food and

beverages to be sold or served to students.

4 (MASB Note: This local Student Wellness Policy, was adopted, unanimously, by the Michigan State Board of Education on Monday, October 10, 2005. It is the product of a collaborative effort between the Michigan Department of Education and MASB as reviewed and finalized by a panel of health, nutrition, and physical education specialists from across the State. It is a MODEL, and is not MANDATED, so local districts are free to modify it some based on local needs and circumstances – particularly the administrative rules. We urge, however, that local boards give serious consideration to adoption of the POLICY itself as it is written, and allow, then, the administration to modify the administrative rules to meet local needs and expectations.)

5 Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.

http://www.michigan.gov/documents/Health_Standards_15052_7.pdf.

6 Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of

Agriculture, Part 210 - National School Lunch Program.

http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

7 Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

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The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.⁸ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.⁹

Every year all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The Superintendent shall implement this policy and measure how well it is being managed, and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is

necessary to implement and enforce this policy.

⁸ Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

⁹ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

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The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Approved: June 17, 2010

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

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Administrative Rules regarding Westwood Community School District Student

Wellness Policy

In order to enact and enforce Westwood Community School District Student Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the school board, school administrators, and the public, have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team¹⁰ that will provide an ongoing review and evaluation of the Westwood Community School District Student Wellness Policy and these administrative rules.¹¹

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration,
- Counseling/psychological/and social services,
- Food services,
- Health education,
- Health services,
- Parent/Guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies),

¹⁰ Centers for Disease Control's Coordinated School health web site:

<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

¹¹ State of Michigan's State Board of Education's Policy on Coordinated School Health Programs To Support

Academic Achievement and Healthy Schools: http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf

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- Physical education.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect;
- Respect for others;
- Healthy eating; and
- Physical activity. 12

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Westwood Community School District Student Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent of Schools

Westwood Community School District

3335 South Beech Daly Road

Dearborn Heights, Michigan 48125

Phone: 313-565-1900

Fax: 313-565-3162

Students, staff, and community will be informed about the Student Wellness

Policy annually.

Nutrition Education

Nutrition education, a component of comprehensive health education,¹³ shall be offered every year to all students of the District. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into

the entire curriculum when appropriate.

12 The Role of Michigan Schools in Promoting HealthyWeight. 2001

<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

13 The Michigan Model for Comprehensive School Health Education is a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health

<http://www.emc.cmich.edu/cshp/healthed.htm>

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The District shall implement a quality nutrition education program that addresses the following:

Curriculum:¹⁴

- Has a curriculum aligned with the Michigan Health Education Content Standards and Benchmarks. ¹⁵
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior. ¹⁶

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teachers of health education."¹⁷

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

14 Michigan Model for Comprehensive School Health Education nutrition lessons meet this administrative rule:

<http://www.emc.cmich.edu/Health/Maps/nutrition.htm>

15 Health Education Content Standards And Benchmarks, Michigan Department of Education, July 1998.

http://www.michigan.gov/documents/Health_Standards_15052_7.pdf

16 Michigan Model for Comprehensive School Health Education nutrition content map:

<http://www.emc.cmich.edu/Health/Maps/nutrition.htm>

17 Michigan State Board Of Education, Policy On Comprehensive School Health Education, June 2004.

http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

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Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

Each school building in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards;

- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less;

- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real

cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5- ounce (two-ounce, if processed cheese) servings or less;

- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or

less¹⁸; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques; and

- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings

or less.¹⁹

¹⁸ The District shall assure that the dietary needs of food-allergic students are taken into consideration in menu planning.

¹⁹ State of Michigan's Board Of Education's Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs.

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8453-R-5 <http://www.tn.fcs.msue.msu.edu/toolkit.pdf> WESTWOOD COMMUNITY SCHOOLS

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A)

The District shall discourage using food as a reward. Alternatives to using food as a reward are found in appendix B.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C)20

The District shall encourage healthy fundraisers as alternatives to fundraising that

involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D)21

Vending sales of soft drink, artificially sweetened drinks, and candy will not be

permitted on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, see Appendix E. For the federal law memorandum stating, "it is not permissible for a school to serve FMNV during a meal service period..." refer to the following link:

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>

20 <http://www.tn.fcs.msue.msu.edu/Stateboardofeducationnutritionpolicy12003.pdf>

21 For healthier fundraisers, page 19 of the Nutrition Tips and Tools document as a guide:

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Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the District.²² In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

Curriculum:²³

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Michigan Physical Education Content

Standards and Benchmarks.²⁴

- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.

²² Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

²³ The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule:

<http://www.michiganfitness.org/EPEC>

²⁴ Physical Education Content Standards and Benchmarks, State Board of Education, July 1998.

www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

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- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.²⁵
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school).²⁶
- Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before and after school extracurricular

physical activity programs, Safe Routes to School Programs,²⁷ and use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student-Wellness

The District shall strive to create a healthy school environment which promotes healthy eating and physical activity.²⁸ In order to create this environment the following

activities shall be implemented:

25 The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule:

<http://www.michiganfitness.org/EPEC>

26 State Board of Education, Policy on Quality Physical Education. September 2003.

www.michigan.gov/documents/HealthPolicyPE_77380_7.pdf

27 Safe Routes to Schools Program Information: www.saferoutesmichigan.org

28 Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools/>

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Dining Environment:

The school District shall provide:

- A clean, safe, enjoyable meal environment for students,
- Enough space and serving areas to ensure all students have access to school meals with minimum wait time,
- Drinking fountains in all schools, so that students can get water at meals and throughout the day,
- Encouragement to maximize student participation in school meal programs, and
- Identity protection of students who eat free and reduced price meals.

Time to Eat:

The school District shall ensure:

- Adequate time for students to enjoy eating healthy foods with friends in schools,
- That lunch time is scheduled as near the middle of the school day as possible, and
- That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.²⁹ (See Appendix F)

Food or Physical Activity as a Reward or Punishment: The school District shall:

- Prohibit the use of food as a reward or punishment in schools, (See

Appendix B)

- Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time, (See Appendix F)
- Not use physical activity as a punishment, and
- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F)

29 A Recess Before Lunch Policy Implementation Guide, Montana Team Nutrition Program, Office of Public

Instruction school Nutrition Programs, September 2003. <http://www.opi.state.mt.us/schoolfood/recessBL.html>

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Consistent School Activities and Environment

The school District shall

- Have all school buildings complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors, 30 (See Appendix G)
- Ensure that all school fundraising efforts support healthy eating and physical activity, (See Appendix D)
- Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
- Make efforts to keep school or District-owned physical activity facilities open for use by students outside school hours,
- Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
- Provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
- Encourage all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs, and

30 Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

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- Implement physical activity across the curriculum throughout the school day or in all subject areas, for example, brain breaks³¹. (See Appendix G)

Implementation and Measurement

All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged

to make healthy food choices and engage in physical activity.³² The District shall work

through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Employees choosing to violate or ignore these rules will be subject to possible disciplinary action as determined by the Superintendent of Schools in accordance with applicable collective bargaining agreements.

Appendices:

Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List³³

Appendix B: Alternatives to Using Food as a Reward³⁴

Appendix C: Healthy School Parties³⁵

Appendix D: Healthy School Fundraisers³⁶

Appendix E: Serving Healthy Beverages³⁷

Appendix F: Michigan Physical Education and Activity Resources

Appendix G: Healthy School Action Tool Brochure³⁸

31 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

32 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

33 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

34 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

35 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

36 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

37 Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

38 Healthy School Action Tool, <http://www.mihealthtools.org/schools>

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Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List

Your Resource to Health Packaged Food and Beverage Products

The two lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, a' la carte, and other venues.

Single – serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C

List 1: Health Snack Options Available through Foodservice Distributors

Contact the Nutrition Resource Center at Gordon Food Services to request the most recent list of healthy packaged food and beverage product options: 1-800-968-4426.

The following professionals may be interested in using this information:

Food Service Operator - One who manages a foodservice program, i.e. a school foodservice Director.

Food Service Distributor – A business that purchases, warehouses and delivers products from many manufacturers. These products are in turn sold and delivered to restaurants, institutions, and schools.

Food Service Broker – A company which represents products from many manufacturers.

Manufacturer Representative – A person who represents products from just one manufacturer.

List 2: Health Snack Options Available through Snack Vendors

Visit www.accesskent.com/snacks for the most recent list of healthy packaged food and beverage product options.

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>**Section 8000 – Students** 8453-R Student Wellness Policy (Cf. 4450, 4460)
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Contact the Kent County Health Department at 616-336-3034 for more information.

The following professionals may be interested in using this information:

School Leader – A person who is working with a vending company and making decisions regarding the snack vending selections.

Vending Operator – A company that services (fills, repairs) vending machines in schools. Because the food industry is constantly providing new products, please determine if a food or beverage meets the criteria by using the Nutrition Facts label on the package.

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Appendix B: Alternatives to Using Food as a Reward

At school, home and throughout the community, children 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.

There are many 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 children to eat when they’re not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy.³⁹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among children, particularly teen-age children, is at epidemic levels and can often lead to serious health problems.⁴⁰

Students Learn what they Live

Students naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a

reward at school.

39 Birch L.L. Development of Food Preferences. *Annu. Rev. Nutr.* 1999, 19:41-62.

40 Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

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ZERO-COST ALTERNATIVES LOW-COST ALTERNATIVES

- Sit by Friends ▪ Watch a Video ▪ Select a paperback book
- Read Outdoors ▪ Teach the class ▪ Enter a drawing for donated prizes
- Have extra Art time ▪ Enjoy class outdoors ▪ Take a trip to the treasure box (non-food
- Have an extra recess ▪ Play a computer game items)
- Read to a younger class ▪ Get a no homework pass ▪ Get stickers, pencils, and other school supplies
- Make deliveries to the office ▪ Receive a video store or movie theatre coupon
- Listen to music while working ▪ Get a set of flash cards printed from a computer
- Play a favorite game or puzzle ▪ Receive a “mystery pack” (notepad, folder,
- Earn play money for privileges sports cards, etc.) ▪
- Walk with a teacher during lunch Eat lunch outdoors with the class Be a helper in another classroom
- Eat lunch with a teacher or principal Dance to favorite music in the classroom Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (ie. Sing)
- Give a 5-minute chat break at the end of the day

IDEAS FROM MICHIGAN

TEACHERS GAME DAY: “I have my students earn letters to spell game day... after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day”!

FRIDAY FREE TIME: I give my students thirty

minutes at the beginning of the week and they

can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc., I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about their free time”.

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