

HEALTHY ZONES

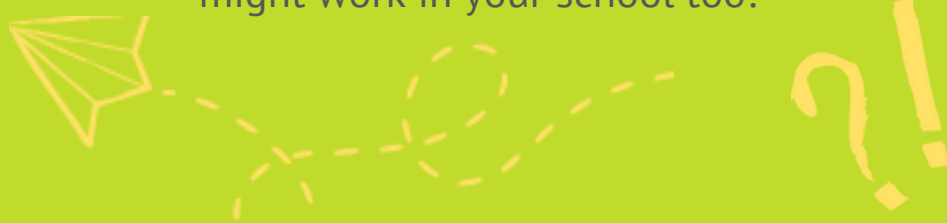


PRIMARY STUDENTS SAID THEY WANTED THESE REWARDS:

- Extra playtime or P.E
- A class party
- Stationary
- Stickers
- House or dojo points
- Certificates
- Non-uniform day
- Trip to the local park
- Freekick challenge
- Time with friends
- Movie time
- Going to the library

WHAT DO YOUR STUDENTS THINK ABOUT REWARDS?

When writing and improving whole school food policies that put children's health first, one of the quickest and easiest wins is moving away from food as rewards. For Healthy Zones, we ask the students how they would like to be recognised for their effort, achievements and good deeds. Here are some of their great and diverse ideas that just might work in your school too!



JOYFUL MOVEMENT IS A TOP REWARD:

'I'd love it if we could dance, dance, dance at the end of the week'

Student, Tower Hamlets Primary School

SENDING OUT A QUICK SURVEY CAN BE A GREAT WAY TO GATHER STUDENTS' VIEWS



SECONDARY STUDENTS RATE THESE REWARD IDEAS:

- School trips
- Raffles with prizes
- Vouchers
- Badges for blazers
- Sports session
- More time in music room
- Chill out time
- Fun run
- Discos

WORDS & PRAISE GO A LONG WAY:

'Rewards aren't actually necessary. Positive praise from teachers is the most impactful. It's plenty'

Westminster & Southwark Secondary students