



## **Nosotros Academy**

### Examples of Alternative Rewards Options

- Verbal praise
- Helping the teacher
- Let students choose a special class activity
- Eat lunch with a teacher or staff member
- A note from the teacher to the student commending them on achievement
- Purchase a football, soccer ball, or basketball and have students sign it and use it @ P.E
- Have an outdoor bubble party
- Wear a sash or crown and sit in a special chair while class sings
- Do an art project to make cards / a coloring project
- Purchase a book from the book fair and have it dedicated to the birthday. Student and keep it in class.
- Let the birthday student pick the game that is played @ recess /P. E that day
- Host a special dress day where students can wear hats or pajamas
- Give a shout out in the morning or afternoon announcements
- Allow student to select special book
- Give a " no homework " pass
- Choose a prize. Examples include pencils or erasers, stickers, books, entering a drawing for a bigger prize, earning points or tokens toward a prize
- Turn on music and let students dance for a few minutes
- Provide an extra few minute of free time



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### Healthy Food and Beverage Options

- Cereal and low-fat milk
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Frozen fruit pops with fruit juice as the first ingredient
- Dried fruits-raisins, cranberries, apples, apricots
- Trail mix (dried fruits and nuts)
- Pretzels or reduced fat crackers.
- Low-fat muffins (small or mini) granola bars and cookies (graham crackers, fig bars)
- Fat-free or low-fat string cheese
- Raw vegetable sticks/ slices with low-fat dressing dip
- Fresh fruit wedges (cantaloupe, watermelon, pineapple, oranges, etc.)
- Sliced fruit (kiwi, peaches, strawberry, mangos etc.)
- Fruit Salad
- 100% fruit or vegetables juice
- Pure ice-cold water

The items listed above are just recommendation, some of these items may not meet standards in sugar, fat, and calorie content. Nosotros Academy promotes healthy eating and reduce childhood obesity.